



Tuesday, September 13th 2022
 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; Cindy Thesing, Sparta Schools; Doug Staller, Neighbor for Neighbor Food Pantry; Meghan Kinney, Mayo Clinic Health System; Patti Abbott/Pam Weber, ADRC; Emily Newbury/Shayla Furlano, Tomah Health; Matthew Grover, Hunger Relief Federation; Jordyn Crane, Second Harvest; Heidi Prestwood, Sparta Chamber of Commerce/Kiwanis; Laura Reutlinger, MCHD; Jeanette Burlingame, Community Health Solutions-Viroqua.

Attendees: April Anderson, Laura Reutlinger, Theresa Rogalla, Meghan Kinney

Item	Presenter	Information
Introductions/Icebreaker	April	Icebreaker: What is your favorite kind of apple?
Minutes	April	Review and approve Approved
Goals, Objectives & Strategies	All	<p>-Organization Spotlight for October-? Coulee Cap -Theresa Rogalla</p> <p>-Organization Updates (15 minutes)</p> <ul style="list-style-type: none"> • UW-Extension (April) – <ul style="list-style-type: none"> ○ Nutrition lessons started at Heritage Haven (senior living, low income) apartments through FoodWise ○ Nutrition lessons scheduled for 3rd-4th grade at Herman WIN after school program ○ Strong Bodies current session ends Sept 28th. Starting again Oct 17th-December. In person classes starting again in Sparta Sept 20th-December ○ Virtual Aging Mastery program starting Sept 26-Oct 26 <ul style="list-style-type: none"> ▪ shared in ADRC newsletter and MC Herald ▪ Deadline for registration Monday Sept 19th. Reach out to April for more info.

- **Coulee Cap (Theresa)—**
 - Badger Boxes have been a huge success. 69 boxes gone within an hour last delivery. Trying to get more for next deliveries, but not approved yet. Very pleased with offerings--Local foods, “high end” - granola, spices, salsa, Native rice, produce, cheese, butter, meat. Given out on the 2nd Tuesday of every month starting at 11am.
 - Pantry numbers last month were up, like most around the area. Amounts of food coming in has been cut in half compared to last year.
 - Getting a refrigerated food van to do mobile outreach.
 - Norwalk food pantry opening postponed to March 2023. Building refurbishment in progress
 - Coulee Region Hunger Walk coming up, Oct 9th.

- **Mayo (Meghan)—**
 - Fully staffed in Clinical Nutrition Department! Hoping to have a dietitian from Sparta clinic join the coalition in the next couple months.

- **Monroe County Health Department (Laura) –**
 - In process of developing CHIP objectives for 2023-2026 CHIP cycle. Focus areas include mental health, AODA, and safe/affordable housing.
 - Flu clinics will begin in October. Schedule will be posted soon for community events.

Other updates:

- SNAP benefits update:
 - Benefit increase 12.5%, tracking closely to food inflation rate
 - Inflation will also be considered in adjustments to eligibility requirements

- Fifth Annual Conference on Native American Nutrition-recordings available-
<https://nativenutrition.umn.edu/2022-conference-videos>

Upcoming Events:

ADRC/Health Department Open House-Sept. 30th :10-2

- Nutrition Coalition has been asked to provide healthy snacks
 - Jeanette Burlingame (Community Hunger Solutions) can provide donation of produce (possibly dairy).
 - Theresa Rogalla (Coulee Cap) can donate granola bars
 - Meghan Kinney (Mayo) will check to see what Mayo can donate
 - April willing to bake
 - Laura will manage the table at the event
 - Leftovers can be donated to Coulee Cap food pantry

- Snack Ideas: (grab and go)
 - home made quick breads
 - applesauce cups
 - cheese sticks
 - granola bars
 - fruit
 - veggies

- Recipe Ideas:
 - [https://www.myplate.gov/myplate-kitchen/recipes?f\[0\]=course%3A125](https://www.myplate.gov/myplate-kitchen/recipes?f[0]=course%3A125)

 - <https://eatfresh.org/find-a-recipe/meal-type/snacks>

 - <https://spendsmart.extension.iastate.edu/recipe-category/snacks/>

 - <https://foodhero.org/recipes/healthy-recipes>

-Sparta Fall Fest –Oct. 8th : 8-3

- \$35 vendor fee has been waived for Nutrition Coalition this year. Thank you to Heidi and the Chamber of Commerce. Will need to look into potential funding source for future event fees.

		<ul style="list-style-type: none"> • April will attend. Hoping for 1 other volunteer. Please reach out to April if you are interested in representing the Nutrition Coalition and your organization at this event. • Activities : photo op and corn hole board. Need a vehicle to transport the photo op board. • Spinning wheel game for food group trivia • Food donations from Jenette CHS. Others available? (Grab and go options). Reach out to April or Laura by September 23 if you are able to donate snacks to this event. <p><u>Upcoming Conferences:</u> -USDA Food Loss & Waste Innovation Fair- Sept. 14th :9-1 Free registration, live streamed. https://www.labroots.com/ms/virtual-event/2nd-usda-food-loss-waste-innovation-fair</p> <p>-White House Conference on Hunger, Nutrition & Health-Sept. 28th Free registration, live streamed. https://health.gov/our-work/nutrition-physical-activity/white-house-conference-hunger-nutrition-and-health</p> <p><u>Upcoming Event:</u> Nutritious, Delicious, Wisconsin Week-Oct. 24th-28th -April has shared with local schools already https://dpi.wi.gov/team-nutrition/nutritious-delicious-wisconsin</p> <p>Other events: ?</p>
	All	<p>Other things to share, new ideas, etc.?</p> <p>Meeting adjoured at 1:50pm</p>
Next Meeting		<p>Tuesday, October 11th 1-2 Virtual</p>