

**NE Iowa Food & Fitness Initiative  
County Planning Team Meeting Agenda  
November, 2007  
(1 ½ - 2 hours)**

**Website:** [www.iowafoodandfitness.org](http://www.iowafoodandfitness.org)

**Vision:** To create vibrant communities in which families and children eat healthy, locally grown food purchased in their neighborhoods; engage in physical activity and play with the confidence that they are safe; and live in an environment that supports family and community health, particularly in low income, minority communities.

Agenda:

**Welcome**

- **Introductions** - “Think about the vision for this initiative. Five to ten years from now, what is one thing you hope will happen or change as a result of the learning and planning we are doing for the NE Iowa Food and Fitness Initiative?”
- **Suggestion Box**
- **Flip Charts** – *Who’s missing that will make our project better?*  
*“What policy changes have you noted since our last meeting?”*

**Brief Summary of Regional Food & Fitness Leadership Team Meeting –Reg. F&F Team**

**View Webcast –“An Introduction To School Wellness Policies” (14 minutes)**

**Discuss Webcast**

Ask participants to divide into small groups according to the number of school districts represented. Ask groups to record on a piece of paper or flip chart key comments to the questions listed below and share these comments with large group following the small group discussions:

- Does your local school wellness policy include nutrition guidelines for all foods available on campus?
- Do the nutrition guidelines apply to foods sold during the school day only or extend to include events occurring after school hours? (How is the school day defined? Does it end after classes at 3:00 pm or 6 pm or 10 pm?)
- How much physical activity do students receive each day at each of the building levels?
- How have youth been involved in your wellness policy development and implementation?
- Are your school staff role models of good nutrition and physical activity behaviors?

Ask each group to take 2-3 minutes to share the key comments from their discussion with the large group.

**County Planning Team Recommendation:**

The NE Iowa F&F Initiative is interested in providing assistance to one School Wellness Policy Committee in each county. Each County F&F Planning Team is being asked to select the School Wellness Policy Committee that seems the most ready for additional assistance and looking to build on their current positive practices.

Which one school in our county would be most “ready and interested” in working with Ann Mansfield, NE Iowa F&F Health Liaison and Cindy Baumgartner, ISU Extension Family Nutrition and Health Specialist to have an initial site visit to review your school’s wellness policy, followed by a follow-up discussion/in-service to help the school staff and your wellness committee build awareness, answer questions and assist with implementation of your district’s school wellness policy?

**Wrap-Up**

- Thank-yous
- Self-Addressed Stamped Envelope
- Additional webcasts – Lighten Up Iowa and Go The Distance

**If 2 hour meeting: Open County Discussion (approximately 30 minutes)**

**Next Meeting**

THANK YOU!!!!