



Tuesday, February 13th, 2024
 1:00-2:00 p.m.
Virtual

Facilitator: April Anderson

Recorder: Laura Reutlinger

Invitees: Jayne Harris, Ecumenical Food Pantry; April Anderson, Monroe County UW-Extension; Theresa Rogalla, Couleecap; WIC RDN/Fit Families Coach; Jesse Bender, Tomah Schools; Rob Prestwood, Sparta Schools; Doug Staller, Neighbor for Neighbor Food Pantry; Tori Erickson, Mayo Clinic Health System; Patti Abbott, ADRC; Whitney Sanjari/Shayla Furlano, Tomah Health; Matthew Grover, Hunger Relief Federation; Emily Murwin, Second Harvest; Heidi Prestwood, Sparta Chamber of Commerce/Kiwanis; Laura Reutlinger, MCHD; Jeanette Burlingame, Community Health Solutions-Viroqua; Paige Zimmerman, WIC Nutritionist; Bryanna Hoff, WIC Manager & Nutritionist

Attendees: April Anderson, Laura Reutlinger, Patti Abbott, Paige Zimmerman, Whitney Sanjari, Heidi Prestwood-Funkhouser

Item	Presenter	Information
Introductions /Icebreaker	April	Icebreaker: What is your favorite treat to enjoy?
Minutes	April	Review and approve
Goals, Objectives & Strategies	All	<ul style="list-style-type: none"> -Organization Updates (15 minutes) -Policy, Systems, & Environments (PSE)- Physical Activity Challenge Results <ul style="list-style-type: none"> • 33 people sent in forms. Representation from all parts of the county. Received good feedback and requests to let participants know when we do challenges in the future. Winners have been contacted. Gift cards will be sent out. -Sparta Lions Club Thank You Card <ul style="list-style-type: none"> • April will send Thank You Card to Sparta Lions Club for their \$100 donation for the physical activity challenge. -Monroe County Physical Activity Options List <ul style="list-style-type: none"> • April has created list of Monroe County Physical Activity locations. Laura will put this info into a Canva document to share with the public. -Review Member Feedback Poll Results <ul style="list-style-type: none"> • 2 responses received. Both were interested in staying members of the coalition. They see the importance of promoting healthy eating and physical activity in Monroe County. -WI Chili Lunch <ul style="list-style-type: none"> • Thursday Feb 22nd. • Register your organization for free through the website. Many recipes and resources available.

		<p>https://healthyliving.extension.wisc.edu/events/chili-lunch/</p> <ul style="list-style-type: none"> • This events promotes using local ingredients to make chili. • April sent press release to the newspaper. • Next year: promote early to the schools. ADRC meal sites (need to know a couple months in advance to change the menu). <p>-PSE-Point of Decision Prompts Discussion</p> <ul style="list-style-type: none"> • Placing signage to encourage people to take the stairs instead of elevator when available. • For March meeting: Look at CDC website, choose 3-4 favorite signs. Brainstorm local businesses to ask to participate in an activity campaign (hospitals, libraries, others who have stairs and elevators?) <p>https://www.cdc.gov/physicalactivity/community-strategies/prompts-to-encourage-physical-activity.html</p>
	Laura	<p>Health Department</p> <ul style="list-style-type: none"> • Compass Community Health Assessment (CHA) stakeholder meeting rescheduled for March 18th from 9am-11am at the Sparrows Nest in Sparta. March 12th from 5pm-7:30pm for community members. Virtual meeting March 13th 10am-11:30am. Calendar invites for the stakeholder meeting on March 18th will be coming to all Nutrition Coalition members.
	Patti	<p>ADRC</p> <ul style="list-style-type: none"> • New dietitian hired with ADRC – Jane S. • Cataract Essential Services is starting a food pantry. Space will also have fitness classes/equipment available for the public.
	Paige/ Bryanna	<p>WIC and Fit Families</p> <ul style="list-style-type: none"> • Attended Tomah and Sparta Head Start family night in January to promote WIC and healthy eating for families. • Planning for Farmers Market this summer.
	Heidi	<p>Sparta Chamber and Kiwanis</p> <ul style="list-style-type: none"> • Kriskindlmarkt was successful this year. 10th annual market happening in 2024. • Friends of Elroy Sparta State Trail is revitalized. 501c3 activated. Working with DNR to promote healthy activity and quality of life. Trail is open all year long; tunnel doors are closed in the winter. Trail is open for

		<p>free to walkers, fee for bikes (\$25/season, \$5/day) and snowmobiles.</p> <ul style="list-style-type: none"> • March- chainsaw safety class happening. • Bike rental/shuttle shifting to the Chamber • May 4th Bike Expo and Trail Celebration – Nutrition Coalition has attended with Blender Bike in the past. Let April know if anyone is interested in attending this year. • Heidi is nominated for Governor’s Conference Rising Star Award • Concerts in the Park dates are set, non-profits can reach out to Heidi if interested in running concessions on any of the dates. • Pickleball courts in talks for building with city of Sparta
Whitney & Shayla	Tomah Health	<ul style="list-style-type: none"> • Feeding Your Baby in the First Year class coming up in March. Registration is open-\$20. Financial assistance is available if needed. • Partnering with GHS this spring on Prescription Produce Program. Launching cooking classes at Tomah Health this summer-beginner classes based on knife skills and one based on cooking with herbs. • Whitney and April will be attending cooking class at Lunda Center on March 4th- contact Whitney for more information if interested in attending. • Men’s Health Night at Tomah Health- April 4th from 5-7pm. Looking for organizations to have booths at the event. Contact Whitney if interested.
Tori	Mayo Clinic	
Rob	Sparta School District	
Jesse	Tomah School District	
Jayne & Theresa	Ecumenical & CouleeCap	
April	UW-Extension	<ul style="list-style-type: none"> • Hermann Elementary 1st grade lessons finished, 2nd grade starting soon • Nutrition lessons at Ahuco Head Start • April getting trained in Tai Chi to offer community classes to help with arthritis and falls prevention. If anyone is interested in becoming trained, let April know. • Mental Wellness Fair –May 16th at Mueller Square from 2-6pm. Hosted by many Monroe County Coalitions. Nutrition Coalition will be represented.

		April will share education on foods to support brain health and mental well-being. Whitney will check to TH to see if nut snack packs can be provided.
	Emily	Second Harvest & HungerCare Coalition
	Jeanette	Community Hunger Solutions
	Monroe County Community Health Organization	
	All	<p>Other things to share, new ideas, etc.? Items for next agenda</p> <ul style="list-style-type: none"> • Other topics to focus on throughout the year – activities/events. Brainstorm ideas. <ul style="list-style-type: none"> ○ How to make cooking easier <p>Meeting adjourned at 2:00pm</p>
Next Meeting		<p>Tuesday March 12th 1-2 Virtual</p>