

**NE Iowa Food and Fitness Initiative  
Strategies, Tactics & Policy Targets  
February 25, 2009**

**Strategy A: Ensure that school district policies & practices support healthy living of children, families and community members.**

**School Food and Physical Activity Tactics to be considered in Year 1:**

- Supports a regional learning community that nurtures quality relationships, leads to policy successes, and advances the Food and Fitness vision.
- Farm to School: Grow a Farm-to-School program incorporating healthy local foods into school food programs while teaching people about nutrition and the local food system.  
**Policy Target:**
  - ✓ **Procurement policy which allows for geographical preferences of local food in schools**
  - ✓ **Production of health promoting foods schools can purchase (See Strategy B)**
- Provide opportunity for a variety of physical activity options before, during and after school time.  
**Policy Target:**
  - ✓ **Promotion of physical activity in school curriculum**
  - ✓ **Promotion of school facilities use by children and the public outside school hours (See Strategy C)**

**School Food and Physical Activity Tactics to be considered in Year 2:**

- Includes Tactics listed above for Year 1
- Regionally develop a comprehensive school food and beverage policy that sets guidelines to ensure school food includes healthy, especially local choices.

**Strategy B: Ensure that local, health-promoting food is available and affordable in all communities, neighborhoods and institutions.**

**Food System Tactics to be considered in Year 1 and Year 2:**

Support a regional learning community that nurtures quality relationships, leads to policy successes, and advances the Food and Fitness vision.

- Promote opportunities for existing and new producers to engage in the local food system.  
**Policy Targets:**
  - ✓ **Investment in new and existing producers who produce food for local food systems**
- Regionally advance planning and policy change to support processing, distribution and storage opportunities in the local food system.  
**Policy Target:**
  - ✓ **Development/maintenance of storage/processing capabilities for local food**

- Increase sale and consumption of local food on a local, regional and national level.

**Strategy C: Ensure that communities have a built environment that supports abundant opportunities for physical activity and play.**

**Physical Activity and Built Environment Tactics to be considered in Year 1:**

- Build and support a regional learning community that nurtures quality relationships, leads to policy successes, and advances the Food and Fitness vision.
- Regionally increase youth and family participation opportunities, programming and system/plans for physical activity and active play every day.

**Policy Targets:**

- ✓ **Development/maintenance of infrastructure for walking and bicycling for local transportation**
- ✓ **Promotion of school facilities use by children and the public outside school hours (See Strategy A)**

**Physical Activity and Built Environment Tactics to be considered in Year 2:**

- Includes Tactics listed above for Year 1
- Regionally advance community planning and policy change to support spaces and places leading to destination sites for youth and their families to be physically active.