



Winneshiek County Team January 27, 2010

The Winneshiek County Team met on January 27, 2010 from 4:30 to 6 p.m. at the Decorah City Hall. There were 29 people present: Liz Hovden, Liz Dovenberg, Ross Frei, Cristy Nimrod, Gina Holthaus, Betty Ransom, Janelle Pavlovec, Jerry Aulwes, Bill Ibanez, Kyril Henderson, Lyle Luzum, Marissa Nordschow, Angie Kerndt, Dean Darling, Randy Uhl, Jeanett Hansen, Alicia Trout, Deb K. Edwards, Kristin Kriener, Ann Mansfield, Eric Nordschow, Donella Darrington, Rick Edwards, Brandon Friedlein, Deborah Bishop and Lindsay Erdman. (Three participants did not sign in but were counted).

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

- Increased exercise at Senior Center
- Increased education about outdoor activities
- Mini-grants for local food producers
- Local food production
- South Winn students going to the Ossian City Council to discuss Safe Routes to School

Old Business & Reports:

Rick Edwards reported that this was the first meeting of the W.K. Kellogg Food & Fitness Initiative's Implementation Phase. About 2.5 years of planning have preceded this meeting. The Implementation Phase has been funded at \$400,000 per year for the next three years for the project, which began with Howard, Winneshiek, Allamakee, Fayette and Clayton counties. Chickasaw County was recently added.

Summary of program and discussion:

Rick led a discussion of the Community Action Plan, dated Nov. 30, 2009. The plan's 3 main strategies and tactics were discussed.

Lynette Anderson and youth participants Liz Hovden and Liz Dovenberg discussed various youth projects that have been completed or are under way. Lynette said 16 schools are now participating in the youth programs. She said since there are 1,440 minutes in a day, it shouldn't be difficult to find 30 minutes to exercise. Video clips about a fitness run at Central High School and the salad bar at Riceville school were shown. Lynette said the youth are beginning to ask more questions, in a respectful way, about their lunch offerings.

The group was then asked what adults were willing to do or give to support youth work in our communities. They responses were: Grow food, visit schools, farm tours, be good role models, encourage school administrators to cooperate with students, give extra time, learn how to be a partner with youth, help search for funding sources and provide a venue for youth to be heard.

Action items for next meeting:

Have more tables in the meeting room. Have speakers for the videos.

Items for the next meeting's agenda:

A presentation about Safe Routes to School. Next meeting February 17, 2010 at 6 pm.

Submitted by: Randy Uhl