

Richland FIT Steering Committee Meeting

Friday, August 9 - 12:00-1:30pm

Attending: Kay, Peggy, Sheri, Neil, Denise

Staff: Sara, Dana

Agenda

1. Review Progress of Working Groups

a. Healthy Eating

i. EBT/Educational Booth

Process set to begin this Saturday on August 10. Folks will come to the Pine River Coop to purchase tokens through their SNAP benefits. Discussion on how it works, coop is open on the days that the Farmer's market

Outreach Discussion: Kay advertised at Health Check clinic with about 10 clients. Danielle will share it with her Food Pantry clinic. Dana provided info to the Aging and Disability Resource Center and will contact Southwest Cap. Kay will advertise at Free Clinic. Peggy suggested county economic support department, also might be good to give to county social workers, Head Start, Ridgeview Commons.

Sarah suggested Brett making a video and putting it in library. Neighborhood Housing and homeless shelters would be other places to make aware. Also give info to the county transportation person to give to people who use their service.

Discussed lack of produce now available at Market – could people bring their extra garden produce and sell it? Peggy volunteered to look into having people do fundraisers by selling their produce rather than brat stands.

ii. Nutrition Prescriptions/Food for Life Class

FARMERS MARKET: Dana went over list of volunteers that have provided education at the Farmer's Market. Wide variety of presentations and customers have shown good interest in this.

FOOD FOR LIFE: Dana shared overall process - starting with pilot of a few MDs. Food for Life will be one option of referral that health educator will be able to provide. Dr. Bard discussed how this is a different kind of "prescription" instead of drugs. Health educator will use the MI skills to determine the best referral. Dr Bard shared meeting with Ron Kind, who said that the federal grants are available for this kind of work that encourages local communities to do what works for them. We are doing this in our community.

Discussion of the important of incorporating fitness phone aps into the work of Richland FIT. Several folks in the room have used these and think they are very effective. Will make sure that health educator Mallory has these as referral options.

Peggy volunteered information about her experience as a financial coach. She currently has trained dozens of community members and coaches them in life skills. She will become a certified life coach soon and is willing to consider projects that would use those skills in the area of fitness.

Discussed positive results of Suvir Saran. Entire weekend ending up costing only \$1600. Great letter with large headline published in the Observer and feedback has been very positive.

b. Community Wide Campaign

- i. Color Fest Frisbee Golf Tournament -October 5th
- ii. Cazenovia Recreational Use Agreements
- iii. FITness Champions
- iv. 4H Food Pantry Project

i. Sarah reported on the community campaign. Frisbee will be charge but all \$\$ will go back to payout for the contest participants. Decided to do “cross advertising” and not paying for extra ads. Use networks to get the word out. Neil brought up mascots for Center Fest parade. Talked about having veggie mascots and kids dribbling basketballs. Also what to hand out? Wrapped plums? Roller rink coupon? Something that should get kids active. Dana will look into parade cost/ rules and veggie costumes for purchase.

ii. Caz City personnel are on board – doing some improvements to the walking in the town. Also making a structured protocol for the community center – hope to have something in place by October.

iii. No one in July, Clair decided he didn’t want to participate. August person has been selected.

iv. Approached by Daria Decker, 4H member of the Buena Vista wonder workers club to do project in first week of October. Every club has a box and they do a food drive. Richland FIT theme this year!! One healthy recipe and an activity that fits with the Richland FIT theme. Peggy suggested that we help provide guidance to the new 4H agent when they do the “Food” section of the 4H club work.

c. Healthy Schools

- i. Farm to School – 2 new positions! Food service director on board
- ii. Active Schools Initiative – Sarah starting to work with teachers to incorporate “activity bursts” as part of classroom structured day. Focus on active classrooms, active recess and structured after-school activity. Also might try to connect with UW Richland to help do the after-school activity. WALK TO SCHOOL question from group – would like to see parents take on “walking Wednesdays” volunteer to make this an ongoing. Should make sure that the Hwy 14 project has the bike lanes, etc. Need to followup with southwest

planning and CTG folks to help contact the right people in the Transportation/Construction department.

2. Filling Spots on Steering Committee

- a. Community Representative – person who wrote letter about Suvir Saran, Gary from Ithaca (teacher), maybe folks from the Suvir class or the Photovoice if we want to get “non professional” types . may also ask these folks to be on the subcommittees first to see if they would want to then move more into planning of the steering group.
- b. Hospital Representative – Cindy Chicker (already on community group)
- c. Business Representative – Rockwell or Schreiber would be good as these are big employers. Also brought up the issue of breast feeding

3. Up-Coming Training Opportunity

- a. Prevention Conference –

Dana shared information and invited anyone who wanted to go to the conference in September.

4. End of the Year Strategic Planning Meeting

- a. Plan for Meeting in October

Sarah shared ideas for strategic planning format that she has used in previous work that would be interactive and based on subcommittees coming up with the own annual action plan. Bring back to group and recommit to Richland FIT.

Group approved this idea for November. Dana and Sara will begin to plan for this event.

Announcements:

One day Strong Bones training (\$200 per person to be trained as facilitators) Could we have community volunteers trained instead of Danielle and Peggy. This would have the townships and more rural areas build capacity for healthy environmental/norm change.

Peggy brought up the Farmer’s market – could ask volunteer clubs to reserve the booth for a Saturday and then sell extra produce or crafts (e.g., rule to have 50% produce or green stuff). Will work on this for next year.