

**NE Iowa Food & Fitness Initiative  
County Planning Team Meeting Minutes  
January 15, 2009  
4:00, ISU Extension Office, Fayette**

**Present:** : Maureen Johnson, Dave Runyon, Ron O'Kones, Daryl Grove, Gale Bishop, Rod Marlatt, Joe Organist, Scot Michelson, Kata McCarville, Sue Burrack, Barb Schoenjahn, Leif White, Deb Kahler, Dick Jensen, Michelle Zander, Annie Bushman, Kathy Guyer, Vicki Rowland, Karla Organist, Dan Burkhart, Ruth Schemmel

1. Sharing...

- people communicating with each other; eating healthier; taking responsibility for each other and themselves; creating our own future.
- we all have the philosophy; what does it look like; more practical, what does it mean to have healthy children & families in Northeast Iowa; would like to see no TV's, eating healthy, family oriented games and outdoor activities; keeping up-to-date via the newspapers; improved citizenship
- new student center in the process; re-vamping of food services; have added a food council, which is part of the wellness council
- for people to become more responsible; see the human race changing dramatically
- in years to come, would like to see NE Iowa become a place our youth return to work and raise families;
- in 5-10 years would like convenience stores to have fresh fruits & vegetables in the front of the store and candy at the back; more families outdoors walking on the trails, etc.
- make fundamental changes to guide us into healthier choices; working on tactics & activities will lead to changes
- people need to know what to do in order to take action; make it easier; 'gotta do it'
- would rather focus on the positive: more trails, parks, food coop's, etc.
- there's lots wrong; am willing to help others to learn and enjoy camping, biking, kayaking
- something available in each county; things to get better
- increased volunteerism in our counties; children & families becoming more important
- hope to be within a ½ mile of a bike trail in the Valley area
- more parents involved with children; spending time as families
- putting into action some of our thoughts tonight
- pedestrians safely walking to the store, parks or schools
- pass knowledge onto children including how to can fruits & veg., etc.
- pure affection for the land and surrounding environment; taking care of resources
- being able to go to a waterway for recreation without looking up to see if it is safe or not
- changing the mindset 'what's cheapest or fastest', to what is healthier and best

- Today's meal – potato soup made by Michelle from locally grown veggies; Annie provided 1% milk, cheeses, breads, raspberries, tomatoes, cucumbers, etc.

2. Webcasts are on NIFF website for viewing by anyone

3. Summary of Food & Farm update by Dan & Karla

4. Quarterly Evaluation available on NIFF website

5. Regional F & F Leadership Team Report - see handout; TAP gave great positive reinforcement about regional progression

6. Trails Committee Update – received a \$500,000 State Enhancement Grant; Turkey River Corridor

7. Speaker, Majora Carter at Luther College, February 10, 2009; Karla to send out more information

8. Webcast - **"Rising Energy and Food Prices"**

1. Showing children that homegrown is better for them, instead of fast food choices; increased education of community members
2. Local foods have better flavor and nutritional value; local producers, CSA's, discussed where current Community Gardens are located; low economy discussed & use of food stamps
3. peer pressure toward healthier eating choices and improved physical activity levels; increased use of Community Gardens for people who cannot afford healthy choices; changing the mindset that they "can't afford healthy food" and realizing their unhealthy choices; changing the realization & acceptance of spending money on the unhealthy choices; children field trips to local farms;

9. **Next Meeting: Thursday, February 19, 2009, 4-6pm, ISU Extension Office, Fayette**

by: R. Schemmel

NE Iowa F&F Initiative Goal

To create community environments that support healthy children, youth, and families by making available and promoting the procurement and consumption of local healthy food and the creation of space and structures for physical activity and play.