



**Tuesday, May 14<sup>th</sup>, 2024**  
 1:00-2:00 p.m.  
**Virtual**

**Facilitator: April Anderson**

**Recorder: Whitney Sanjari**

In Attendance: April Anderson, Monroe County UW-Extension; Whitney Sanjari, Tomah Health; Paige Zimmerman, WIC Nutritionist; Pandora Flores, HeartCorp Program

Item	Presenter	Information
Introductions /Icebreaker	April	Icebreaker: What is the most interesting food you've ever tried?
Minutes	April	No changes to the minutes, they were approved
Goals, Objectives & Strategies	All	<p>-Organization Updates (See below under name &amp; organization)</p> <p>-Monroe County Physical Activity Options List update          -Laura's intern has updated the MOGO brochure and included indoor and outdoor options          -Feedback was given and April will share the questions/edits we have with Laura</p> <p>-PSE-Point of Decision Prompts update          -There was discussion about if we wanted to edit the signs. We want to add our Nutrition Coalition logo and also change the font so that it's more readable. April will work on this          -It was suggested that we provide the signs on cardstock or laminate them. April is looking into this and will start distributing the signs to business/locations that said they were interested in them</p> <p>-Beans resources handout update          -Whitney is working on the handout. Many recipes were provided and Whitney suggested we try to limit the handout out to 3-4 recipes so it's not overwhelming          -Whitney will look over the recipes and try them before we use them in the handout and will try to pick recipes based on their simplicity, taste, and the equipment needed to prepare them</p> <p>-Upcoming activities/events:          -Mental Wellness Fair-May 16<sup>th</sup> Mueller Square Sparta 2-6          -April and Whitney will represent the Nutrition Coalition and will provide nut mix samples to coincide with a Micronutrients for Mental Health Handout</p>

		<p>-June Dairy Breakfast-June 1<sup>st</sup> at the Witt Family Farm: 27432 Midway Ave. Wilton \$5 for adults</p> <p>-Start brainstorming ideas to celebrate National Fruits &amp; Vegetables Month in September -This will be added to the agenda for next month's meeting</p>
	Paige/ Bryanna	<p>WIC and Fit Families</p> <p>-Gearing up for Farmer's Market Season. Farmer's Market checks can be issued starting June 1<sup>st</sup></p> <p>-Participants can receive \$40 for the year</p> <p>-A scavenger hunt was created to encourage people to use their checks and to be more interactive at the market</p>
	Whitney & Shayla	<p>Tomah Health</p> <p>-Still working on the community cooking classes. The first class will be knife skills and Whitney should have a date around the next meeting</p> <p>-Summer Babysitting Classes are being offered as well. They are already half full.</p>
	April	<p>UW-Extension-</p> <p>-Finishing up with Strong Bodies (the virtual in June, and the in person will be wrapping up soon)</p>
Next Meeting		<p>Tuesday June 11<sup>th</sup> 1-2</p> <p><b>Virtual</b></p>