



**Tuesday, April 9<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, Dan Barron, Pandora Flores, Whitney Sanjari, Jeanette Burlingame, Paige Zimmerman

Item	Presenter	Information
Introductions /Icebreaker	April	Icebreaker: What is your favorite way to move your body? (April is Move More Month)
Minutes	April	Review and approve- Approved
Goals, Objectives & Strategies	All	<p>-Organization Updates (15 minutes)- see below</p> <p>-Speaker: Jeanette Burlingame-Community Hunger Solutions</p> <ul style="list-style-type: none"> <li>CHS is a non-profit out of Viroqua that redistributes produce from local farmers and dairy from Organic Valley to local food pantries. Also partners with community meal sites and some low income housing/assisted living (working to advance this work). Distributes 200,000 lbs of food annually. Also provides some local education to groups. Works closely with many local partners. Learn more at <a href="https://www.community-hunger-solutions.org/">https://www.community-hunger-solutions.org/</a></li> </ul> <p>-Monroe County Physical Activity Options List Update</p> <ul style="list-style-type: none"> <li>April will update list and send to Laura for Canva polishing</li> </ul> <p>-PSE-Point of Decision Prompts-compile locations/assign tasks</p> <ul style="list-style-type: none"> <li>April shared updated list of locations. Are there locations in Kendall, Norwalk, Warrens, or Wilton with steps that we would want to post signage?</li> <li>Locations will be contacted to ask if they are willing to post signage for our campaign. Volunteers needed to contact a couple locations. See additional attachment on email.</li> </ul> <p>-share/compile beans resources for handout</p> <ul style="list-style-type: none"> <li>Resources/recipes were shared during meeting</li> </ul>

		<ul style="list-style-type: none"> <li>Whitney will compile into one resource prior to May meeting</li> </ul> <p>-Upcoming activities/events:</p> <ul style="list-style-type: none"> <li><b>Mental Wellness Fair- May 16<sup>th</sup></b> from 2pm-6pm at Mueller Square in Sparta. Annual event to promote mental wellness – sharing local resources, fun activities, popcorn/root beer floats, music, chance to win prizes</li> <li>Nutrition Coalition will have an education table. April and Whitney will develop interactive game and handout materials.</li> </ul> <p><b>-June Dairy Breakfast-June 1<sup>st</sup></b> at the Witt Family Farm: 27432 Midway Ave. Wilton.</p> <ul style="list-style-type: none"> <li>April will be doing Blender Bike Smoothies. Let her know if anyone else is interested in volunteering at this event.</li> </ul> <p><b>-Sparta Famers Market</b></p> <ul style="list-style-type: none"> <li>May 25<sup>th</sup> – Paige will be attending with WIC</li> <li>April will be attending in June, July, August and maybe September</li> </ul> <p>-Other things to share, new ideas, etc.?</p> <ul style="list-style-type: none"> <li>Beaver Creek Cleanup – Jeanette Burlingame is working on a cleanup project of Beaver Creek between Main St. bridge and Mary Morrow covered bridge in Evans-Bosshard Park. They are also wanting to create education opportunities to post along this section of the bike trail. Starting by cleaning up the brush and invasive species in the area. First Saturday in June is the first big cleanup event. Fire Dept will be doing a controlled burn. Working with Health Dept, Sparta Schools, Sparta Garden Club, and other non-profits in the area. Contact Jeanette if you are interested in being part of this work.</li> </ul> <p>-Items for next agenda</p>
	Laura	Health Department
	Patti	ADRC
	Paige/ Bryanna	WIC and Fit Families
	Heidi	Sparta Chamber and Kiwanis
	Whitney & Shayla	Tomah Health <ul style="list-style-type: none"> <li>Men’s Health Night on April 4<sup>th</sup> – 160 attendees. Event went well.</li> <li>Healthy Aging Expo coming in Fall</li> </ul>

		<ul style="list-style-type: none"> <li>• Cooking classes at Tomah Health- continued planning for future classes late summer/early fall. Topics include knife skills, pantry staples, cooking with herbs, vegetable cooking techniques, and soups.</li> <li>• Tomah Health will be providing nut mix packages to mental health month May 16<sup>th</sup> event. Nutrition Coalition will have table about mental health and nutrition.</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>• Nutrition lessons 2<sup>nd</sup> grade Herman Elementary have wrapped up. Next lessons starting in summer.</li> <li>• Talking with Cashton Library director about summer nutrition and physical activity classes</li> <li>• Virtual Strong Bodies started on Monday, in-person currently on and goes through May 20<sup>th</sup></li> </ul>
	Emily	Second Harvest & HungerCare Coalition
	Jeanette/Dan	Community Hunger Solutions <ul style="list-style-type: none"> <li>• Dan Barron will be replacing Jeanette as new Program Manager in the next few weeks</li> </ul>
	Pandora	HeartCorps (operating out of Scenic Bluffs)
	Monroe County Community Health Organization	
Next Meeting		<b>Tuesday May 14<sup>th</sup> 1-2</b> <b>Virtual</b>