



Tuesday, July 9th, 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; Dan Barron, Community Health Solutions-Viroqua; Paige Zimmerman, WIC Nutritionist; Bryanna Hoff, WIC Manager & Nutritionist; Pandora Flores, HeartCorp Program

Attendees: April Anderson, Laura Reutlinger, Paige Zimmerman, Patti Abbott, Theresa Rogalla

Item	Presenter	Information
Introductions /Icebreaker	April	Icebreaker: What is something fun you did over the 4 th of July weekend?
Minutes	April	Review and approve- approved
Goals, Objectives & Strategies	All	<ul style="list-style-type: none"> -Organization Updates (15 minutes) -PSE-Point of Decision Prompts Distribution update <ul style="list-style-type: none"> • Posters continue to be distributed throughout the county -Beans resources handout update <ul style="list-style-type: none"> • Whitney is still updating. Will be done by Aug meeting. -Upcoming activities/events <ul style="list-style-type: none"> -Ho-Chunk Health Fair-July 17th – @ Tomah Youth Center 11am-5pm. April, MCHD, and ADRC are attending. -National Night Out-August 6th - in Sparta and Tomah 4pm-8pm. April will be in Tomah. MCHD will be in Sparta and Tomah -Share ideas to celebrate National Fruits & Vegetables Month in September <ul style="list-style-type: none"> • “Eat More Color” handout from American Heart Association. • Create Bingo card with fruit and veggie options, 5 from each color group. Participants can fill in their own card with what they are eating. Encourage people to try new options they have not had before. • Prize drawing for those who submit cards by the end of the month -Other things to share, new ideas, etc.

• **New Resources:**

Fruits and Veggie Month Toolkits

<https://fruitsandveggies.org/nfvmtoolkit/>

<https://www.cacfp.org/2022/08/25/celebrate-national-fruits-veggies-month/>

Add More Color [https://www.heart.org/-/media/Healthy-Living-Files/Add-Color/Add-Color-Fruit Vegetable toolkit.pdf](https://www.heart.org/-/media/Healthy-Living-Files/Add-Color/Add-Color-Fruit_Vegetable_toolkit.pdf)

New MyPlate Resources:

Webpages

- MiPlato toolkit: <https://bit.ly/MiPlatoToolkit>
- LoveOneToday: <https://bit.ly/CEF-LOT>
- MyPlate
Partner Resources: <https://bit.ly/MPResourcepage>
- MyPlate: <https://www.myplate.gov>
- MyPlate Kitchen: <https://www.myplate.gov/myplate-kitchen>

Resources

- MiPlato Your Way – English: <https://bit.ly/MYWEnglish>
- MiPlato Your Way –
Spanish: <https://bit.ly/MYWSpanish>
- MiPlato Meal Tips – English: <https://bit.ly/MMTEnglish>
- MiPlato Meal Tips –
Spanish: <https://bit.ly/MMTSpanish>
- MiPlato Cookbook – English: <https://bit.ly/MCBEnglish>
- MiPlato Cookbook –
Spanish: <https://bit.ly/MCBSpanish>
- MiPlato Health Professional Guide –
English: <https://bit.ly/HPGEnglish>
- MiPlato Health Professional Guide –
Spanish: <https://bit.ly/HPGSpanish>
- Encourage Excellent Eating
Early: <https://bit.ly/MyPlateEEEE>
- Healthy Eating & Savings Series – Fruit &
Vegetables: https://bit.ly/HESS_FNV

Recipes

		<ul style="list-style-type: none"> • Tortilla Espanol – English: https://bit.ly/TortillaEEnglish • Tortilla Espanol – Spanish: https://bit.ly/TortillaESpanish • Arroz Con Leche – English: https://bit.ly/ArrozCLEnglish • Arroz Con Leche – Spanish: https://bit.ly/ArrozCLSpanish • MyPlate Avocado Recipes: https://bit.ly/MPKAvocado <p>USDA and Reinvestment Fund launch new program to increase access to healthy foods in underserved communities – (see attachment in email for more information)</p> <p>-Items for next agenda</p> <ul style="list-style-type: none"> • Fruit and Veggie Month campaign – think about outreach (what groups do you have access to in order to increase our promotion and distribution?) • Revisit Hunger Walk conversation – is there volunteer availability to host an event location on Sparta?
	Laura	<p>Health Department</p> <ul style="list-style-type: none"> • 2024 Regional Compass Now Report is published. Monroe County-specific report coming soon. Top priority areas for Monroe County are substance use, healthcare access, and nutrition (food access). https://www.greatriversunitedway.org/wp-content/uploads/2024/06/compass-now-2024_web.pdf
	Patti	<p>ADRC</p> <ul style="list-style-type: none"> • Patti is going to Courtyard at the Willows next week to speak about nutrition education • Wilton meal site temporarily closed due to staffing • Looking for meal delivery drivers in Sparta and Tomah. Currently accepting applications
	Paige/ Bryanna	<p>WIC and Fit Families</p> <ul style="list-style-type: none"> • WIC client numbers remain over 700 • Attending Farmers’ Market in Sparta next month • Adding new farmers/farm stands to WIC accepting list-berry farm in Tomah recently added.
	Heidi	Sparta Chamber and Kiwanis
	Whitney & Shayla	Tomah Health
	Tori	Mayo Clinic

	Rob	Sparta School District
	Jesse	Tomah School District
	Jayne & Theresa	Ecumenical & CouleeCap Theresa: <ul style="list-style-type: none"> • Working with YMCA La Crosse for Y on the Fly program to bring meals to kids in the Norwalk area during the summer. Families can pick up 5-7 meals/kid on Tuesdays. • Increased numbers at Monroe County food pantry locations • Hunger Walk October 13th at 1:00pm in La Crosse – fundraising opportunity for local Monroe County food pantries. Organizations can form teams for fundraising and participation in the walk (*Can we set up a location in Sparta for this year’s walk? Coalition will continue to discuss feasibility). • CouleeCap Sparta food pantry fundraiser- garage sale in parking lot on Aug 8-9th
	April	UW-Extension <ul style="list-style-type: none"> • Cashton library lessons are completed • Herrman elementary after school WIN program finished nutrition lessons with 2nd grade, starting new summer session with 3rd -4th grade • Strong Bodies Sparta new session started. Tomah session will continue again in Fall • April completed Tai Chi training • April attended Sparta Farmers’ Market last month
	Emily	Second Harvest & HungerCare Coalition
	Dan	Community Hunger Solutions
	Pandora	HeartCorp Program- Cashton Scenic Bluffs
	Monroe County Community Health Organization	
Next Meeting		Tuesday August 13 th 1-2 Virtual Watch for Teams link in email