



Fayette County Team January 21, 2010

The Fayette County Team met on January 21, 2010 at 6:00 pm-7:30PM at the Fayette County Extension office. There were 18 people present: Michelle Zander, Rod Marlatt, Bruce Baker, Barbara Ashby, Barb Schoenjahn, Scott Michelson, Sue Burrack, Lynette Anderson, Kaylee Michelson, Kayla Ludwigson, Sune Swart, Nancy Everman, Michele Kelly, Richard Witt, Donna Story, Ben Lewis, Joe Organist.

Old Business & Reports: None

Summary of program and discussion:

Lynette Anderson and Kaylee Michelson gave the program presentation for the month. Facts: There are 1,440 minutes in a day. Don't you have 30 to get some exercise?

- Starting out in 2008 there were 12 youths involved in three schools for the FFI teams with a supportive adult. In April '09, 11 schools were on board, and as of November '09 there were 16 schools, each with at least two youths on the team and an adult supporter.
- Each school will have two youths that will regularly meet with Lynette
- Will identify at least three students to participate in monthly meetings
- One student from each county will be identified as the representative to the "Executive Youth council"
- Consider reaching out to home schoolers? Central High put together a 5K run ~12 weeks to raise money for the FFI program in their school. (Video available on www.iowafoodandfitness.org)
- Attempting to get more local (fresh) food onto the lunch menus.

The youth led the county team through a Lunch Menu Activity.

- What vegetable/fruit was served at (school) on (day)? Do you think it is Fresh/Frozen/Canned?
- What color do you think it was? The predominate school lunch color is brown/tan. Clayton got a salad bar a few days a week, and the students at Riceville traded fresh bread two day a week for a salad bar.
- Expanding to the college level through UIU and Luther (continue working with the youth as they grow up and go to college?)
- Portion demonstration
 - Each size of Mt. Dew available, and the amount of sugar in each -62tsp in 2L
 - Baseball=apple; Deck of cards=3oz of meat
- Tour of the new and improved website www.iowafoodandfitness.org

The youth posed this question to the county team: What are you willing to do or give to support our youth work in schools? Summary of responses:

- Go to a West Union City Council Meeting to address sidewalk issues
- Cross-age Teaching opportunities
- Fitness Extravaganza awareness through booth
- School Board presentations, youth present to adults, push a bit
- Invitations to public organizations: lions, Rotary, Legions, TAKO
- Compromise with youth, don't meet in such a formal setting, be more open to new technologies and forms of communication.

Other County items:

- Joe Organist revied the FFI organizational structure and priorities for year 1
- Farm to School & Safe Routes to School

Action items for next meeting:

Attend the UIU Wellness Extravaganza, Monday February 22, 2010 @ UIU Rec Center 10:00AM -1:00PM. What is around to take advantage of to increase fitness levels. Barb Ashby will be our Volunteer Volga Recreation, Main Street, FFI all want adjacent booths to share volunteers

Items for the next meeting's agenda:

Active Living Focus: Next Meeting is set for February 18, 2010 6:00PM-7:30PM Cyclone Room, Fayette County Extension office.

Submitted by: Ben Lewis