



Clayton County Team January 14, 2010

The Clayton County Team met on January 14, 2010 at the Clayton Co. ISU Extension office at 7 pm. There were 20 people present: Dan Lane, Dana Einck, Darla Kelchen, Deb Walz, Diane Bockenstedt, Haleisa Johnson, Jan Murray, Jane Metcalf, Kim Gau, Kristina Walz, Leigh Ann Judge, McKenzie Johnson, Nancy Yelden, Renae Kraus, Scott Denner, Tim Engelhart, Troy Lentell, Vicki Carolan, Hillary Morarend, Lynette Anderson.

Introduction Activity Responses: "Please introduce yourself and describe how you have been / or hope to be involved in Food & Fitness..."

- School Wellness Committee
- Youth committee
- Active Living Committee
- Have been with project since the beginning
- New to the project, here to learn more

Old Business & Reports:

- McKenzie reviewed the Community Action Plan – Strategies A, B, & C.
- Dan highlighted the Micro Loan Program that anyone who is denied a bank loan can apply for this funding ranging from \$5,000 to \$35,000. Committee reviews applications and approves if meets all criteria.
- Safe Route to School participant for Clayton Co. is Central Community School.
- Farm to School participant is Starmont School. In the second year these two schools will switch programs. By third year the programs should be open to all schools in our project area.
- Feb 2, 2010: a Safe Routes to School workshop is being held in Decorah for all participating pilot schools. Will have several speakers. Any other schools not in the pilot project can attend the meeting to gain more information.
- McKenzie reviewed the Organizational structure of FFI project.

Summary of program and discussion:

Lynette and Kristina gave an excellent presentation on various youth activities that have been completed or currently in progress across our project area. Project started with 3 schools and now 16 schools have coaches and teams developed. Two students from each team serve on the Regional Youth team. From the Regional Youth team members are chosen to serve on the Regional NEIF&F team and attend the monthly meetings.

Kristina shared video clips from Central School fitness run, Riceville School salad bar, and Postville Active Living group. Kristina shared lunch menus for January from Clayton Ridge and Central School for discussion on the healthy choices available for students. Diane from Clayton Ridge Middle School shared they are working on increasing walking activities with students, looking at dance a thon and have a healthy snack cart. Renae & Dana from Clayton Ridge Elementary and High School continue to have students stock the healthy vending machines and held a Fall Fitness Day for all students. Scott shared this project helps build leadership skills for the students with new opportunities that would not be there without this project. Has seen students as well as community members making healthier choices at lunch and concession stands.

Kristina asked the question: "What are you willing to do or support our youth work in our schools & community?" Group was able to fill up 3 sheets of poster board paper with comments for Kristina to take back to the youth committee.

Other sharing:

- CCH and GMH is sponsoring “Live Healthy Teams’ and encouraging everyone to get a team together and join the fun. Contact Haleisa or Kim for more information.
- Tim shared the Turkey River Corridor project in moving ahead. Will keep us updated on progress.
- Darla shared the Clayton Co. Foundation for the Future has \$1000 grants available thru 1/31/10. Contact Darla for more information.

Action items for next meeting: None

Items for the next meeting’s agenda: Safe Routes to School presentation

Submitted by: Nancy Yelden