

## **NE Iowa Food & Fitness Initiative – Allamakee County**

The Allamakee County Food & Fitness Planning team met on February 18, 2009 at the Allamakee County Extension office at 5 pm. Attendees: Teresa Wiemerslage, Mary Koopman, Rachelle Howe, Mary Jo Goodman, Loretta Schafer. Dani Bucknell submitted a report.

Teresa reviewed the timeline, RFA and scoresheet. The group talked about potential RFA projects.

- Field trips to farms for school children
- Seeds and plants for families to grow food
- Sponsor business to business (progressive) fun walk
- Develop a community wellness program that would be year around
  - Hospital could offer free health screenings each month
  - Reduced fees to Wellness Center could be offered
  - Community education on cooking and eating healthy
- Feasibility studies for Waukon, Postville and Lansing using the data from the barrier mapping and SRTS to look at connecting important parts of town. For example, in Waukon, what is the best way to connect the schools, the ball diamonds and city park? In Lansing, what is the best way to connect the pool, the schools and parks?
- St. Pat's is considering a comprehensive school wellness program
  - Families and students grow food for the school
  - Students get pedometers
  - Students can check out iPods to walk around school yard in free time
  - Develop a community Run/Walk
  - Bring in food tastings
  - Could serve as a pilot for all parochial and public schools in region

The next meeting will be Tuesday, March 17 at 5 pm at the Extension office. Please bring drafts of RFAs for feedback from the group.

Meeting adjourned at 6 pm.