



## **Richland FIT Coalition Meeting minutes**

Tuesday, May 3<sup>rd</sup>, 2016 noon to 1:30 pm

Richland County Health and Human Services Building

Objective #1: To welcome and orient new community members to the grant project and coalition.

Objective #2: To provide an overview of the 2016-17 work plan and recruit volunteers to implement.

Attending (see roster): 23

1. Introductions: Cindy Chicker, Co-chair, opened the meeting and asked everyone to introduce themselves.
2. Brief history and background of WPP grant. Chelsea Wunnicke, Co-chair: Shared a brief history and background of WPP grant. Went through the slides (see slide show) and shared results from the poll at the last meeting and did a thorough job of providing a baseline of our current status. Asked if the group had any questions.
3. Roles and responsibilities of the steering committees. Cindy Chicker referred to handout  
Asked people if they have questions - ? does the Richland FIT also do the grant with Pine River trails? Cindy shared that there is overlap with these groups and the work being done to improve our county. She emphasized that she hopes "cross pollination" continues and noted that the projects, e.g., gardens, helped make the community a better place above and beyond the actual Build a mission and vision – have a "look back", consider the importance of "branding" Richland FIT as this will help to provide clarity for what Richland FIT does for those NOT at the table. She gave an example of the point of purchase campaign, hospital initiatives could be in alignment and branding their items (e.g., patient menus, cafeteria) with a term to be determined by the group, so that the healthy choices and healthy initiatives are coordinated. Could also help to coordinate fundraising efforts to align those? Increasing knowledge of healthy choices and bringing other groups along.  
Who is missing? GRACE, large employers in area, Brandon Miller (Curves), Try for Schools, Neighborhood Association, outlying communities, community center senior meals (+other sites)
4. 2016-17 Work plan and Objectives- Betsy Roesler , Health and Wellness Coordinator  
Strategy updates:
  - Farm to School-Gretchen Kanable/ Kristine Lockwood

Kristine – goals to reach classrooms with nutrition education (especially those not covered by Extension Nutritionist Danielle) that shares the journey of food from soil to plate, and now with the spring weather she is going out to the gardens for lessons so she encouraged people to honk and show support. Goal is to hit 700 students with 5 visits. Haven't reach the total but about 500+ have been reached with 5 sessions. Also incorporates local products – e.g., April was maple syrup. Gretchen – received \$2,500 from Schreiber to purchase a “mini-market” as an educational tool for how to shop healthy at a grocery store, meal planning, etc. This resource would be possible for a Kristine. Still need people to “adopt” a school garden to coordinate volunteers and activities. Gretchen – also looking for local farmers or gardeners to grow produce for the schools. They are also coordinating food procurement and activities with the UW campus

- Food For Life-Mallory Bender-Richland Medical Center

Classes will continue but now will be held at the Center Creek professional building site (across the site from the Schmidt Woodland Hills) with smaller classes and for longer time periods. Will now go over 6 months and be incorporated into behavioral change. Currently not being advertised and still being developed.

- Community Gardens-Coleen Burns

24 beds, some handicapped accessible. Starting earlier this year – compost and mulch available this year. Beds in good condition- orientation on square foot gardening but this year will not put the strings out, will let people do that themselves. WATER AVAILABLE!! Start out as rain barrels and hopefully will lead to a real hose later in the summer. Last year extra beds so different organizations adopted them and food went to food pantry. Gardeners ranged from 8 to 70 last year. Mower is available in the shed. Writing an article about the garden for the Richland Observer and she requested quotes to include in the article to make it richer.

- Farmers' Market-Paul Swanson

SNAP program was started several years ago with help of AI of the Pine River coop. They took this on as a project with help from Richland FIT who purchased the tokens. People on food shares can only use the tokens for food consumed immediately. Danielle noted that the tokens can be used to purchase starter plants for growing food. Last year we had \$50 “bonus bucks” donated by the Thrift store and \$20 was used so we have \$30 left. Paul noted that there is problem getting people to use their Food Shares for Farmers' Market produce. Still need to find ways to market. Paul does “splatter” advertising and Danielle does more one-on-one or special advertising. She shared a special one-page notice that she puts out in the community, and is looking for help to get the word out and encourage use of food tokens for the Farmers' Market. About 3,700 people use Food Shares in this county so we definitely need to get more people out.

- Point of Purchase-To be named

[SLIDE] Fundamentally want to have more accessibility and more availability of good choices in the community. Getting the pond healthier. Will involve education (e.g. Culver's calories on the menu) and working with local businesses. [TIMELINE SLIDE] Betsy went over the timeline and also shared ideas for the project. Will focus on building capacity and start small, e.g., 2 restaurants, 1 grocery store, 1 concession. Emphasis make it doable. Asked if people had noticed calorie listing at Culvers. Yes (and one no but she doesn't go often!) Someone suggested the county fair or the Ocoochaplooza.

Volunteer opportunities-Betsy Roesler, Health and Wellness Coordinator. Paul would like brochures from health groups to include in his packets to farmers. Dawn moved from California in 1989 where there were health restaurants everywhere but there is nothing in Richland Center. Would like to see healthier food options gave the example of coming off the Pine River Trails and having some healthy options for lunch. Henk brought up the terrible condition of the sidewalks, and how he had a fall and can no longer walk downtown. The city has made promises that they would require business to keep up the sidewalks and fine them if they didn't make repairs. He would like to see if FIT support working on getting the city. Becky Dahl- Talked about "access for all" as the focus of the Pine River project so this would fit in perfectly - she mentioned elder, people in wheelchairs and even baby strollers have a hard time. Cindy Chicker also mentioned beyond safety how it reflects poorly if the downtown doesn't look taken care of with broken sidewalks. "Attractive downtown attracts people". Mindy shared that her husband works on sidewalks and would be an advocate at the city meeting because he knows that repairs are doable and affordable. Betsy asked for a show of hands who would go to the meeting with Henk so he will get on the agenda and let people know.

Betsy thanked the group and gave them a handout with sign up information. She encouraged them to sign up for what they are interested in and attend the next meeting.

5. Next meeting Tuesday, June 7<sup>th</sup> noon to 1:30 pm.  
June meeting objective: Coalition sustainability discussion led by Jarred Burke, RSD Superintendent