

Northeast Iowa Food & Fitness News - February 2013

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"I know it's not much, but at least they would be getting 25 minutes more of exercise a week."

A note from Donna Anderson, MFL Mar Mac English teacher looking for ways to start every class with 5 minutes of exercise.



First grade students at **Decorah** got out their boxing gloves, and [learned about citrus fruits](#) and the role Vitamin C plays in helping their bodies fight germs from the inside out.

LEARNING TO BE ACTIVE — EVEN IN WINTER!

With wind chill temperatures well below zero and P.E. classes using the gym, some **North Winneshiek** students made the most of their indoor recess period, choosing to participate in a ["dance party"](#) in the hallway using the Just Dance 4 Wii game.

The FFI Safe Routes to School Liaison was awed by the commitment of the **Decorah** [Walking School bus volunteers and riders](#) during a frigid January morning. We need to get her warmer socks!

High school students at **West Central** are teaching dance moves throughout the school! FFI Youth Team members will be spending 10 minutes in each classroom every week [teaching dance choreography](#) for a fitness break.

The **Allamakee** FFI 4-H Youth Team led a flash mob at an all-school assembly to kick off the 10-week Live Healthy Iowa Kids Challenge in their districts. [Watch the video.](#)



SCHOOL NEWS

Great things continue to happen in northeast Iowa schools! Check out the FFI Blog for full stories.

www.iowafoodandfitness.org/wegrow

LEARNING TO BE GREAT TASTERS

St. Joe's students served up [healthy Valentine's Day snacks](#).

Postville teens recently tapped into their inner chefs to experiment and [create dishes from locally grown foods](#) and the Postville Community Garden. Working without recipes, youth prepared dishes like egg and potato casserole, roasted vegetables, sweet potato fries, fruit smoothies.

Decorah first graders surprised their AmeriCorps member Erika when they [asked for hummus](#) for their milk break after she just finished a taste-test lesson with them.

Farmer [Gordon Murray-John](#) earned some new fans by bringing soil and seeds for a visit to the **Oelwein** Local Foods Club.

MFL Mar Mac middle-schoolers wanted a salad bar option for lunch. But first, they had to learn some of the new school lunch rules. Rules? For a salad bar? Shouldn't it already be healthy? [Read their story](#) and [watch their video](#).



The Northeast Iowa Food & Fitness Initiative is grounded in the work of these core partners:



IOWA STATE UNIVERSITY
Extension and Outreach



Scanning the Headlines... Visit www.iowafoodandfitness.org for more details.

INITIATIVE NEWS

FFI Receives \$900K WKKF Grant

The W. K. Kellogg Foundation (WKKF) has awarded \$900,000 to the Northeast Iowa Food and Fitness Initiative (FFI) to be used for the next four years. The money from the award will fund current strategies related to school wellness, food systems, active living with additional focus on the caregivers of children from birth to age five in Northeast Iowa.

With the additional support, the initiative now moves from the implementation phase to an extended funding phase with a focus on long-term sustainability for the citizens in the six rural counties. [Read more.](#)

CFGD Receives \$50,000 for Food Hub Project

The Community Foundation of Greater Dubuque (CFGD) has been awarded a \$50,000 [Convergence Innovation Fund grant](#) in partnership with the Northeast Iowa Food & Fitness Initiative. The three-year grant will fund planning for and creation of a food hub, which will allow local food producers to market, process and distribute healthy food to vulnerable children and their families. The food hub will focus on pilot projects to address barriers to get more local food into schools, stores and institutions.

FoodCorps Accepting Applications

Are you a leader passionate about healthy food, farms and kids? FoodCorps places motivated leaders in limited-resource communities for a year of public service. Service members receive a \$15,000 living allowance, a \$5,550 AmeriCorps Segal Education Award, student loan forbearance, health insurance and other benefits, not to mention the experience of a lifetime. Applications to be a FoodCorps service member are due March 24.

5 Ways to Stay Connected FFI

We all have busy lives with very little time. Web surfing is fun but can take hours going to visit every single website and blog you enjoy. Wouldn't it be fabu-

lous if you could just get all the headlines of the most current stories from all your favorite websites and blogs in one place?

Our partnerships are important, and we don't want you to miss a thing. [Here are five easy things you can do to stay connected to the NE Iowa Food & Fitness Initiative.](#)

LOCAL FOOD NEWS

Great Lakes Fruit, Vegetable Expo

[Read about a trip](#) to the Great Lakes Fruit, Vegetable and Farm Market Expo in Grand Rapids in early December. It was a great learning experience for participants.

Windridge Implements in Decorah, Elkader and Cresco, along with the Northeast Iowa Food and Fitness Initiative and the Northeast Iowa Food and Farm Coalition sponsored the bus trip. Eric Nordschow talks about [why they think investing in new farmers is wise.](#)

Wanted: More Farmers

How are we going to encourage more farmers? Is access to land a barrier? [Here is a post penned by Sally and Luke Gran](#)—one half of TableTop Farm, a CSA and market vegetable farm in central Iowa. In it, they present their view on what it will take to start the next generation of farmers. All they need is a chance—and some land.

ACTIVE LIVING NEWS

Cresco Selected for Iowan's Fit for Life Project

The City of Cresco has been selected as one of 10 communities to participate in the Iowan's Fit for Life program sponsored by the Iowa Dept. of Public Health. As part of the program, the community will participate in a workshop to identify existing options for nutrition and physical activity in homes, businesses, schools and neighborhoods. Ultimately, the goal is to identify community health-related projects that improve access to, or use of, these assets for all community members.

Elma Opens Wellness Center

The tiny town of Elma rallied to raise funds to [open a community wellness center](#)—a need identified by the young families of the town. Now, residents of all ages have the chance to improve their health in a center that was opened on Jan. 27.

UPCOMING EVENTS

Webinar Discusses Healthy Food Access Through Community-Based Food Systems

Food access is a food systems problem, not a food sector problem. Understanding the interrelated factors that contribute to food access is an important first step towards finding systems-wide solutions that can offer fundamental change in the availability of food and the way people acquire and consume food.

This webinar will address the intersection between healthy food access and community-based food systems. March 13—10:00 am [Register here](#)

NE Iowa Food & Farm Expo

The demand for local foods is growing! Farmers interested learning more about these expanding markets should make plans to attend the Northeast Iowa Food & Farm Expo on Saturday, March 16 at the Dairy Foundation Center in Calmar.

There will be a wide variety of exhibitors with information, materials, equipment, seed and supplies and educational presentations.

Admission is free. For more information, visit www.iowafreshfood.com.

