

Northeast Iowa Food & Fitness Initiative Work Group Reports – Feb – Mar – Apr 2013

Active Living/SRTS

Active Living Work Group Meeting- March 8

Walking School Buses

- Oelwein I-WALK Community Coalition Meeting- Feb 6, April 3
- North Fayette Walking School Bus Meeting- Feb 8, March 15, April 2
 - Presented at West Union City Council Meeting- April 1
 - Met with Fayette County Public Health to discuss Walking School Bus project- April 2, April 18, April 22
 - Walking School Bus Volunteer Training- April 18
- Waukon Walking School Bus Meeting- Feb 14, March 7, March 28
- Central Walking School Bus Meeting- Feb 18
- Decorah Walking School Bus Meeting- Feb 25, April 30
- Postville School Wellness Team Meeting and I-WALK Meeting- March 13, April 3
 - Postville School Board Meeting presentation- April 8

Crossing Guard Trainings

- St. Joe's Student Crossing Guard Planning Meeting- Feb 1 (Ashley)

Bike Rodeos

- Postville Bike Rodeo Planning Meeting- Feb 1, March 13, April 3
- Present on bike safety at Oelwein Public Library Story Time- April 24 (Ashley)

Wellness Fairs

- Upper Iowa University Wellness Extravaganza- Feb 11 (Ashley)
- North Fayette Wellness Fair- Feb 26 & 28 (Ashley)
- Clayton County Wellness Fair- April 16 (Ashley, Haleisa, Kayla)

Grants and Presentations

- Cresco Fit for Life Plan submission- Feb 15 (Karla)
- IDOT SRTS Grant application submission- Feb 25 (Ashley and Karla)
- Guttenberg Community Visioning Meeting- Feb 28 (Karla)
- Fayette County Board of Health Presentation- March 13 (Ashley)
- Chickasaw County Board of Health presentation- April 11 (Ashley)
- Walking with a Purpose Meeting with Chickasaw County Public Health- March 27 (Ashley)
- IDPH I-WALK Webinar Presentation- March 27 (Ashley)
- Guttenberg Comprehensive Planning Steering Committee Meeting- March 14, 28 (Karla)
- Governor's Conference on Public Health- April 9-10 (Ashley)
- Present on FFI/Active Living at Elgin Lion's Club- April 22 (Scot, Ashley)
- Administer SRTS Travel Tallies- April 22-26

Briefly describe any new successes:

- Found a new Walking School Bus volunteer to help with a Walking School Bus in the Goose Island Neighborhood of Decorah.
- Acquired new Active Living Work Group team member (Elaine Govern).
- Invited to share SRTS success stories during upcoming IDPH I-WALK Webinar.
- Found a new Walking School Bus volunteer for next school year in New Hampton.

Briefly describe any new challenges:

- Funding for Regional SRTS Liaison position. Current funding ends in the fall.

NIFF Coalition

School Food

- Feb. 5. School food service networking meeting.
- Feb. 25. Presented at the NE IA SNA meeting and talked about the food box and local food farmers.
- Feb. 27. Assisted Postville food service with paperwork for a 6 cent audit. S. Winn and Sumner-Fred are also being audited.
- USDA Farm to School census released March 11 via SurveyMonkey. Schools are encouraged to apply.
- Created a F2S planning process for schools to identify local food goals for 2013/14 school year.
- Conducted the annual school food survey for this school year.
- March 25: Presented to 4 FSD in Delaware/Dubuque counties about geo. preference and local food procurement. They will be adapting some of our tools to use.

Food Hub / Food Box

- Feb. 26. Nick and Teresa met with MJ and Dr. Wee about launching a food box at NICC. Next steps = conduct a focus group with NICC students, meet with NICC HR about offering the box to faculty/staff, Dr. Wee is going to ask property owners in Calmar about potential buildings for the hub.
- Teresa attended and was on a panel for the Driftless Logistics conference in LaCrosse. Great connections with distributors in the region.
- Nick brought eight local foods producers together for two meetings to speak further about setting up a local food distribution pilot based on NE Iowa Local Foods Retail Research Projects. Will operate out of GROWN Locally's facility in Clermont.
- Distribution Pilot is slated to begin in early April. As part of distribution pilot, automated reorder system designed to increase sales and margins for both local retail and local growers. Funding from the Leopold Center has been found to develop the system. We have buy in from Hy-Vees, New Pioneer Food Cooperative in Iowa City, Moore's Foods in NE Iowa, and Quillin's Foods in La Crosse for the project.
- Advising local producers on retail shelf management based on data harvested from food distribution pilots under the Aggregation and Local Foods Sales Activities
- The web designer worked with Nick to develop a site for food box transactions.
www.iowafoodhub.com.

- Received a grant from the Allamakee County Community Foundation to support the food box in Postville in the fall.

Marketing Local Food

- Met with a Luther work-study student to have her help with the BFBL campaign. Memberships were due April 1.
- Sponsored a booth at the KDEC Home and Garden Expo for 4 CSAs and a custom gardener to share to recruit shareholders.
- March 9: Presented about Local Food Opportunities to Master Gardeners at Hort Chautauqua.
- March 14: RCs had a station at the 1st NE IA STEM festival and helped kids make newspaper pots and plant seeds.

Food Access

- The training schedule for farmers interested in processing Senior Nutrition and WIC Coupons has been released.
- Our application to FNS for an EBT permit for the food hub was approved. This means that we can proceed with getting an EBT machine through DHS.
- We have been assisting the Winneshiek Farmers Market with an EBT machine for this year.
- Plans are underway to do the NE Iowa Farmers Market Coupon program in Waukon, New Hampton and Riceville.
- March 13: Teresa presented on food access activities on FAHWG webinar

Luther College

- Luther has created 2 Ag Sustainability internships to be placed at Patchwork Green Farm and River Root Farm. The interns will also be available to staff the EBT booth at the Winneshiek Farmers Market this summer if that program gets off the ground.
- The first 100 Luther College employees who sign up for a CSA share this year (2013) will receive a \$100 reimbursement (or half the value of the share, if it is less than \$200 total) from the college. Employees who are participating in this program will be asked to attend several summer activities this year, including farm visits. (This is year 2 of this program.)
- Last year, More than half of the 38 participants had never previously subscribed to CSAs and all firsttime CSA participants ate more vegetables this year than usual due to participation in the program. People who had never had a CSA share before were highly unlikely to have purchased a share without the incentives provided by this program. People who had never had a CSA share before were highly unlikely to have purchased a share without the incentives provided by this program.

Food Producer Education

- About 75 people walked through the 3rd NIFF Expo. The hydroponic fodder session was full. Noted several goat producers and young families, traditional livestock producers in the audience. Served about 40 people for lunch. 75 people total.

Capacity Building

- March 19-20: Local Foods Conference and RFSWG meeting, Ames
- ISUEO has recently released 4 priorities program areas for youth programming across the state: Healthy Living, STEM, Citizenship and Communication. Along with the priorities, they have identified outcome indicators and may have evaluation tools to use.
- March 25: Presented to 20 people in Charles City as part of planning for their RFSWG. Talked about Local Food System Opportunities.
- Heard from 5 of 6 county supervisors: Winneshiek has FFI in the budget at \$5000.

Grants and Sustainability

- Created Give and Grow account with K&K Gardens for NE Iowa Farm to School. <http://www.kkgardens.com/our-community.html> K & K Gardens will give back 10 percent of every dollar spent by participants associated with your organization. You can take advantage of the Give & Grow program multiple times through the entire month of May.
- Submitted application for USDA Farm to School grant.
- Submitted application for USDA RBEG grant for food hub.

School Outreach - Wellness Team --

WG Report (in bullets):

- RCs are interested in learning more about facilitation.
- Try to focus on how you can work with schools to teach science through the garden
- RC's attended MOSES conference
- Presented to Regional Leadership council
- Action Plan Drafted (3 levels of participation)
- Clayton-Ridge and Decorah are the only two schools continuing to work on Policy Update
- Mar. 6: School Superintendent Meeting, Elkader, noon-2 pm. 7 in attendance representing (S. Winn, Valley, T. Valley, Starmont, Oelwein, N. Winn, Clayton Ridge, Central of Elkader, N. Fayette)
- Parent Outreach Events: Oelwein: Elizabeth
- Waukon and Cresco: New raised beds built
- Decorah Middle School Staff Wellness Policy Workshop
- Only 4 teachers in Whole Wellness Workshop
- Small teacher focus group: Monday, April 1st for planning
- New Action Plan Created, RC's wrote evaluations and recommendations for each school
- Deepen engagement with some schools next year not try to be all things to all schools

Community Health/Early Childhood

- EC Community Partners meeting 2/5 – will have ongoing discussions
- Small group of Learning Community of EC Stakeholders met 2/14 for planning for EC 2 to 3 years out. Outcomes provide priority direction for the work. Will meet with Provost and NICC Dev. Center in March..
- Continue to work on ideas for EC Outreach page on FFI Website

Grants & Opportunities

- Collaborating on 3 grant opportunities with Katie Tharp, PhD, MPH, RD, Clinical Assistant Professor, Department of Epidemiology and Lois Ahrens RD, LD U of I College of Public Health - all would complement FFI EC work. Two denied and still waiting to hear on third one.

Head Start

- Finalizing Wellness Policy (HS did not have a policy) Plans for roll out will be at August Pre-Service for staff and at July Round-ups/Registration for parents
- Farm to Preschool Pilots begin April 1– sites: Postville, Oelwein and West Union - Changed to Monona site rather than Postville for pilot because of the religious beliefs on pork since that is what the staff wanted to begin with due to local farmer relationship and their budget. Will need to consider cultural views with foods used in the fall.
- Early Head Start (only in Allamakee & Clayton) rolled out FFI Role Modeling information sheet in parental education week in Allamakee Co. Comment: What really resonated with them was the 80/20 idea. “It’s difficult to make perfect decisions all the time, so the 80/20 rule alleviates a LOT of guilt!”

NICC

- 2/13 Presented Role Modeling information with 5-2-1-0 in AA degree classroom
- Discussion on connecting NICC EC students to FFI Facebook
- Continuing discussions with college/parent committee about outdoor natural playgrounds for early childhood at NICC - meeting will be scheduled soon.
- Met with NICC Provost and Dev. Center Staff reviewed menu and practices at NICC Childcare Development Center. Willing to set goals and make changes.
- Met with NICC Director of Grants
- Haleisa met with NICC Child Development Center cook, Lisa Nelson on 4/10 to review new menu changes. Changes now taking place: Water is now available in classroom for children to access easily, evidence of less processed food and more homemade meals on menu to control fat, salt & sugar, using more fresh fruits and vegetables, darker greens and cook now has P-card from NICC to make purchases at local markets or farmers markets.
- Presented FFI Update & Role modeling at NICC parent meeting on 4/11 – NICC received grant for natural outdoor playground and had successful fundraiser (chicken dinner) towards playground

Other Providers

- Elkader Childcare Center –4/2 meeting with Jody Krugger to review menus & worked on board presentation to look at wellness policy.
- Connected with Cindy Niehaus and a board member from Kids Kampus, Guttenberg will continue to follow up.

NICHQ (National Institute Child Health Care Quality) Collaborate for Healthy Weight.

- Final face-to-face IA HWC meeting April 29 to discuss sustainability

- Distributed 5-2-1-0 posters and background to Upper Iowa Dieticians Group President, Anne Blocker – will discuss how to integrate with their work at March 22 meeting.
- Re-connecting with Community Health Group with 'TWGHK/5-2-1-0 message – updating email list for future communication

Briefly describe any new successes:

- Asked NICC students to sign a personal pledge to improve their health using the 5-2-1-0 message. All 20 students signed pledged.
- Head Start Wellness Policy approved
- NICC Development Center set goals: *In the next 2 years to have 80% of meals homegrown (local foods), use less processed foods and promote more fresh fruit and vegetables.*

Briefly describe any new challenges: Funding for Early Childhood position.

NE IA Funder's Network

The NE Iowa Funders Network met via phone conference on Jan. 16. All counties were represented. The NEIFN awarded a \$6400 grant to the NEI Food Hub project, providing essential match for the Convergence Partnership Innovation Fund grant. The FN welcomed Lorraine Borowski to the call, representing Winneshiek County. Member counties will meet again in person on April 4 for a field visit to Food Hub operations.

Youth Work Group Report

- **FFI 4-H Coach Updates**
 - MFL FFI 4-H Coach Orientation with Jenelle Schroeder
 - Howard-Winn Coach Conversation with Deb Obermann
 - 4-H Risk Management training with FFI Coaches from Starmont, North Fayette, & West Central.
- **Site Visits Completed:**
 - West Central after-school site, March 7
 - Farm to School site observation - Howard-Winn, February 20
 - Waukon Farm to School site visit on March 14 - Pork Lesson was given by team teachers in three - 2nd grade classrooms. Increase of interest in high school youth serving in education role on local foods with three new youth observing and preparing for 2013-2014 school year.
- **Partner Capacity:**
 - FFI Youth Report to Howard County Extension Council on March 11 with request to have Riceville FFI Youth team present progress for April/May meeting.
 - FFI Youth Report to Chickasaw County Extension Council on March 14 with a request for St. Joseph FFI Youth Team to present FFI Youth video created with FFI Communication Intern, Kim Nelson and Melanie Stewart, FoodCorps Intern.
 - Orientation of FFI & Farm to School with Shannon Durbin in Clayton County on March 22. Shannon will be working with the FFI 4-H Youth Teams in Clayton

County and has been involved in the Crawford County, WI, Farm to School program as an AmeriCorps Intern.

- FFI 4-H Enrollments to date - 188 youth are enrolled as FFI 4-H'ers with several schools not complete. 4-H Enrollment Invoices are completed for Allamakee, Chickasaw, Fayette, Howard & Winneshiek Counties. As in past years, county Extension councils pay for part of the 4-H enrollment fee and FFI pays for balance.
- National 4-H Healthy Living Summit Adobe Planning on April 20. Sam Iverson, Johanna Bergan, Melanie Stewart and I were chosen to represent the state of Iowa in the planning sessions for the upcoming 2014 Healthy Living Summit in Washington DC.
- April 25: Regional Youth Leadership Retreat.
<http://iowafoodandfitness.org/wegrow/2013/04/29/final-gathering/>
- April 28: West Union FEEST <http://iowafoodandfitness.org/wegrow/2013/04/30/north-fayettes-final-feest/>

Convener/Administration:

- Planning for fiscal sustainability - grant writing workshop, draft of plan for fundraising, draft FFI case statement, exploring role of CFGD in fiscal sustainability, facilitating discussions for grant submissions
- Planning for communications - Focus on integration of evaluation (impact) in communications, identify key internal and external audiences, align demand with capacity to do communications efforts. Launched the weekly FFI Bits e-news as a pilot.
- Evaluation - Developing alignment with NE Iowa FFI indicators and WKKF Cross-site, matching up demand with capacity for Evaluation, planning for capacity building for local evaluation
- May 6-9: WKKF Networking Meeting, Kansas City. Ann, Halesia, Corry, Maren, Teresa, Lynette, Angela, Emily.