



**Tuesday, February 14, 2023**  
 1:00-2:00 p.m.  
**Virtual**

**Facilitators: 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; Cindy Thesing, 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; Jordyn Crane, 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:** Laura Reutlinger, Patti Abbott

| Item                           | Presenter | Information  |
|--------------------------------|-----------|--|
| Introductions /Icebreaker      | Laura     |  |
| Minutes                        | Laura     | Review and approve- approved   |
| Goals, Objectives & Strategies | All       | <ul style="list-style-type: none"> <li>• <b>Organization Updates (15 minutes)</b> – see below</li> <li>• <b>Wisconsin Chili Lunch</b> – February 23<sup>rd</sup> <ul style="list-style-type: none"> <li>○ Free toolkit available <a href="https://cias.wisc.edu/our-events/chililunch/">https://cias.wisc.edu/our-events/chililunch/</a></li> <li>○ Share your photos on social media or send to <a href="mailto:laura.reutlinger@co.monroe.wi.us">laura.reutlinger@co.monroe.wi.us</a> to be shared on behalf of the coalition to the MCHD Facebook page if your organization is participating</li> </ul> </li> <li>• <b>National Nutrition Month –brainstorm ideas for promotion</b> <ul style="list-style-type: none"> <li>○ Free toolkit/resources <a href="https://www.eatright.org/national-nutrition-month-2023">https://www.eatright.org/national-nutrition-month-2023</a></li> <li>○ ADRC is doing a weekly newsletter/games that will be shared on website/Facebook page and at meal sites and home deliveries. Feel free to re-share Facebook content to your own pages.</li> </ul> </li> </ul> |

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|--|---------------------|---|
|  |                     | <ul style="list-style-type: none"> <li>• <b>Article, "We Must End Stigma to Improve Hunger, Nutrition, and Health"</b><br/><a href="https://frac.org/wp-content/uploads/ResearchWirre_Winter-2023_R5.pdf">https://frac.org/wp-content/uploads/ResearchWirre_Winter-2023_R5.pdf</a></li> <li>• <b>Strategic Planning: Finalize discussion on strategies &amp; action items to accomplish goals &amp; objectives</b> <ul style="list-style-type: none"> <li>○ Strategies/objectives were discussed. No changes made. See attached updated plan in email.</li> <li>○ Paige created a list of monthly health observances that can be used for quarterly nutrition education topics. Will discuss further at March meeting.</li> <li>○ Deadline to include any info in ADRC newsletter is the 10<sup>th</sup> of previous month.</li> <li>○ Patti wrote an intro to Nutrition Coalition and distributed to media. Was interviewed by Magnum Media, expected to air on radio this week</li> </ul> </li> </ul> |
|  | Laura               | Health Department <ul style="list-style-type: none"> <li>• 2023-2026 CHIP is published. Focus areas include mental health, alcohol and drug misuse, and safe/affordable housing. If you /your organization would like to collaborate on this work, please reach out the Laura at <a href="mailto:laura.reutlinger@co.monroe.wi.us">laura.reutlinger@co.monroe.wi.us</a> . The full report can be found here:<br/><a href="https://www.co.monroe.wi.us/home/showpublisheddocument/26968/638106816869572238">https://www.co.monroe.wi.us/home/showpublisheddocument/26968/638106816869572238</a></li> </ul>   |
|  | Patti               | ADRC <ul style="list-style-type: none"> <li>• Planning a Senior Celebration in May. Thinking about doing an outdoor picnic/get together at ADRC office. More details to come.</li> <li>• Menus are well received by Seniors—getting introduced to new foods they haven’t had before (ex. fajitas, breakfast), offering fish for Lent season</li> </ul>  |
|  | Paige/<br>Bryanna   | WIC and Fit Families <ul style="list-style-type: none"> <li>• Working on enrolling WIC participants in the Fit Families program. Program entails following up with enrolled families monthly on the nutrition goal they set. Target caseload for Fit Families is 25 per fiscal year. Current enrollment is 3. Brainstorming ideas to get out into the community more with Fit Families this coming summer.</li> </ul>   |
|  | Heidi               | Sparta Chamber and Kiwanis  |
|  | Whitney &<br>Shayla | Tomah Health  |
|  | Tori                | Mayo Clinic   |

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|--------------|---|--|
|              | Cindy                                       | Sparta School District   |
|              | Jesse                                       | Tomah School District  |
|              | Jayne & Theresa                             | Ecumenical & CouleeCap   |
|              | April                                       | UW-Extension   |
|              | Jordyn                                      | Second Harvest & HungerCare Coalition                            |
|              | Jeanette                                    | Community Hunger Solutions                                       |
|              | Monroe County Community Health Organization |  |
|              | All   | Other things to share, new ideas, etc.?<br>Items for next agenda |
| Next Meeting |   | Tuesday March 14 <sup>th</sup> 1-2<br><b>Virtual</b>             |