



Northeast Iowa Food & Fitness Initiative
Work Group Reports
Nov 2012 – January 2013

Active Living/SRTS

Events and Meetings:

- Nov 1: Presented at Iowans Fit for Life Partnership Meeting. Ashley
- Nov 16: Attended 2012 Healthy Farms, Healthy People State Conference. Ashley
- Nov 27: Participated in US DOT Federal Highway Administration Volpe Center Healthy Communities conference call in conjunction with Iowa DOT. Ashley and Ann
- Dec 7: Active Living Work Group Meeting
- Attended Blue Zones Institute on behalf of Decorah Blue Zones Team (Ashley)
- Jan 25-26: Presented at the Iowa Bicycle Summit and Expo. Ashley

Report:

- Iowans Fit for Life Project Through Iowa Department of Public Health
 - Cresco chosen as one of 10 communities across state to improve physical activity and nutrition options within community (Karla facilitating project)
 - Two Steering Committee Meetings- Jan 9 and 31
 - Community Asset Mapping Workshop- Jan 27
- Walking School Bus Work- Targeting 6 communities:
 - Decorah- Collaborating with Blue Zones project
 - Elkader- Met with elementary school principal and nurse
 - New Hampton- Work currently on hold due specific school reasons
 - Postville- Planning for Bike Rodeo this spring
 - Waukon- Working with FFI 4-H YT Coach to start a Walking School Bus this spring
 - West Union- Working with Fayette County Public Health on Iowa Department of Public Health Walking School Bus Project for spring kick-off
- I-WALK/Safe Routes to School Project Through Iowa Department of Public Health
 - Postville- Coalition met January 23 (facilitating project)
 - Oelwein- Community Mapping Day held Nov 9 (collaboration with Fayette County Public Health)
- Safe Routes to School Events
 - Joined Riceville's Walking Wednesday- Nov 7, Dec 5
 - Assisted Riceville students with assessing Walking Wednesday route- Dec 5
 - Joined Postville's After-school Program Mileage Club- Dec 10
 - Joined Decorah Walking School Bus- Jan 17
 - Observed MFL MarMac's Zumba Activity Breaks- Jan 22

New successes:

- Iowa Department of Public Health (IDPH) Walking School Bus project in West Union with Fayette County Public Health (may bring substantial funding to school ~\$4500)

- Acquired IDPH Walking with a Purpose \$750 grants for four schools/county health departments (Allamakee- Waukon; Chickasaw- New Hampton/St. Joes; Clayton- Elkader; Fayette- Fayette and Hawkeye)

NIFF Coalition

Events and Meetings:

- Nov 13-15: Maren represented FFI at the Upper Midwest Learning Lab meeting in Milwaukee. The Des Moines Schools are participating in that project. FFI (Teresa) is lending local support and connecting them to other food partners.
- Dec 3-5: Local farmers took a charter bus to the Great Lakes Fruit, Vegetable and Farm Market Expo. <http://www.iowafoodandfitness.org/news/328.html>
- Dec 12-13: Attended the Midwest Value Added Agriculture Conference, LaCrosse.
- Dec 18: Jon Jensen represented FFI in Washington DC at a WKKF hosted meeting on the Farm Bill.
- Jan 9: Cycle menu pilot meeting.
- Jan 10: Presented to Luther J-term students on local food systems. Teresa.
- Jan 15-17: WKKF Value Chain Grantee TA to Common Market Philadelphia. Maren.

Food Hub Planning

- Met with producers on Jan 16 to present research findings on barriers to access retail markets.
- Met with Dr. Wee from NICC to brainstorm potential partnership.
- Met with several retail buyers in Cedar Rapids and Dubuque.
- 2 work study students from Luther College will be assisting with the food hub.

Food Box Expansion. A modified CSA pilot project to test the feasibility of using a multi-farmer food box to generate consistent revenue for the food hub.

- Continue to look for additional sites.
- Launching a project at the Postville school to see if this model will work in a school setting.
- Submitted application to USDA FNS to get an EBT retail permit. Have received tentative permission to participate in the Iowa Farmers Market EBT program (provides a free EBT machine).

Regional Capacity Building

- Teresa attended each of the 6 county supervisor meetings in January to give a FFI update and to ask for funds to support the project (\$0.65 per capita).
- Luther College hosted reps from 3 Dubuque colleges on Jan. 15 about sourcing local food and using gardens.
- The Southwestern Wisconsin Regional Planning Commission teamed up with partners in both Iowa and Illinois to complete an analysis of wholesale fruit and vegetable production in the upper Midwest region. <http://swwrpc.org/wordpress/>
- Apr. 2: Local Food Strategic Planning (IFSWG), Independence, 1 pm. Teresa. ISU Extension is holding four, half-day meetings around the state to preview ISUEO

programs and projects from the Extension program catalog that relate to local foods and can be used by the RFSWGs to enhance their local foods educational programming.

- Participating in strategic planning for the Food & Wellness component of the Luther Center for Sustainable Communities. (Teresa, Ann, Emily, Maren)

School Outreach - Wellness Team

- Read school stories on the blog: www.iowafoodandfitness.org/wegrow
- RCs are checking in each week with their food service directors. An evaluation tool has been developed for the cycle menu schools.
- Continue to assist schools with menu planning and 6 cent certification.
- Assisting school youth teams with communications project.
- Encouraging schools to apply for Healthier US School Challenge.
- A series of on-farm garden trainings have been set up for RC professional development.
- RCs attended a quarterly service member training in Cedar Rapids on Dec. 19.
- Launching cafeteria coaches programs at cycle menu pilot schools.
- Planning for summer workshops
 - Youth – Friday through Sunday program targeted at freshmen and sophomores to strengthen leadership among students interested in working in some aspect of sustainability; will provide scholarships
 - Teachers – STEM in the garden workshop, two days in June; Whole Curriculum workshops; targeted at 6-county area
 - Parent – Day long workshop
- Assisting schools with grant writing.
- Purchased digital cameras for use by RCs to collect photos.

Communications -

- FFI Communications survey went out by email to 1078 contacts on 1/30/13.
- Key stakeholder interview are being conducted by Katie and Amber.
- Completed Final Wellmark Report
- Kim Nelson completed her internship.
 - School profiles are posted on Basecamp.
 - MFL students created a salad bar video.
<https://www.youtube.com/watch?v=4aO3tnXnjOw>

Community Health/Early Childhood

Events and Meetings:

Community Health teleconferences 11/13/12, 11/27/12, 12/11/12, 1/8/13 & 1/22/13. Early Childhood meeting 11/27/12

Community Health

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

- 5-2-1-0 with 'Together We Grow Healthy Kids' message completed
- Healthy Weight Assessment and Referral forms completed

- Cornerstone Family Medicine Clinic, Guttenberg, Clayton Co. WIC and Central Community School, Elkader all beginning pilots
- Planning final face-to-face IA HWC meeting to discuss sustainability plans
- Clayton County Wellness Fair – April 16 – will roll out message

Early Childhood (EC)

Community Partners: EC Assessment collaborating with Katie Tharp, PhD, MPH, RD, Clinical Assistant Professor, Department of Epidemiology, U of I College of Public Health.

- Assessment was created, distributed, completed and results compiled and reviewed by U of I staff.
- Currently working on 2 grant opportunities with U of I College of Public Health - One focus is on deepening EC assessment in FFI regions with providers, the other on nutrition education for care providers and parents.

Collaborating with Head Start

- Drafted Wellness Policy – Head Start did not have a policy
- Working on Farm to Preschool Pilots in March and April– sites: Postville, Oelwein and West Union
- Early Head Start (only in Allamakee & Clayton) using FFI Role Modeling information sheet in parental education with 5-2-1-0 messaging

NICC

- Weight of the Nation - in classroom
- Presented Role Modeling information with 'TWGHK' & 5-2-1-0 in AA degree classroom

NE IA Funder's Network

- Met via teleconference on 1/17/13.
- CFGD has received \$50,000 from the Convergence Partnership, to plan, create and nurture a strong non-profit framework for a food hub which will allow local food producers to market, process and distribute healthy food to vulnerable children and their families. Northeast Iowa Funders Network approved \$6200 in 2013 and 2014 for the project.
- Members reviewed a grant-funded staffing model for philanthropic advisors to serve financial advisors and ag leaders; and approved a grant of \$3K to CFGD for Allamakee and Clayton Counties and \$3K to CFNEI to serve Winneshiek and Fayette Counties. These grants will be matched dollar for dollar by the host foundations.

Youth Engagement

Events and Meetings:

Nov 7, 12: Youth Leadership Presentation planning

Nov 27: Regional Youth/Coach Leadership Team meeting

Nov 27: Regional Leadership Council Meeting - Youth Report

Nov 29: FFI Coach meeting, Turkey Valley

Dec 5: Allamakee Extension Staff FFI Education

Dec 6: Farm to School site visit, Oelwein

Jan 9: FFI Coach meeting, Howard-Winn

Jan 10: FFI Coach meeting, Waukon

Report:

FEEST Mini Grants - \$300

- Seven youth teams applied and seven grants awarded: Decorah, Maynard, Starmont, Postville, St. Joseph, MFL and North Fayette
- Postville integrating FEEST into school day - February 5, 2013

FFI Communication Intern

- Worked with Kim Nelson through her 3-week experience to connect to RC's, youth teams and written communications.

ICN Communication Showcase -

- Postponed 1/30/13 due to weather. Reschedule for 2/20/13 or 2/21/13

4-H Youth Enrollment Update

- 146 youth forms collected to date

Take & Teach Training - January 15, 2013

- Katie Lay (RC) and I teamed up to train North Fayette youth for elementary nutrition lessons Spring 2013
- Melanie Stewart is training St. Joseph FFI youth members

Local Food Conference - Ames - March 19 & 20, 2013

- Invitation for youth to attend, present and organize a FEEST booth.

New successes:

Resource Contacts coordinating prepping session for Farm to School team teachers to align with training module and provide quality program in elementary classes.

Convener/Administration

- Proposal for Technical Assistance for communications was approved.
- End of Year Budge. Worked closely with Core partners and Operations team to determine carryover of current funds. Approximately \$47,000 in carryover.
- Continue monthly evaluation calls. Started including them as part of the regular Operations meeting to allow for WG leader reflection. Implementing a new meeting structure starting in Feb. Meetings are 1-3 pm:
 - 1st Monday – Evaluation & Pressing items
 - 2nd Monday – Hold time to work
 - 3rd Monday – Strategic planning
 - 4th Monday – Work Group Reports due
- Set a meeting with FFI partners about grant writing, March 26. Core partners and grant writers invited. Kathy Zurcher will facilitate. Evaluators will participate
 - Healthiest State Initiative. Coordinated request to participate in “Day on the Hill” with Iowa legislators January 31, 2013 to present/educate lawmakers about the work of NE Iowa FFI; policy, practice and environment changes to support healthy lifestyles with emphasis on increased access to fruits and vegetables; weather conditions did not cooperate for the NE Iowa team to go to Des Moines. Flannery Cerbin represented FFI and FoodCorps!

FFI Fund & Grant Report

- Direct Fund Balance: Opened 12/19/12 + 1950.68 = \$1950.68
- FFI Endowed Fund Balance: \$2710.48 + \$2150 gifts +12.40 misc = \$4872.88
- \$25,000 toward the development of a regional, seasonal cycle menu for schools from the Leopold Center. Winneshiek County Extension.
- \$50,000 toward development of regional food hub from Convergence Innovation Partnership. Community Foundation of Greater Dubuque.
- \$9500 for inventory management software for food hub from the Iowa Food and Farm Plan. Winneshiek County Extension.
- \$15,750 for GAP cost-share program for Iowa produce growers from IDALS Specialty Crop Block Grant. Winneshiek County Extension.

FFI Calendar: Upcoming Programs, Education or Outreach

Feb. 5: Regional School Food Networking meeting, 2-5 pm, Decorah High school
Feb 11: Upper Iowa University Wellness Fair (Ashley and Katie)
Feb. 19: FFI Leadership Council meeting, 6 pm, Postville YMCA
Feb. 20 or 21: Youth ICN rescheduled, 8:30 am (Lynette)
Feb. 21-21: Driftless Logistics Conference. All day. LaCrosse, WI. Teresa
Feb. 22-24: MOSES Organic Conference. All day. LaCrosse, WI.
Mar. 6: School Superintendent Meeting, Elkader, noon-2 pm. Emily.
Mar. 8: 10th Horticulture Chautauqua, Dairy Center, 9 am - 2 pm. ISUEO. Teresa
Mar. 13: Food Access & Health Work Group Webinar, 10 - 11:30 am. Champions of Change: Establishing Healthy Food Access through Community-Based Food Systems. Teresa presenting.
Mar. 16: NE Iowa Food & Farm Expo, 10 am - 2 pm. Dairy Center. Teresa, Nick
Mar. 18: TBD. Retail Meat Tour. Sponsored by Winneshiek Cattlemen. Teresa, Nick.
Mar. 16: Good Food Festival and Conference, Chicago.
Mar. 19-20: Iowa Local Foods Conference (Leopold Center) and RFSWG meeting.
Mar. 26: Basics of School Food Procurement. Dyersville, 9 am. Teresa
Apr. 2: Local Food Strategic Planning (IFSWG), Independence, 1 pm. Teresa

FFI Calendar: Upcoming Meetings, Internal

Feb. 20: WKKF Value Chain Grantee Monthly Call. Teresa, Nick.
Feb. 26: Food Hub Advisory meeting. Dr. Wee, Nick, Teresa, MJ
Mar 18: WKKF Farm Bill Policy meeting - DC
Mar. 27: FFI Grant Workshop/Core Partner Huddle, TBD.
Apr. 19-20 - Governor's Public Health Conference
May 6-9: WKKF Networking Meeting, Kansas City.
May 21: Regional Leadership Council Meeting
June 18-20: Childhood Obesity Conference - CA
August: National SRTS Conference