

The Allamakee County Food & Fitness Planning Team met on Sept 17, 2008 at the Waukon Wellness Center at 4:15 pm. Present: Dani Bucknell, Mary Koopman, Anne Blocker, Mary Mathison, Mary Pladsen, Teresa Wiemerslage.

For introductions members were asked what is something they have changed personally or professionally as a result of FFI?

- Using cloth diapers
- Planted a bigger garden (2)
- More aware of where food comes from
- Had a community garden plot
- Adjusted work schedule to work out

Dani and Teresa gave summary of Regional Food & Fitness Leadership Team Meeting.

#### **Action items**

- Reviewed the list of food pantries or food shelves for our county - no changes.

#### **Core Values, Purpose, Working Vision & Draft Strategies**

**Based on your experiences and the discussions you've been a part of through the NE Iowa Food and Fitness Initiative, do these Strategies make sense and seem to be a good fit? Why or why not?**

- They seem to flow from the vision
- We need to start with kids. Parents will be engaged as well.
- State and federal agencies have mandated similar policies (CDC)
- Schools have local control to change policies—this is a good thing
- We have started working on communication links (school WG)

**Who in your county needs to be a part of our FFI discussion in order to address these three strategies?**

- Schools board and school employees
- Doctors and nurses. Need to identify a key person in each clinic.
- Add a fall Wellness Fair. We already have a spring one.
- County engineer and DOT to make improvements to roads as they are being repaired/replaced.
- There are times of day when highways are safer. Should we identify?

**Looking at the 3 Strategies, how do you see yourself working to support these three strategies, either personally or professionally?**

- Support the farmers market more
- Find ways to get the message out
- Do communities still have safe homes for pedestrians?
- Example of a college that gives students a bike if they don't need a parking permit

**What other questions or thoughts need to be considered by the NE Iowa FFI Regional Team before they bring DRAFT TACTICS to our group next month?**

- Complementary bikes and racks for communities
- Bike safety and pedestrian safety programs
- Are there still bike licenses and registrations?
- Find resources for daycares—using local foods and active play.