



**Tuesday, April 11<sup>th</sup>, 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, Paige Zimmerman

Item	Presenter	Information
Introductions /Icebreaker	Laura	Icebreaker:
Minutes	Laura	Review and approve- <b>approved</b>
Goals, Objectives & Strategies	All	<p>-Organization Updates (15 minutes)- see updates below</p> <p>-Strategic plan-Which strategies do you want to work on?/Timeline for strategy work to be completed by</p> <ul style="list-style-type: none"> <li>• Focus on community outreach through media publications and advertising coalition at local events.</li> <li>• Sugar sweetened beverages education—Paige to write article to promote increased water intake for Summer, healthy sweetener options</li> </ul> <p>-Policy, Systems, &amp; Environments (PSE)-What is your current understanding of PSE?</p> <ul style="list-style-type: none"> <li>• Limited understanding/experience working in this area. Would be nice to talk more about this at future meetings. What can the coalition do to impact this work?</li> <li>• Patti shared that GWAAR is adding questions about malnutrition to their client evaluations. Data could be used to influence future policy change/funding amounts?</li> </ul> <p>-Wisconsin Spudmobile  <a href="https://eatwisconsinpotatoes.com/spudmobile/">https://eatwisconsinpotatoes.com/spudmobile/</a></p> <p>-Earth Day- Do you have a plan for recognizing Earth Day in your organization? -Consider sharing food waste prevention tips or other topics on your websites/social media in recognition of this day.</p>

Laura	<p>Health Department</p> <ul style="list-style-type: none"> <li>Health Dept Open House/ADRC Senior Celebration- May 19th. Laura will provide cornhole boards and educational handouts to represent nutrition coalition.</li> </ul>
Patti	<p>ADRC –</p> <ul style="list-style-type: none"> <li>Senior Celebration—May 19<sup>th</sup>. Picnic lunch at 11:30. Event registration begins at 10:30. 315 W. Oak St. Sparta.</li> <li>Meal Sites—cycle menu starting in May for Spring/Summer (run for 7 weeks) will feature fresh fruits and veggies, Fall/Winter menu will feature more comfort foods</li> <li>Looking for drivers for meal delivery and subs</li> <li>Patti will be starting assessments on home delivery clients</li> <li>Patti attending Women’s Health Night at Tomah Health on April 20. Will bring signage to promote Nutrition Coalition. Also attending WI Area Nutrition Directors conference in May</li> </ul>
Paige/ Bryanna	<p>WIC and Fit Families-</p> <ul style="list-style-type: none"> <li>Attended Head Start Community Event in Sparta in March– meals were offered to families, each family gets bag of food to take home. WIC provided education on eating on a budget, and took cornhole boards</li> <li>Affordable Flavors is a budget-focused meal plan and cookbook designed to feed a family of four for under \$550 per month.</li> </ul> <p>English: <a href="#">KEIC_AffordableFlavors.pdf (kidseatincolor.com)</a>  Spanish: <a href="#">KEIC_Affordable-Flavors-Spanish.pdf (kidseatincolor.com)</a></p> <ul style="list-style-type: none"> <li>12-13 families enrolled in Fit Families (started enrolling in Feb). Also ordered new prizes for Fit Family participants. Prizes are given monthly for participation in program</li> <li>Gearing up for Farmer’s Market season—connected with Sparta, looking for Tomah contact, hoping to do presentations at a few farmers markets this summer. Also would like to have a giveaway such as reusable grocery bag for families</li> <li>Paige has been posting on WIC Facebook about food related holidays—how to use foods, highlighting WIC foods, activities</li> <li></li> </ul>

	Heidi	Sparta Chamber and Kiwanis
	Whitney & Shayla	Tomah Health
	Tori	Mayo Clinic
	Cindy	Sparta School District
	Jesse	Tomah School District
	Jayne & Theresa	Ecumenical & CouleeCap
	April	<p>UW-Extension –</p> <ul style="list-style-type: none"> <li>Submitted a news release on behalf of our coalition in recognition of National Nutrition Month in March which was published in the Monroe County Herald.</li> <li>Started teaching nutrition lessons with 2<sup>nd</sup> graders at Herrman Elementary's WIN After School program on March 20th. Wrapped up teaching lessons at Heritage Haven Apartments on March 22nd. The residents learned about container gardening.</li> <li>Started reading the book, "How the Other Half Eats: The Untold Story of Food and Inequality in America" by Priya Fielding-Singh, PhD. Has heard really good things about this book!</li> <li>Attended the Sparta Farmers Market vendor meeting on March 28<sup>th</sup> to provide a "Quick Tips: Sale of Farm Products and Homemade Foods in Wisconsin" to ensure vendors understand products that require a license and those that don't.</li> <li>The Mental Health Coalition will be hosting our 3<sup>rd</sup> annual "Mindful Movement for Mental Wellness" event during the month of May in recognition of Mental Health Awareness Month. Please feel free to sign up if you would like to participate. (See attached flyer and please share with other staff/clients in your organization.) Sign up for free at <a href="http://bit.ly/3kXXGNx">bit.ly/3kXXGNx</a></li> </ul>
	Jordyn	Second Harvest & HungerCare Coalition
	Jeanette	Community Hunger Solutions
	Monroe County Community Health Organization	
	All	Other things to share, new ideas, etc.? Items for next agenda
Next Meeting		Tuesday May 9 <sup>th</sup> 1-2 <b>Virtual</b>

