



## Community Action Plan Summary

### Year 1

#### Strategy A

**Ensure that school district policies & practices support healthy living of children, families and community members.**

#### Tactics:

- Supports a regional learning community that nurtures quality relationships, leads to policy successes, and advances the Food and Fitness vision.
- Farm to School: Grow a Farm-to-School program incorporating healthy local foods into school food programs while teaching people about nutrition and the local food system.
- Provide opportunity for a variety of physical activity options before, during and after school time.
- Food policy: Regionally develop a comprehensive school food and beverage policy that sets guidelines to ensure school food includes healthy, especially local choices.
- Food Policy: Regionally develop a comprehensive school food and beverage policy that sets guidelines to ensure snacks, concessions, fundraisers, vending machines and a la carte items include healthy, and especially local, choices.

#### **Policy and System Change Target – Procurement policy allows for geographical preference of local foods in schools**

Activities to support change in target:

- Farm to School program in 6 target pilot schools
- Home Grown Lunch Week
- Food Service workshops
- Producers contracts
- K-3 Curriculum taught by high school students
- School gardens

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### **Making the Healthy Choice the Easy Choice**

In Allamakee, Chickasaw, Clayton, Fayette, Howard & Winneshiek Counties

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The healthy choice means that every day all people in NE Iowa have access to healthy, locally grown foods and abundant opportunities for physical activity and play. Food and fitness is important because no matter where we are, the places where we live, learn, work and play affect our health and quality of life.

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

## Strategy B

**Ensure that local, health-promoting food is available and affordable in all communities, neighborhoods and institutions.**

### Tactics

- Regional food system learning community
- Opportunities for new & existing producers to engage in local food system
- Develop regional processing, distribution and storage
- Increase sale and consumption of local food

### **Policy and System Change Targets (1 of 2): Investment in new and existing producers who produce food for local food systems**

Activities to support change in target:

- Educational Speakers, Workshops & Field Days
- Micro Loan Program
- Entrepreneurial Networking
- Mini-grants
- Regional Food Directory
- Development of Food Safety Certification process

### **Policy and System Change Targets (2 of 2): Development/maintenance of storage/processing capabilities for local food**

Activities to support change in target:

- Feasibility study on aggregation hubs
- Feasibility studies on small scale processing facilities

## Strategy C

**Ensure that communities have a built environment that supports abundant opportunities for physical activity and play.**

### Tactics

- Regional built environment learning community
- Regionally increase youth and family participation in physical activity and play every day.
- Regionally advance community planning and policy change for spaces and places for physical activity and play

### **Policy and System Change Target: Development/maintenance of infrastructure for walking and bicycling to and from schools in rural communities.**

Activities to support change in target

- Assessments
- Educational Speakers
- Safe Routes to School team in 6 pilot school-communities
- Teams will create plans to promote walking and biking to school in their community.

# Community Action Plan Summary

## Years 2 and 3

**Initiative wide:** Expanded learning communities.

### **Schools**

- Increased production of health promoting foods for schools
- School policies that ensure food includes healthy, especially local choices
- Increased physical activity in schools
- More use of school facilities

### **Food System**

- Increase in local food producers
- Support for processing, distribution and storage facilities
- Increased sale and consumption of local food

### **Physical Activity/Built Environment**

- Increase in youth and family physical activity

### **Long-term Outcomes**

- Increased sale and consumption of local food
- School procurement policies for geographical preferences
- Expanded infrastructure for walking & bicycling to schools
- Expanded use of schools after school hours
- Increased investment in local food producers
- Storage/processing capabilities for local foods
- Increased production of health promoting foods for schools