



**Tuesday, March 12<sup>th</sup>, 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, Emily Murwin, Whitney Sanjari

Item	Presenter	Information
Introductions /Icebreaker	April	Icebreaker: What is your favorite green food?
Minutes	April	Review and approve
Goals, Objectives & Strategies	All	<ul style="list-style-type: none"> <li>-Organization Updates (15 minutes)- see below.</li> <li>-Monroe County Physical Activity Options List Update               <ul style="list-style-type: none"> <li>• Updated brochure will be coming soon.</li> </ul> </li> <li>-National Nutrition Month               <ul style="list-style-type: none"> <li>• March is National Nutrition Month. April previously emailed resources that can be shared via organizations and social media. News release was included in last Thursday’s paper.</li> </ul> </li> <li>-PSE-Point of Decision Prompts Continued Discussion               <ul style="list-style-type: none"> <li>• Suggested locations: Libraries, hospitals, Barney Center, Sparta Courthouse, Monroe County Health and Human Services, Murray’s on Main. Would like to include signage in multiple locations throughout the county. Limited options for multiple story buildings.</li> <li>• Favorite signage designs: “Step up to a healthier lifestyle,” “No waiting one door over,” “Change happens one step at a time”</li> <li>• Will discuss outreach at April meeting.</li> </ul> </li> <li>-How to make cooking easier               <ul style="list-style-type: none"> <li>• Outreach opportunities: News release, nutrition lesson classes.</li> <li>• Food pantries are seeing people want more “grab and go” options, easy to prepare, no cooking involved.</li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>• Suggested topics: using canned or frozen veggies, batch cooking (“planned overs”- cook once, eat twice), microwave cooking, one dish meals, soups, ready-to-eat purchases from grocery store, learning basic cooking skills/knife skills, cooking with different herbs and spices to make food more flavorful, convenience with balance (add veggies to frozen pizza or side salad with pizza), how to use rotisserie chicken (or other protein source) in multiple recipes.</li> <li>• Education ideas: Create news release and handout to share with the community. Ex. 5-day meal prep centered around shredded chicken and meatless options including recipes and grocery list. Start with -how to prepare beans with recipes included.</li> <li>• Next Steps: look up information on beans, cooking with beans, recipes including beans <ul style="list-style-type: none"> <li>○ Dips, sides, desserts, mains, beans as a sub</li> </ul> </li> <li>• Resource: <ul style="list-style-type: none"> <li>○ “Good and Cheap” free cookbook pdf available online or purchase printed book (also available in Spanish)-designed for low budget cooking, pantry staples</li> <li>○ <a href="https://books.leannebrown.com/good-and-cheap.pdf">https://books.leannebrown.com/good-and-cheap.pdf</a></li> <li>○ <a href="https://books.leannebrown.com/bueno-y-barato.pdf">https://books.leannebrown.com/bueno-y-barato.pdf</a></li> </ul> </li> </ul> <p>-Upcoming activities/events</p>
	Laura	<p>Health Department</p> <ul style="list-style-type: none"> <li>• 2024 Compass Stakeholder meetings 3/13 at 10:00am virtual and 3/18 in-person at 9am at Sparrows Nest. Registration links have been sent in previous email from Laura.</li> </ul>
	Patti	<p>ADRC</p> <ul style="list-style-type: none"> <li>• Starting to plan Senior Celebration for May.</li> <li>• Developing a 3-year Aging Plan starting 2025. Surveys are currently out for feedback.</li> <li>• Also surveying to offer new activities at congregate sites.</li> <li>• Working on Spring/Summer menu with dietitian.</li> </ul>
	Paige/ Bryanna	<p>WIC and Fit Families</p> <ul style="list-style-type: none"> <li>• Case load still high.</li> <li>• Getting ready for farmer’s market season. Checks can be issued to clients June 1<sup>st</sup>.</li> </ul>

	Heidi	Sparta Chamber and Kiwanis
	Whitney & Shayla	Tomah Health <ul style="list-style-type: none"> <li>• Men's Health Night, April 4<sup>th</sup>. Cranberry Country Lodge in Tomah 5pm-8pm</li> <li>• Attended cooking class at Lunda Center in Black River Falls.</li> <li>• Feeding Your Baby in the First Year class went well. Looking at offering it again in the future</li> </ul>
	Tori	Mayo Clinic
	Rob	Sparta School District
	Jesse	Tomah School District
	Jayne & Theresa	Ecumenical & CouleeCap
	April	UW-Extension <ul style="list-style-type: none"> <li>• Strong Bodies virtual session ends tomorrow. Starts again April 1<sup>st</sup>-June 19<sup>th</sup>. In-person class in Tomah ends on March 20<sup>th</sup>. New session starts March 27<sup>th</sup>, will be 7 week session.</li> <li>• Nutrition Lessons finishing up with 2<sup>nd</sup> grade at Herman Elementary after school program.</li> <li>• Attended cooking class at Lunda Center in Black River Falls.</li> </ul>
	Emily	Second Harvest & HungerCare Coalition
	Jeanette	Community Hunger Solutions <ul style="list-style-type: none"> <li>• Updates received from Jeanette: Although local food is not in abundance right now, we are experiencing a boom of milk. If any pantries are falling short of their dairy needs they can reach out to us to arrange a donation. We just added CouleeCap Sparta/Norwalk to our partnerships. They were able to find a volunteer to pick up donations. Perhaps, if another food distribution site is near either of those pantries and needs resources, they could piggy back off that donation. Anyone interested can reach out to me.</li> </ul>
	Monroe County Community Health Organization	
	All	Other things to share, new ideas, etc.? Items for next agenda
Next Meeting		Tuesday April 9 <sup>th</sup> 1-2 <b>Virtual</b>