

**NE Iowa Food & Fitness
Community Action Plan Summary
Implementation Funding - WKKF – November 1, 2009
November 30, 2009**

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 Target – Year 1:

- **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 H.S. Students
- School Gardens

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 - Yrs 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 families 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