

## ***Richland FIT Steering Committee Meeting Notes***

*Date:* Wednesday, December 18, 2013, 9:00

*Location:* Richland School District Conference Room

*In attendance:* Dana, Sarah, Kay, Marianne (Health Dept)

Julie (Farm to School Education), Jen (Farm to School Procurement), Al (Pine River), Danielle (UW Extension), Denise (Symons Rec Center), Neil (Richland Medical)

### ***1. Review Roles & Responsibilities and Nominate Chair & Secretary***

✓ Dana provided a handout on Steering Committee Roles and Responsibilities and reviewed it with the group. She shared the difference between the steering committee, which will meet quarterly and review the progress of the grants funded to Richland County and help guide the overall Richland FIT projects to insure accountability. The Coalition will be a separate group meeting monthly that will do strategic planning to develop an annual workplan. Members will help carry out workplan activities and community events.

✓ Marianne Stanek was elected to serve as Chair, Sheri Scott as secretary

### ***2. New Members***

✓ We voted in two new members from organizations who have helped with funded activities: Al Rekward, Manager of Pine River Food Cooperative and Cindy Chicker of Richland Medical Center (absent)

### ***3. Project Updates***

Dr. Bard- Nutrition Prescriptions and Food for Life Class

Consists of four classes on healthy eating using evidence-based Mediterranean diet taught by Dr. Bard & Dr. Richards. Partnership with Richland Medical Center using a prescription process with a health educator to determine readiness for change, in which the classes are one of a number of options. Plan to do at least one year (four total) classes and track outcomes. Lots of questions for Dr. Bard, issues of cost (Participants receive a free cookbook) and how we can sustain with Dr. Bard sharing ideas such as community sponsorships of each class and the Medical Foundation providing funds for the books. Also discussed buying locally and issues with recruitment for class. If folks know people who would be a good fit, they should ask them to call their doctor as this project is part of the long-term effort with building provider relationship.

Julie Whitney & Jen Duhr- Farm to School

Julie shared her experiences conducting education with classes, focusing on elementary to reach them early before habits set in. She also shared getting very local (school garden!) tomatoes into the lunch room. She has made inroads through small steps with the food service, including putting items on the salad bar. The Richland Medical provided funding for local apples for taste testing. Students are very receptive. Jen just started in her position as procurement specialist. She will work with Julie and the school to find vendors for local products to help both local economy and improve school food.

#### Sara Richie- Active Schools & Joint Use

Sara has also been making inroads into the school, using the “active school” model and bringing ideas and tools to teachers for making more active classrooms for students. She also shared the issues with the joint use agreement and work with public health lawyers to help get language and process right for rural communities. She gave out her full ambitious workplan to the group.

#### Sheri Scott- EBT and Farmers Market Education Booth

Al and Dana both put a great deal of effort into getting education on healthy foods and cooking at the Farmer’s Market this past summer. This was not originally part of the Richland FIT workplan but the educational effort was deemed successful according to surveys of patrons and vendors and will be continued with better pre-planning next year. Again, ideas for people who would volunteer or provide education should be given to Dana and/or Al so that a schedule can be developed and ready to go at the start of the Market in May. The use of Food Shares had some early hick-ups, but Al and Dana kept working on it and figured out the process in time to have a few weeks at the end of the season. The total purchased with the Food Share tokens was \$77.28, averaging \$10.57 per person and ranging from \$2 to \$24.

#### Dana Churchill- Transform WI Polling Data & Youth Group

Dana shared the results of the Transform WI polling data that showed very high support for working to reduce obesity through community work and creating new policies in Richland County. She also shared information about bringing in a well-established youth empowerment group to conduct training for youth and adult leaders to work on advocating for policy changes to improve the food environment in Richland County.

#### Marianne Stanek- Budget Update

Marianne provided information on the budget and we had a discussion about some budget items. The group had questions on who was in charge of the budget and how decisions were made. Ultimately, the County Health Department is responsible for overseeing and making decisions on the budget within the constraints of the funding agencies and the budget that they’ve approved for use of their funds. Changes have to be approved by funders. There was some concern expressed with the lack of flexibility to pay for items needed for projects, such as the cookbooks. We discussed the various funding streams and how they required specific line items to be used. There is also concern about perception of where money goes and how the county officials are reluctant to approve some spending. Marianne will continue to provide information to update the group for future discussion.

#### 4. *Coalition Strategic Planning Meeting-Dana*

The meeting of the full coalition to do a strategic planning process will be held on January 22, 2014- 6-8 pm. We would like to involve community members. We should personally ask people to participate and then send contact information, including email to Dana.

*Next Meeting Date will be in April 2014 and Meeting was adjourned at 11:20*