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| Goal | INCREASE COMMUNITY ACCESS TO AFFORDABLE LOCALLY-PRODUCED HEALTHY FOOD | | | | |
| Objective | Increase community awareness of healthy food options | | | | |
| Strategies to Implement | Describe the strategies selected to implement | | | | |
| Steps | List the steps required to complete the strategies | | | | |
| Materials, Resources and Personnel | List the individuals who will do the work & the resources and tools they need to get the job done | | | | |
| Time Frame | When will implementation begin? How long will it take to finish? | | | | |
| Expected Outcome | What do you expect to happen as a result of your efforts? | | | | |
| Evaluation Method | How will you measure your successes and/or misfortunes? | | | | |
| Strategies to Implement | Steps | Materials, Resources and Personnel | Time Frame | Expected Outcome | Evaluation Method |
| 1. Develop food prep and preservation demos/classes for a variety of community settings | Establish at: BoneBrake Public Events Churches Public Events Grocery Stores Worksites (employees and banks) | Train Jason to become a trainer for train the trainer type classes Extension - suitable kitchens, pressure cookers, storage containers, freezers, dehydrators | July 2008 9 months to 1 year. Spring into Summer Spring 09 | Knowledge of food preservations \$ saved in food costs Better health | Pre/Post Surveys |
| 2. Develop shopper education resources (i.e. cost-effective, seasonal shopping, healthy food) | | Calendar stating what is available and where | | | |
| 3. Develop seasonal “signature” crop for spring and fall seasons | | Berries | 3 to 5 years | Job opportunities | Known throughout the region |
| 4. Develop marketing/communications plan to promote healthy lifestyle tips for community | | Jason develop weekly article of seasonal crop - Nutrition - Cost Comparison | | | |

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| | | - Time Meal Planning - Grocery ads (around | | | |
| Goal | INCREASE COMMUNITY ACCESS TO AFFORDABLE LOCALLY-PRODUCED HEALTHY FOOD | | | | |
| Objective | Increase healthy food availability in schools | | | | |
| Strategies to Implement | Describe the strategies selected to implement | | | | |
| Steps | List the steps required to complete the strategies | | | | |
| Materials, Resources and Personnel | List the individuals who will do the work & the resources and tools they need to get the job done | | | | |
| Time Frame | When will implementation begin? How long will it take to finish? | | | | |
| Expected Outcome | What do you expect to happen as a result of your efforts? | | | | |
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| Strategies to Implement | Steps | Materials, Resources and Personnel | Time Frame | Expected Outcome | Evaluation Method |
| 1. Modify and enhance existing school wellness policies to a. Increase fresh fruit and vegetables in school food programs b. Increase Physical Activity time during school day | Utilize parents/kids/volunteers to increase capacity of school food service kitchen Contact Karen Bundy Food Service Director for Salem (Invite to HLI mtgs) Student/Volunteers Concern about health regulations More time for prep | Food Service Staff School boards Parent organizations Education Programs Providers/P.E. Instructors 5 Districts Administrators mtg (Steve Bryants) Set up meeting w/ Ray, Bob Parsons & AG Teacher, school nurse) R-80 School health advisory council/School Wellness policies - Assistant Superintendent (Cindy Rumpf) | 1 to 3 years Before Start of school Steve Bryant set up mtg w/Karen Bundy | More fruits and vegetables in schools | |

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| | <p>freed up by volunteers/student help</p> <p>Retired Chef – Brian Cody Gentry Center Culinary Program</p> <p>History of food production Peaches Apples (Jackson – orchard) Pears (Tim Cahill –Winter green house idle starts in January growing plants he sells)</p> | | | | |
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| Goal | INCREASE COMMUNITY ACCESS TO AFFORDABLE LOCALLY-PRODUCED HEALTHY FOOD | | | | |
| Objective | Increase access to locally grown healthy food | | | | |
| Strategies to Implement | Describe the strategies selected to implement | | | | |
| Steps | List the steps required to complete the strategies | | | | |
| Materials, Resources and Personnel | List the individuals who will do the work & the resources and tools they need to get the job done | | | | |
| Time Frame | When will implementation begin? How long will it take to finish? | | | | |
| Expected Outcome | What do you expect to happen as a result of your efforts? | | | | |
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| Strategies to Implement | Steps | Materials, Resources and Personnel | Time Frame | Expected Outcome | Evaluation Method |
| 1. Develop master gardener program | Recruit Master Gardeners | Extension | 1 to 2 years | More awareness More trained master gardeners | |
| 2. Establish partnership between youth organizations and local gardeners | Youth/4-H and Master Gardeners | | Fall 09 | | |

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| Goal | INCREASE OPPORTUNITIES FOR SAFE AND ACCESSIBLE PHYSICAL ACTIVITY | | | | |
| Objective | Expand on-site PA opportunities for youth after-school | | | | |
| Strategies to Implement | Describe the strategies selected to implement | | | | |
| Steps | List the steps required to complete the strategies | | | | |
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| Time Frame | When will implementation begin? How long will it take to finish? | | | | |
| Expected Outcome | What do you expect to happen as a result of your efforts? | | | | |
| Evaluation Method | How will you measure your successes and/or misfortunes? | | | | |
| Strategies to Implement | Steps | Materials, Resources and Personnel | Time Frame | Expected Outcome | Evaluation Method |
| 1. Create after-school physical activity programming | <p>Involve parents</p> <p>Work with Parks and Recreation (Greg Nash)</p> <p>Provide transportation</p> <p>Partner with Bonebrake, MDC/DNR, Churches, 4-H, Scouts</p> | <p>Identify individual to contact PTO/PTAs on establishing after school activities that include parents. (Ray)</p> <p>Determine what types of activities can be done and coordinate around sports seasons</p> <p>Ideas for activities Non-competitive Volleyball, kick ball, dodge ball, hiking clubs etc. that have teams consisting of parents and children.</p> <p>Tie it into a dinner/activity night</p> <p>Need to determine costs</p> | End of Oct 2008 | Have PTO/PTA's buy in | Have 2 of the 5 PTO/PTA's on board |

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| Goal | INCREASE OPPORTUNITIES FOR SAFE AND ACCESSIBLE PHYSICAL ACTIVITY | | | | |
| Objective | Increase community efforts to establish healthy initiatives to build an “Active Dent County” | | | | |
| Strategies to Implement | Describe the strategies selected to implement | | | | |
| Steps | List the steps required to complete the strategies | | | | |
| Materials, Resources and Personnel | List the individuals who will do the work & the resources and tools they need to get the job done | | | | |
| Time Frame | When will implementation begin? How long will it take to finish? | | | | |
| Expected Outcome | What do you expect to happen as a result of your efforts? | | | | |
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| Strategies to Implement | Steps | Materials, Resources and Personnel | Time Frame | Expected Outcome | Evaluation Method |
| 1. Expand Trail system and create bike/walking routes connecting all main/historical sites | Contact: Economic Development (Sharon Tubbs) Tourism Council Parks and Rec Board Health Dept SACBA Chamber of Commerce Downtown Revitalization Committee Churches | Committee Bringing interested people together Present to the city Grant Funding Taking to other committees | 1 to 3 years | Healthier community more active people | |

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| <p>2. Develop sustainability plan for local community center</p> | <p>Contact: Economic Development (Sharon Tubbs)</p> <p>Parks and Rec Board</p> <p>Health Dept</p> <p>SACBA</p> <p>Chamber of Commerce</p> | <p>Highlight other successes</p> | <p>5 to 10 years</p> | | |
| <p>3. Create a walkable downtown area that is aesthetically pleasing</p> | <p>Contact: Economic Development (Sharon Tubbs)</p> <p>Tourism Council</p> <p>Parks and Rec Board</p> <p>Health Dept</p> <p>SACBA</p> <p>Chamber of Commerce</p> <p>Downtown Revitalization Committee</p> <p>Churches</p> | <p>Downtown revitalization trails committee</p> <p>Create a new meeting park site on HWY 19 “the cut”</p> <p>New park Walking area (turn eyesore into usable, functional, aesthetics part of town)</p> | | | |

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| 4. Develop a worksite wellness program for local business | Contact: Parks and Rec Board Health Dept SACBA Chamber of Commerce Identify businesses that want to participate | Extension | 1 to 3 years | | |
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