

► School Wellness/Outreach

Strategy 1: Establish school district policies and practices that support healthy living of children, families and community members

Culture Shift: Ten regional schools now work in full partnership with FFI, and share an equal financial investment. Solid commitments have been made to increase the amount of local food served in school, designate time for nutrition education across the curriculum, create active classrooms and focus on wellness throughout the school community.

Service in Action: Eight service members from FoodCorps and AmeriCorps serve within the Northeast Iowa Region, committing their time and passions to a school district to promote wellness throughout the school community. Over 200 area teens enrolled in 4-H Food & Fitness clubs give back in the school community by participating in cafeteria coaching, hosting community events and coordinating wellness programs for younger students.

Growing to New Heights: Gardens abound! In just under five years, we have helped plant over 20 gardens in schools. Gardens are used to teach about science, social studies, math and more. Produce is used in cafeterias, taste tests, classrooms and on afternoon snack carts. Students reap the benefits of local healthy food and gain skills to last a lifetime.



► Early Childhood

Strategy 2: Ensure that caregivers and parents of children from birth to age five provide health-promoting food and active play

Healthy Start: Fifteen Head Start classrooms and 21 preschool classrooms have implemented Farm to Preschool, reaching over 650 kids.

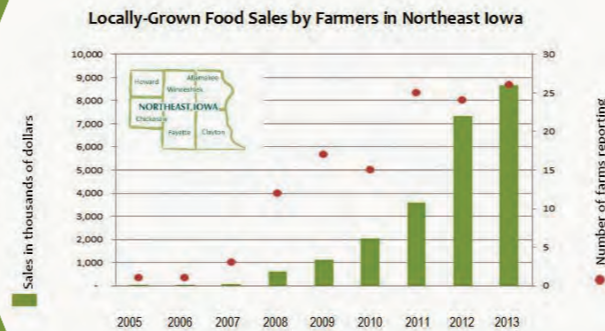
Tangible Teaching: One hundred fifty preschool teachers and para-professionals have invested in professional development from FFI to promote Farm to Preschool and other wellness initiatives.

Parents as Partners: Countless newsletters, grocery store tours, interactive cooking demos and other parent outreach events have brought everyone to the table. Over 39 events for parents and families were sponsored by FFI last year.



19
Walking School Buses
operated in
9 communities.

The sale
of local food
increased over
ONE MILLION
DOLLARS last year.



67%
increase in
local food
purchases
by schools.

15 Head Start classrooms
and **21** preschool classrooms
implemented Farm to Preschool.



► Food Systems

Strategy 3: Ensure that local, health-promoting food is available and affordable in all communities, neighborhoods and institutions

Economic Growth: The tracked food sales by local farmers increased over a million dollars last year, as did the sale of local food. Non-school markets purchased over 20% more local food than the year before. Eighty new jobs, 12 expanded jobs and 63 new local food producers have joined the movement over the last five years.

Innovative: The Iowa Food Hub is a non-profit food hub in the State of Iowa, allowing community members to help rebuild the food system and invest in their future. The Iowa Food Hub found a new home this year in West Union, Iowa, to allow for continued growth and expansion. As a non-profit, the Iowa Food Hub has been the recipient of two USDA grants, including a Farm to School Grant in partnership with four local school districts and a Local Food Promotion Grant to develop a local grocery store market.

Community Investment: The food system is bigger than the six FFI counties, and partnerships with local food pantries, farmers markets, grocery stores and childcare centers throughout eastern Iowa are strengthening. Community Food Box programs exist in 16 locations, and 17 school districts are purchasing local food through the Iowa Food Hub.



► Active Living/Safe Routes to School

Strategy 4: Ensure that people use the natural and built environment for physical activity, play and active transportation

New Footsteps on the Pavement: Nineteen Walking School Buses operated in nine communities, involving over 275 students and 50 adult volunteers.

Community Coalitions: Safe Routes to School Coalitions have formed in five communities across the region to plan activities and increase the safety and accessibility of community walking and biking routes.

Youth Engagement: Six hundred fifty students participated in 10 regional Bike Rodeos, and 90 youth leaders participated in planning, advocating and implementing active transportation activities throughout the region.