

Howard County FFI Meeting Minutes
March 11, 2009
6:00- 8:00 PM
Laura Rose Lobby at hospital in Cresco

Present: Joye Meyer, Charlie Baier, Elaine Govern, Larry McGee , Brenda Ranum, Carmen Dohman, Dan Miller and Lynette Anderson.

*NOTE: Two other meetings in the county the same night resulted in low attendance.

Welcome by Charlie & Joye. A meal was served. Everyone introduced their self.

▪ **NE Iowa F&F Initiative's Working VISION:**

Northeast Iowa is a unique place where all residents & guests experience, celebrate and promote healthy, locally grown food with abundant opportunities for physical activity and play EVERY DAY. Healthier people make stronger families and vibrant communities.

Previous Web casts - can be viewed at www.iowafoodandfitness.org

Introductions---

1 *What have you appreciated the most from the County Planning meetings?*

- Expanding knowledge of people and learning about local government and extension and what they do.
- Experience and trips- also what we learned from others
- New relationships and seeing the big picture of FFI—how to attack the problem.
- Enthusiasm and honesty of young people involved.
- Being home—the good people we have in Howard County

#2 *What is one thing you have learned from these meetings?*

- The importance of fitness—have started exercising and participating in run/walk events
- Tolerance and patience of people and what they do. Identifying different policies that need to be changed
- Identifying different things I can do in school as a result of what I learned at county and regional meetings
- Importance of observation

Regional Food & Fitness Leadership Team Report

Handouts were given to everyone: Reg. Food & Fitness Leadership Team Report –Reg. F&F Team Timeline for NE Iowa Food & Fitness Initiative Work (January – August 2009) “Request For Activities” and “Request For Activities Score Sheet”, answers to last months questions and Checklist for Retail Purchasing of Local Produce.

Group Discussion:

- *What questions or comments do you have for the Timeline?*

The Timeline shows a number of meetings on community gardens and that is not a topic of interest at this time for Howard Co. Brenda R. told the group they are working on other topic such as:

1. Healthy meals in a hurry—maybe looking at teen moms who do not know how to cook healthy meals
2. How to shop, cook, and save money on food
3. Live Healthy Iowa Program
4. Governors' Counsel for nutrition/activity
5. Individuals who want to teach others how to plant & harvest gardens
6. How to build raised gardens
7. Salsa gardens
8. Seed Savers and what they do

- *What questions or comments do you have for the RFA process?*

We reviewed the RFA process and shared the answers to questions provided and asked people to review the information and submit their RAF by April 1, 2009. Brenda addressed questions from the group.

- *What should be the future role of the county planning team members?*

1. Help with scheduling of fitness events—a clearinghouse so two events are not on the same day
2. Scheduling of BFBL food events

- *How often should County Teams meet?*

1. Quarterly

- *If the County Teams had a small amount of funds available for mini-grants, how would they anticipate using these funds?*

1. They could be used for marketing/advertising--Signs
2. Buy credit machines for WIC at farmers markets
3. Trail counters
4. The amount grant money would need to be large enough to make it worthwhile to meet-outlying towns have expense of driving to the meetings.

Thanked everyone for coming. They were asked to complete Flash Survey.

NEXT MEETING IS: April 15, 2009 6-8 PM at the Laura Rose Lobby at the hospital in Cresco