

FOODCORPS

NORTHEAST IOWA

The NE Iowa Food & Fitness Initiative (FFI) believes that NE Iowa is a unique place where all residents and guests should have access to locally grown, healthy food and opportunities for physical activity every day. The NE Iowa Food & Fitness Initiative **Early Childhood** believes all children and their families should actively thrive in healthy communities for a lifetime. Our Early Childhood FoodCorps Pilot is in it's second year.



PROJECT UPDATES:

Garden Club—During the beginning of November, Central's Garden Committee put together a Fall Garden Clean-up Day! We planned for the day and made a great big to-do list, which mostly included pulling out 1,000 square-foot worth of weeds and dead plant matter.

They pulled out kid-sized kale plants and other dead plants from their school garden. They also planted garlic, covered it with straw, and planted a rye cover crop. They thought it was really fun and were so surprised that we were planting things in our garden when snow was about to come!



PROJECT UPDATES: Launched a new Staff Wellness program. we now have a small sub-committee from the Wellness Committee that plans our staff wellness every month. There is specific time set aside once a month during professional development on Friday's designated for Staff Wellness activities. This is the first program of its kind in the area.

November focus was on physical activity. December's theme was healthy eating . January's focus will be on the emotional, social, and spiritual dimensions of wellness. We plan to do a large group session on mindfulness, guided relaxation, and a values workshop. After the winter months, we will pick back up with the financial dimension of wellness.



PARTNERSHIPS:

- Northeast Iowa Food and Fitness Initiative
- Central Community School District
- Northeast Iowa Community Action Corporation's Head Start Program

EVENTS::

- CELBREATIONS FOR MLK DAY AND EDUCATION MONTH
- SPRING GARDEN PLANNING AND CONTEST:
- WHITE MILK WEDNESDAYS

INQUIRIES:

WANTING TO WORK MORE WITH THE IOWA FOOD HUB ON LOCAL FRUIT AND VEGETABLE SNACKS FOR EARLY CHILDHOOD.

Contact Information:

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Haleisa Johnson, Site Supervisor — johnsonha@nicc.edu— (563) 880-2874

Kate Lower, FoodCorps Service Member — k.lower@foodcorps.org — (563) 880-7654



Spring Garden Planning

By Kate Lower, FoodCorps Service Member



In February, the Central students will get the opportunity to create their own plan for their school garden. I'm will to go into the classrooms and talk about planning for planting our school garden this Spring. I'll give the kids a layout of what our garden space looks like, and then they will get to choose where they want things planted.

It will be a fun learning experience and competition for them. A high school class will vote for a winner when the kids are finished designing their garden plans. The high school students will judge plans based on creativity, use of space, and will be looking at the general layout to make sure each plant has good garden companions to thrive throughout the growing season. They will compare layouts to what was planted in the garden last year, so that things aren't planted in the same location.

Hopefully, in the end it will allow for more ownership from the kids for their school garden.

We will be receiving seed donations from two local partners The Pepperfield Project and Turkey River Farms!

January we enjoyed **Martin Luther King Jr. Celebrations** related to Dr. King's favorite Southern Foods and his influence in American History.

The 2nd-3rd graders learned about Dr. King, Southern Foods and tasted mini cornbread muffins with local honey.

Central's Cooking Club made sweet potato fries and read about Dr. King and what he did to contribute to our country's equality.

We are trying something a little different at Central this year—**White Milk Wednesdays**. I am encouraging the children to take white milk instead of flavored milk and talking about why it is better for you on a daily bases.



FOODCORPS

Des Moines Public Schools is Iowa's largest public school district with more than 32,000 students. FoodCorps members each work with one in-depth school and two support schools that have identified goals for nutrition education, school gardens, and a school wide culture of health.



PROJECT UPDATES:

Pick a better snack nutrition education lessons have included local sweet potatoes (November), Kiwi (December), and school-made bean salad (January). FoodCorps members are leading regular afterschool programs including cooking and gardening clubs. Members continue to find ways to strengthen the connections with local foods, nutrition education, gardening, and the community.

*Local sweet potatoes & apples made into a tzimmes recipe for tastings.



PARTNERSHIPS:

FoodCorps members strive to connect to other programs, organizations, and individuals who also focus their work on health and food systems. Members learned about and connected with others locally through the Healthy Food Stakeholders meeting and state-wide through the Community Food Systems Annual event.



EVENTS:

The Well Kids of Central Iowa Coalition kicked off the 5-2-1-0 Healthy Choices Count! campaign at Carver Elementary highlighting ways that schools can create healthy environments and activities. <https://www.unitedwaydm.org/5210dsm>

* Allie leads students in a physical activity as part of a Pick a better snack lesson demonstration.

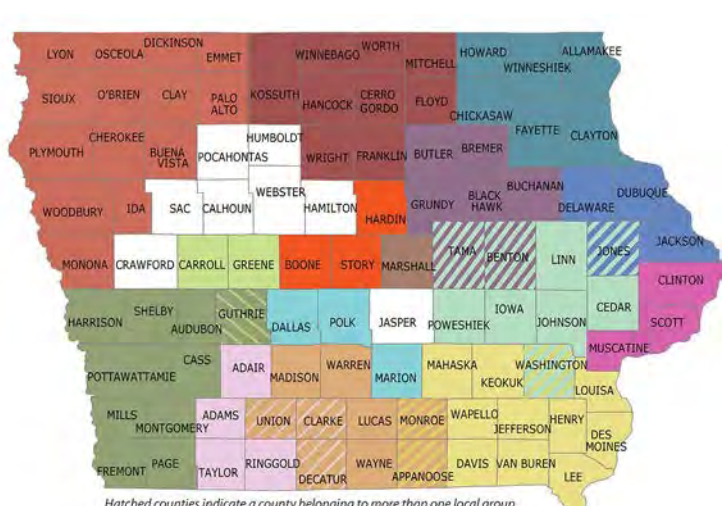


INQUIRIES:

We continue to looking for more structure and support regarding garden activities and volunteers, especially during the summer.

*Recycled materials into garden buddies at Sprout Scouts program with Nicole.

DES MOINES



Contact Information:

Lyn Jenkins | Region | 1301 2nd Avenue,, Des Moines, IA 50321 | Lyn.jenkins@dmschools.org

RFSWG

SOUTHERN IOWA

Southern Iowa Local Foods Initiative is working to build healthier, more prosperous communities by working to create vibrant, local foods systems. By supporting local farmers and growers, we can support sustainable food practices that improve food security, health, the environment, community ties and local commerce.



PROJECT UPDATES:

Southern Iowa RC&D was awarded the 2017 SCBG to increase millennial purchases of specialty crops at farmers' markets in southern Iowa. Coordinator also sits on the executive board for Healthy Cooking through the Generations, a cooking program which pairs grade school kids with seniors to promote cooking skills from one generation to the next.

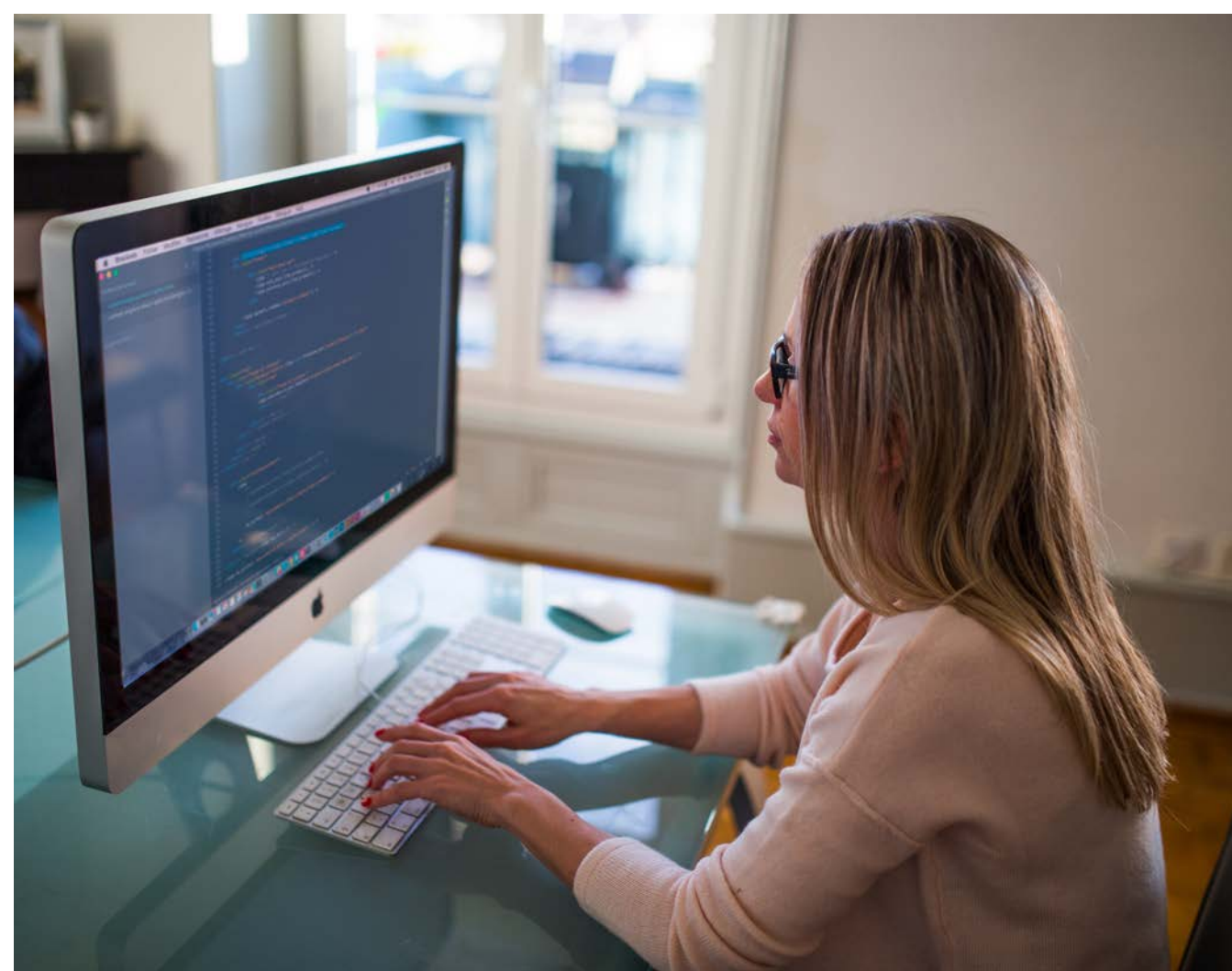


PARTNERSHIPS: Coordinator has partnered with Parents as Teachers and MATURA's WIC program to promote cooking classes for low income families.



EVENTS:

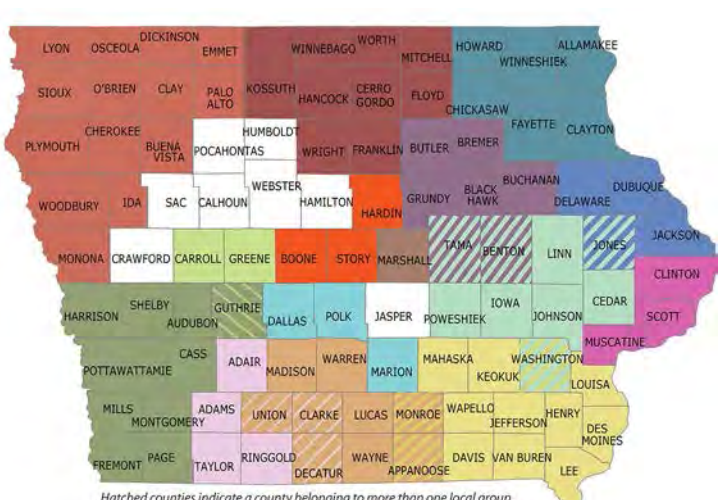
Coordinator is hosting a series of cooking classes for low-income families in three Iowa counties. Classes have begun and will be completed by April. March 10th coordinator will host an annual farmers' market workshop in Creston. Guest speakers include food coordinator, Dale Raasch from Bridgewater Farm, Kurt Reuber from department of inspections and appeals, Creston Farmers' Market manager and Sandy Andres, food safety expert from ISU. Farmers' Market managers and vendors from all communities are welcome to attend this free event.



INQUIRIES:

Please provide information about questions you have, if you are searching for information, or looking for assistance with anything. Please place a related photo to the left.

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RFSWG

Since 2011, Healthy Harvest of North Iowa has led the way as area producers, retailers, eating centers and companies join forces to support a local and regional food system.



PROJECT UPDATES:

- New **website** design
- New local food awareness **video**
- Started "**The NI Local Food Connection**" - a business networking group for local food businesses in North IA
- Beginning work on project to bring **hands-on cooking classes** to local Diabetes Prevention Program (DPP) classes and farmers market demos this season
- Building momentum towards Farm to School programming with a new **school garden initiative**



PARTNERSHIPS:

- Local Food Coalition** brings 20 partners together quarterly, 5 priority project teams, ISU Community Food System Program
- Regional farmers markets** - market to market collaboration.
- Cerro Gordo County Public Health** - Beginning planning for Farm to School program & partnering on the DPP cooking class project.
- Ag Ventures Alliance, One Vision, and the North Iowa Corridor EDC** are partnering with us to host The Gathering - a new event to celebrate and discuss local food in North Iowa (details below).



EVENTS:

- Sat. Feb. 24th - The Gathering: Coming Together Around Local Food at One Vision in Clear Lake, IA.** *This event will be an interactive gathering that inspires and promotes a deeper understanding of how to engage in the local food system. More details can be found at:* www.healthyharvestni.com/thegathering



INQUIRIES:

- Tips on Farm to School programming
- Farmers Market collaborations and successful programming examples

HEALTHY HARVEST



Contact Information:

Healthy Harvest of North Iowa | www.healthyharvestni.com
 Jan Libbey | libbey.jan@gmail.com | 515-851-1690
 Marie Boyd | marie@healthyharvestni.com | 515-337-2445

RFSWG

DAVENPORT COMMUNITY SCHOOLS



PROJECT UPDATES:

Ali has started teaching monthly FoodCorps lessons at Hayes Elementary in 2 third grade classrooms and 1 first grade classroom. The kids had fun making bean buddies and starting seeds.

PABS classes continue as well.

Ali continues to teach weekly cooking classes through the school district's afterschool program.



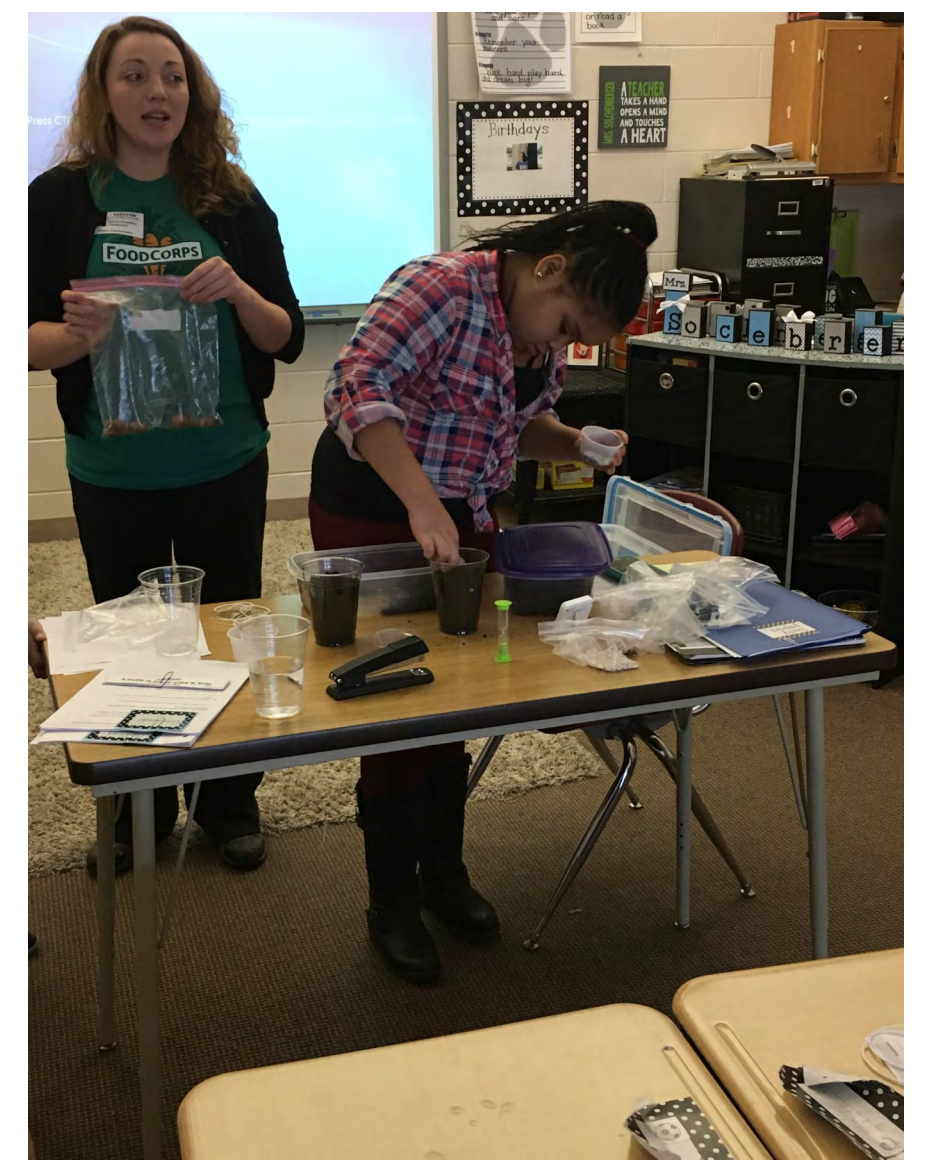
PARTNERSHIPS: Kids enjoyed harvesting potatoes at the Fairmount Pines partnership program. They voted to make French fries so we made a spicy oven baked fries. They were a hit!

They also enjoyed making thanksgiving turkeys from colorful vegetables.

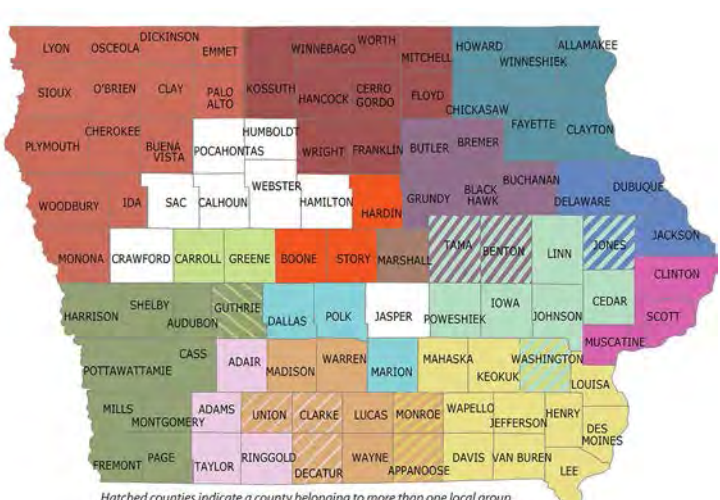


EVENTS:

We continue to partner with the Family Resources program Fairmount Pines apartment complex. Program participants had an opportunity to prepare hummus at a January class.



Kathy Bierl | Region | Davenport Community School District | bierlk@mail.davenport.k12.ia.us | 563-336-7430 Ext. 7809



RFSWG

Northern Iowa Food & Farm Partnership (NIFFP) seeks to be part of a broad based effort to create a more local & regional food system that improves the economic viability & environmental



PROJECT UPDATES:

- Completed Building Capacity Grant with Leopold Center.
- Planning for Community Producers Program for refugee women in February (Iowa Women's Foundation grant)
- Creating 2018 Buy Fresh Buy Local Directory (printed March 1, 2018)
- Planning Local Food & Film Festival on March 3, 2018
- Rebuilding Northern Iowa Food & Farm Partnership coalition through strategic planning
- Working on INNSG grant in Waterloo Schools



PARTNERSHIPS:

- Region 9 ISUEO staff (Black Hawk, Buchanan, Butler, Grundy, & Tama Counties)
- FoodCorps
- EMBARC
- AmeriCorps VISTA
- Northeast Iowa Food Bank
- Black Hawk County Public Health



EVENTS:

- Local Food Buyer & Local Food Producer Networking Events in January
- Cafeteria Taste Test in 3 schools (local pickled beets)
- Monthly Northern Iowa Food & Farm Partnership meetings
- March 3rd Local Food & Film Festival
- October 7th Farm Crawl

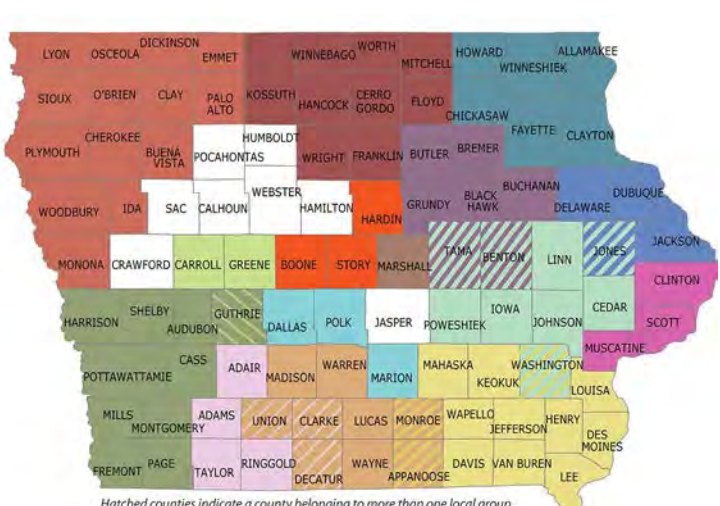


INQUIRIES:

INQUIRIES:

- Resources for Restaurants and Purchasing Local
 - Always looking for speakers.
- Marketing plans
 - Goal: Marketing campaign for local foods in region
 - Funding sources?

REGION 9: NIFFP



Contact Information:

Jodie Huegerich, RD | Region 9 | UNI-CEEE Cedar Falls, IA 50614-0293
| jodie.huegerich@uni.edu | 319-273-7883



FOODCORPS

WAPELLO COUNTY

What's happening in FoodCorps Wapello County!



PICK A BETTER SNACK:

Kara taught Pick a Better Snack lessons in December, focusing on kiwi. Each class had the chance to practice cutting skills, working as a group to halve, then quarter their kiwi. In January, the featured snack was garbanzo beans. Kara made hummus in each class, which was well-received by the kids. Several school staff members later mentioned that their kids were asking for hummus at home!



COOKING LESSONS:

In December, the PTYC afterschool program had the chance to make fruit salad, using kiwi. In January, the same kids had the chance to be creative and make chickpea salad sandwiches, which they personalized by adding their own toppings, choosing from a range of fresh produce. The kids (surprisingly) loved the chickpea salad sandwiches, especially the younger kids!



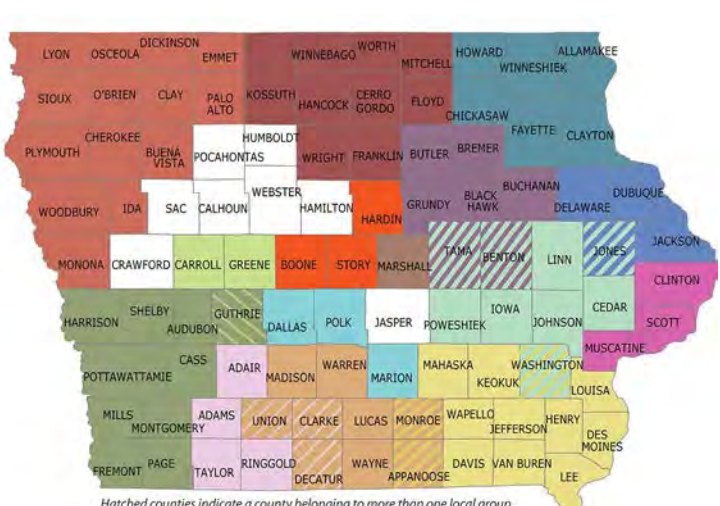
FOODCORPS LESSONS:

Kara spent time in January teaching lessons with the third grade classes (all 8 of them!) at Liberty Elementary School. She used this time to teach about food in other cultures, speaking about her time living in rural Kenya, and the foods that families often ate. During the lesson, the students got the chance to try a Kenyan-style rice and beans dish, which was a huge hit for both students and staff!



UPCOMING:

Our program is in the planning stages for our summer gardening program at Liberty Elementary School and the YMCA, and planning summer day camps that have a garden and nutrition education focus. These programs will allow kids to spend time learning and gardening throughout the whole growing season, and teach them ways they can cook with fresh produce!



Contact Information:

Jen Lamos | Wapello County | 13011 120th Avenue, Ottumwa | jenlamos@iastate.edu | 641-682-5491

RFSWG

Ray Kruse and Brittany Demezier are Food Systems Program Coordinators for Dubuque County. Dubuque Eats Well is the community coalition for the county and consists of producers, consumers, and institutions collaborating to grow an equitable and sustainable food system.

DUBUQUE COUNTY



PROJECT UPDATES:

School Food Tastings– Several schools and colleges are trying new local food items this winter, one being Country View Dairy’s yogurt. We have done a series of school tasting on Greek versus regular yogurt. Students were able to tell the difference between the two varieties and vote for their favorite one!

Food Safety Plan Workshop– Area farmers had the opportunity to craft their own food safety plan at a workshop held on Feb 5. Participants came ready with their laptop and left with a on-farm food safety plan they can use towards a GAP certification or to give to purchasers.

Dubuque Eats Well Blog– The past several months the Dubuque Eats Well website has been establishing a blog. The current series “Eat Like a Local: Restaurant Edition” explores area restaurants that feature local foods. Check it out at www.dubuqueeatswell.com/blog



PARTNERSHIPS:

We have partnered with area schools to start doing local food tastings throughout the county. We are also looking to partner with the county 4-H clubs to do a series of youth workshops covering a variety of topics like hydroponic production, and how to select vegetables for the fair.

EVENTS:

Feb 10– Tri-State Local Food Summit,
Sinsinawa Mound, WI 9am-3pm

March 17– Master Gardener Spring Seminar
NICC Town Clock Center 7am-12pm

March 24– Tree Grafting Workshop
Dubuque County Extension 1pm



INQUIRIES:

Contact Information:

Brittany Demezier & Ray Kruse | Region 11 | Dubuque, IA
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John Krzton-Presson is the Local Foods Coordinator with ISU Extension and Outreach in Jasper County.



PROJECT UPDATES:

- **Local Foods Directory** - A listing of producers and processors selling in Jasper County. Electronic copy available online, seeking funds for printing.
- **Donation Garden** - Master Gardeners continue to address food security by donating garden produce to a local food pantry.
- **Market Farmers Meetup** - Local Foods Producers have been meeting monthly for education and networking.

PARTNERSHIPS:

- With a shared garden, students from DMACC culinary arts program have partnered with ISU Extension and Outreach to learn about local foods and the seasonality of vegetable production. Master Gardeners have applied for grant funding to support donation garden efforts.
- Our Local Foods program is partnering with local producers and market managers to improve farmers markets in 2018.
- The Local Foods Coordinator is currently seeking community partners to serve on advisory board.



EVENTS:

- **School Garden 101:** Feb. 19 - Mar. 19
- **Market Farmer Meetup:** Feb. 20
- **Spring Gardening Series:** Mar. 6, 20, & 27



QUESTIONS AND INQUIRIES:

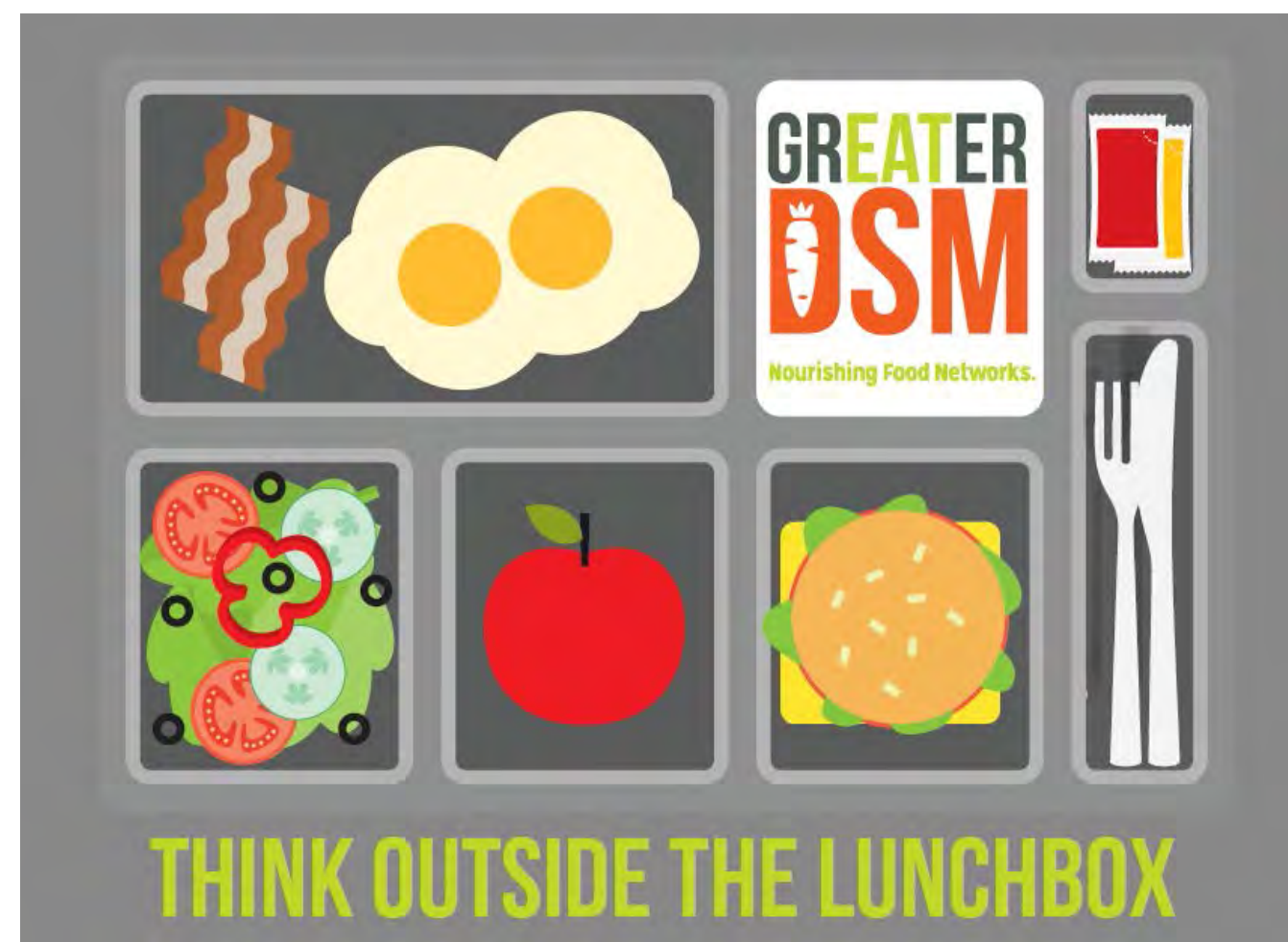
- How have others made inroads with local schools?
- How have others created public dialogue on local foods?
- Who has been a key member on your stakeholder/ advisory group?

Contact Information:

John Krzton-Presson | johnkp@iastate.edu | 641-792-6433

RFSWG

Eat Greater Des Moines works to identify, develop, and connect resources supporting the entire food life cycle in central Iowa.



PROJECT UPDATES:

Double Up Food Bucks continuing to expand to new markets in 2018. Piloting electronic benefit redemption AGAIN at Downtown Market.

Garden Signage Project distributed 33 signs in 2017 and planning for more in 2018.

Food Rescue Expansion—looking to pilot new transportation solution.



PARTNERSHIPS:

- Hunger Free Dallas County Initiative
- Healthiest State Initiative—Double Up Food Bucks
- United Way of Central Iowa—Garden Signage
- City of Des Moines—Garden Signage
- Dallas County Public Health Nursing
- Des Moines Public Schools
- Meals on Wheels



EVENTS:

February 24—Seed Swap and Giveaway

March 3rd—Feed Greater Des Moines Event: Conference will inform and engage community members with our local food system.



INQUIRIES:

Looking to pilot a paid garden internship project pairing with community youth with school and community gardens within a neighborhood. Anyone have experience?

We are always looking for funding to support our work and programs.

EAT GREATER DES MOINES



Contact Information:

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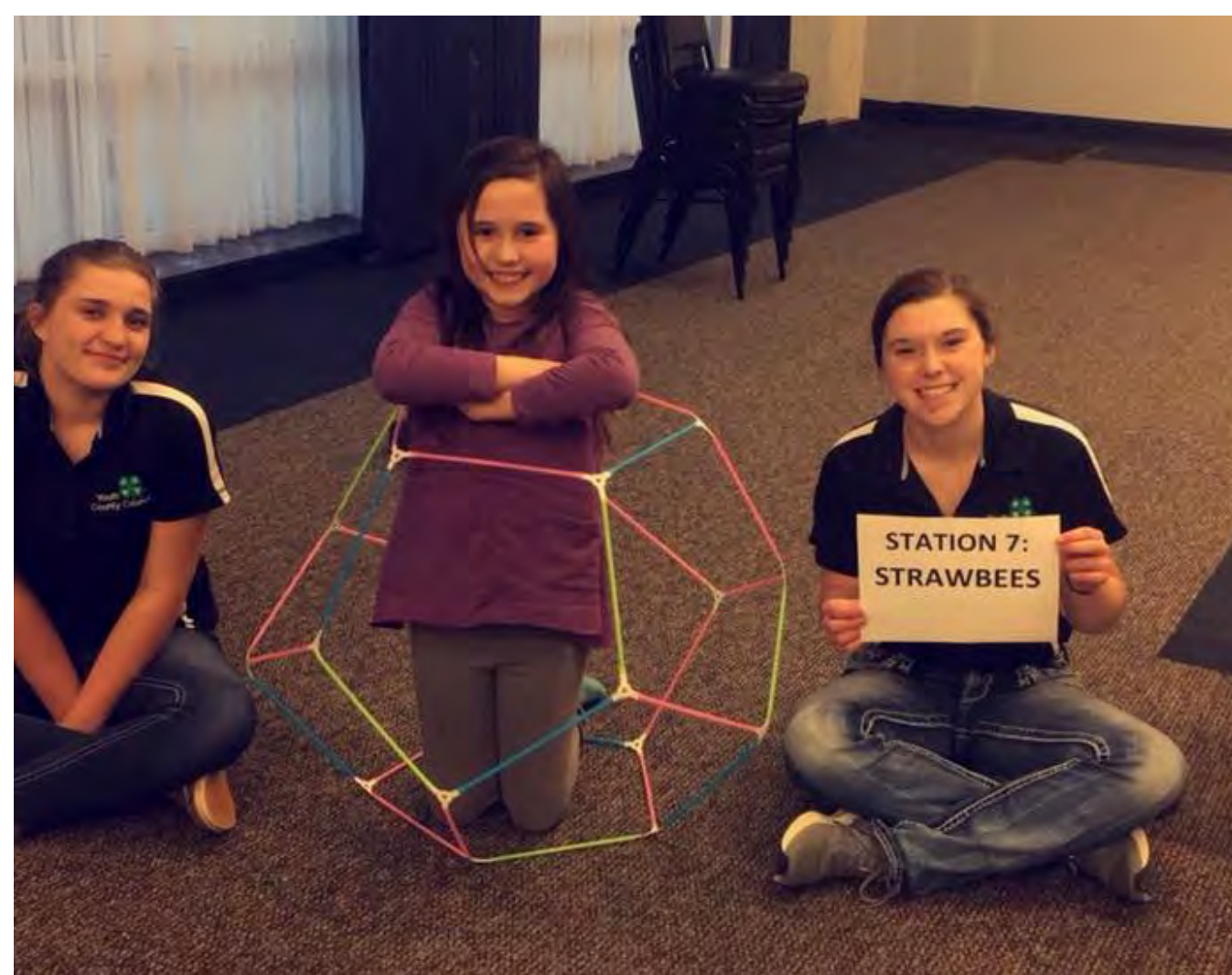
RFSWG

The Local Foods Coordinator position with Buchanan County ISU Extension and Outreach is unique in that it is funded by four Buchanan County entities. Buchanan County ISU Extension and Outreach is also a member of NIFFP.



PROJECT UPDATES:

- FarmChat - Have completed an apple orchard, vegetable operation, and hydroponics FarmChat (virtual farm tour) with elementary students.
- Farmers Market - The Independence Farmers Market is officially a nonprofit corporation in the State of Iowa! Now we are working on our bylaws and 501(c)3 paperwork.



PARTNERSHIPS:

Buchanan County Health Center, City of Independence, Independence Community School District, Buchanan County ISU Extension and Outreach, Independence Farmers Market, Buchanan County Conservation, UNI's Center for Energy and Environmental Education, 4-H, Master Gardeners



EVENTS:

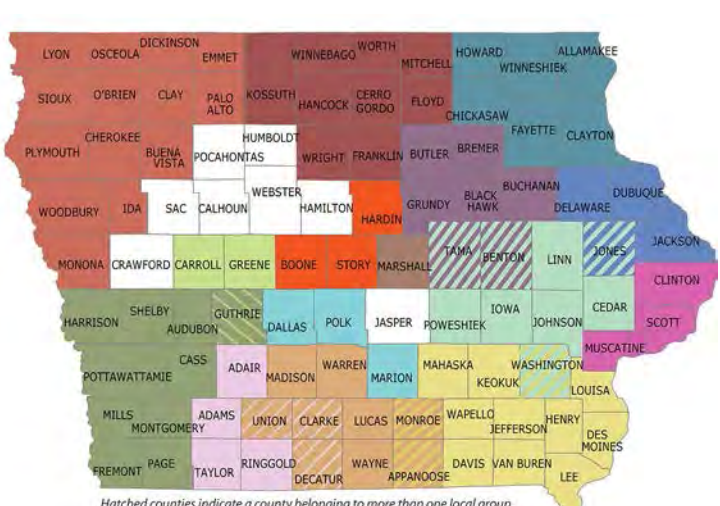
- Holiday Farmers Market - Had 15 vendors selling crafts, baked goods, and honey; and about 150 people walk through.
- STEM night - Held a hands-on STEM open house to showcase all of our curriculum and materials that educators can check out from our office.



INQUIRIES:

Any advice on applying for 501(c)3 status would be appreciated!

BUCHANAN COUNTY
ISU EXTENSION AND OUTREACH



Contact Information:

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RFSWG

Flavors of Northwest Iowa is a regional network for local food producers and consumers facilitated by ISU Extension and Outreach. Under Flavors we provide producer education, consumer information and support for healthy food partnerships



PROJECT UPDATES:

- Local Food Advisory Committee Region I and V: continuing work to grow and strengthen our local food systems
- Working on 2018 Local Food Roadshow events
- Planning for local food activities & events that will be spearheaded by Rising Star Interns
- Applied for grant funding to implement Power of Produce (PoP) Clubs at farmers' markets in Lyon, Sioux & O'Brien Counties



PARTNERSHIPS:

Supporting food security:

- By partnering with Up From the Earth and Siouxland District Health Department for community and donation gardens
- Working with Master Gardeners in Sioux City on Master Gardener Mini Grant project at low-income, senior apartment complex
- Partnering with local food pantries again this season for fresh produce donations in Lyon, O'Brien, Sioux & Osceola Counties

Food Access:

- Partnering with Rock Rapids citizens to create a new community garden
- Partnering with ISUEO Human Science staff & Willoway Senior Apartment Complex, in Sutherland to continue with onsite vegetable container garden & provide programming on health & nutrition

Raising Local Food Awareness:

- Working with LeMars Art Center to bring local food and local art together at farmers markets in 2018
- Partnering with 3 farmers' markets, master gardeners, Rising Star Interns, & other community sponsors to have PoP Club program

EVENTS:

- 2018 Siouxland Garden Show Winter Farmers' Market
- Bike N Bite, June 9 in Dickinson County



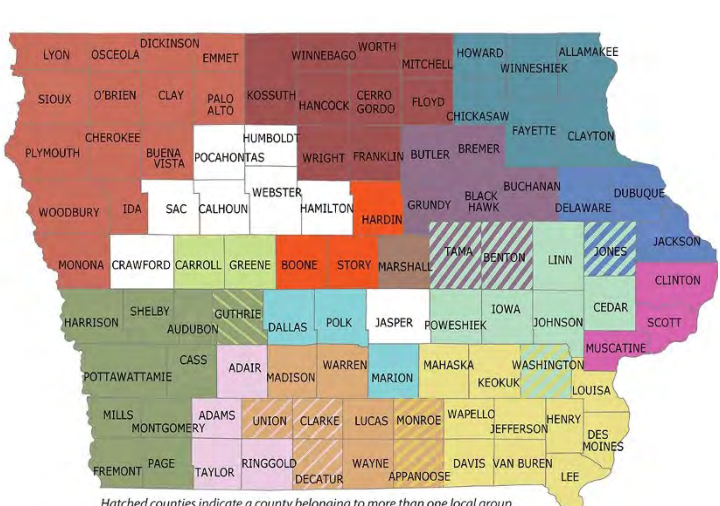
FLAVORS OF
NORTHWEST IOWA

Contact Information:

Region 1, 5, 6

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Sioux City, IA
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RFSWG

The Southwest Iowa Food and Farm Initiative is a network for food producers and consumers working to develop a healthy local food system. SWIFFI works to build a sustainable regional food system that links production, processing, distribution, and consumption; for better health, food security, stronger communities and economic development. SWIFFI is a multi-county coalition of individuals and organizations working together with Golden Hills Resource Conservation and Development. SWIFFI works in Harrison, Shelby, Pottawattamie, Cass, Mills, Montgomery, Fremont, and Page counties.



PROJECT UPDATES:

SWIFFI toured the new Kitchen Council shared-use kitchen in Council Bluffs, which is opening soon.

We are collaborating with the Council Bluffs Public School District dietitian with the Pick a Better Snack Program to provide education about healthy eating. This program includes teaching students about MyPlate, healthy eating choices, tasting food samples, and cafeteria coaching.

We are coordinating seven ag arts camps in four Southwest Iowa counties. This project involves reaching out to farmers and artists, meeting to develop curriculum, and finding sponsors to support each camp.



PARTNERSHIPS:

We are cultivating new relationships with schools and community groups for local food education and promotion, and strengthening existing partnerships with our wide variety of producers, markets, nonprofits, and businesses.



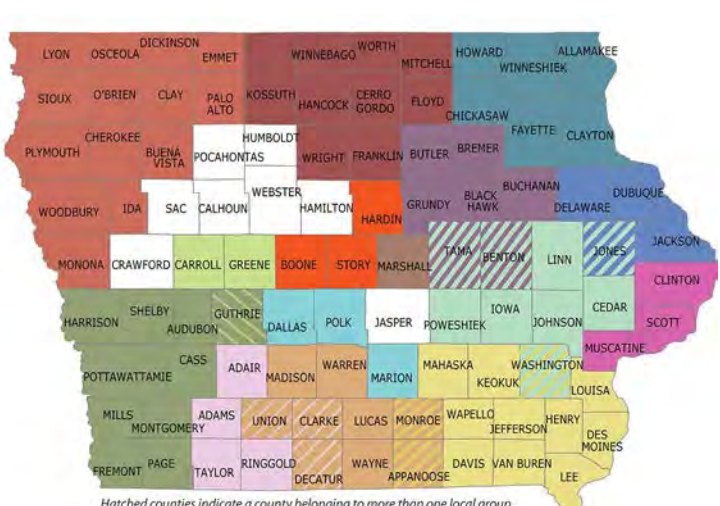
EVENTS:

We are working with ISU to host a high tunnel workshop and field day this spring. We worked with ISU to host a FSMA training at Farmtable Delivery last fall.



INQUIRIES:

SOUTHWEST IOWA FOOD AND FARM INITIATIVE (SWIFFI)



Contact Information:

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RFSWG

ISU Extension and Outreach in Wapello County strives to develop the local food system in Southeast Iowa, working in Wapello, Davis, Monroe, Mahaska, Keokuk, and Jefferson Counties, through a local food box delivery program called Produce with a Purpose.



PROJECT UPDATES:

Produce with a Purpose is planning to deliver food boxes for 10 weeks during the 2018 growing season. Our goal is to deliver 75 shares with each delivery, which happens every other week. We will work with at least 4 worksites in Wapello County, delivering fresh produce directly to where customers work.



PARTNERSHIPS:

We are looking to partner with new producers who wish to sell produce to our local food box program. We are targeting producers in Wapello, Mahaska, Keokuk, Jefferson, Davis, and Monroe counties, though we are open to working with other producers in southeast Iowa. Our program season runs from the end of May through October.



EVENTS:

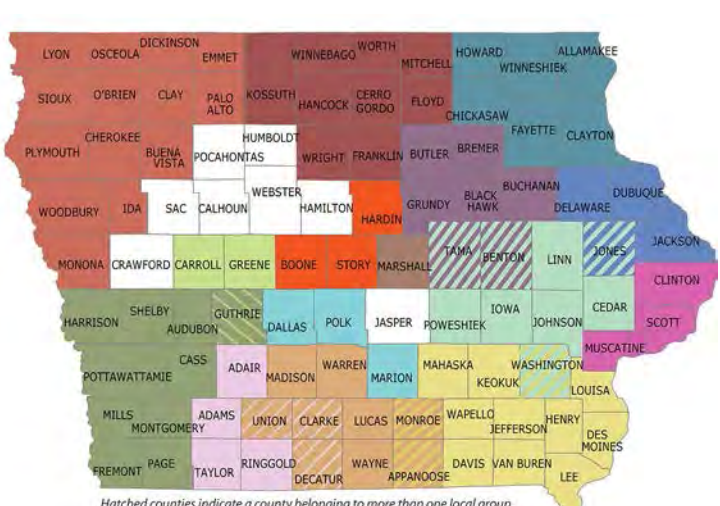
The Wapello County Extension Office is developing a producer education schedule for 2018-2019. Most classes will take place during the winter, when producers are more able to attend workshops. We are looking for people who are interested in teaching educational programs related to any aspect of production, marketing, pricing, and sales.



OPPORTUNITIES:

Our office is hiring a Food Box Coordinator, who will provide leadership with the Produce with a Purpose local food program. The position is from mid-March through the end of October, for about 35 hours per week. We are seeking a candidate who is organized, has excellent communication skills, and is passionate about strengthening the local food network in and around Wapello County.

PRODUCE WITH A PURPOSE



Contact Information:

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jenlamos@iastate.edu | 641-682-5491