



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

Facilitator: Laura Reutlinger

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: Laura Reutlinger, Paige Zimmerman, Patti Abbott, Whitney Sanjari

Item	Presenter	Information
Introductions /Icebreaker		
Minutes	Laura	Review and approve- approved
Goals, Objectives & Strategies	All	<ul style="list-style-type: none"> -Organization Updates (15 minutes) – see below -Beans resources handout update – Whitney <ul style="list-style-type: none"> • Whitney will work on updating document to make more user friendly (front/back one page), also create version without photos for easier/cheaper printing <ul style="list-style-type: none"> ○ Pg 1- how to prep ○ Pg 2 – easy add ins/add ons (include with pg 1 for front/back printout), easy recipes -Upcoming activities/events <ul style="list-style-type: none"> • September 7th 10:00am – Be the Light Run/Walk at Winnebago Park in Tomah https://bit.ly/MCSPTF <ul style="list-style-type: none"> ○ Booth at event? Could offer trail mixes again at event. • Revisit Hunger Walk conversation – is there volunteer availability to host an event location on Sparta? (Oct 13th, 2024) <ul style="list-style-type: none"> ○ No volunteers available this year, short timeline. Something to consider for next year if CouleeCap wants to create an event in Sparta. • Wisconsin Cucumber Crunch – promote within your organizations if interested. https://dpi.wi.gov/community-nutrition/sfsp/celebrate-

Whitney & Shayla	<p>Tomah Health</p> <ul style="list-style-type: none"> • Feeding Your Baby in the First Year class August 29th 5:30-7:30pm free class at Tomah health – register with Whitney https://www.tomahhealth.org/event/feeding-your-baby-in-the-first-year-class/ • Tomah Health cooking classes – community Sept 10-12th 5pm-7pm, free class. Class 1: Knife skills – reach out to Whitney to register • Healthy Aging Expo – Oct 3rd 9am-12pm – looking for vender booths– reach out to Whitney if interested
Tori	Mayo Clinic
Rob	Sparta School District
Jesse	Tomah School District
Jayne & Theresa	Ecumenical & CouleeCap
April	<p>UW-Extension</p> <ul style="list-style-type: none"> • Nutrition lessons at Soaring Skills in Sparta wrapped up in July • Nutrition lessons with 4th-7th graders at Herrman Elementary in Sparta wrapped up at the end of July • Nutrition lessons with 3rd graders at Lemonweir Elementary in Tomah began at the end of July • The virtual StrongBodies class began July 9th and will continue until September 18th • The in-person StrongBodies class in Tomah will start back up on September 9th • I've been practicing Tai Chi and look forward to starting a class here in Sparta this fall • A reminder that I can test the dial gauges on canner lids • In recognition of National Suicide Prevention Month, the Monroe County Suicide Prevention Task Force will be hosting our first annual “Be the Light Run/Walk” on Saturday, September 7th at 10:00 a.m. at Winnebago Park in Tomah. The purpose of this event is to raise awareness about suicide prevention and mental health and to let people know they’re not alone by promoting a sense of community as family, friends, neighbors, and community members run/walk alongside each other. In 2023 there were six documented suicides in Monroe County. Attached is the registration form and

		flyer which provide additional information. Please help to spread the word. https://bit.ly/MCSPTF
	Emily	Second Harvest & HungerCare Coalition
	Dan	Community Hunger Solutions
	Pandora	HeartCorp Program- Cashton Scenic Bluffs
	Monroe County Community Health Organization	
Next Meeting		Tuesday September 10 th 1-2pm Virtual