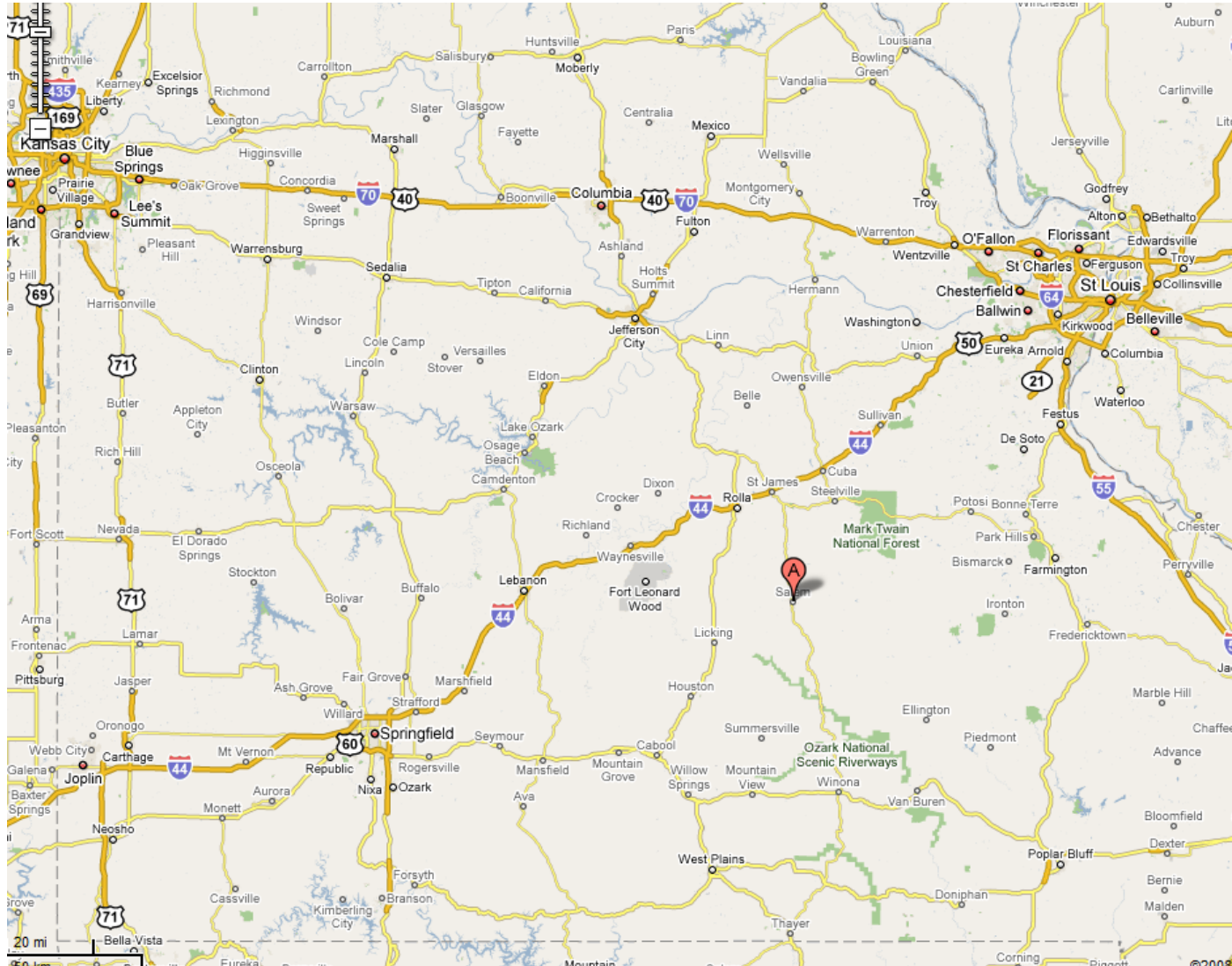


- Dent County is a small, rural county of approximately 15,000 residents in South Central Missouri.

# Where is Salem?



- Located in the heart of the Ozarks, the city of Salem and surrounding Dent County offer abundant natural resources, warm hospitality, and a proud Ozark heritage. Montauk State Park is a popular destination for trophy trout fishing, beautiful camping facilities, and historic sites.

- The Salem area is well known for its many outdoor recreational activities, including deer and turkey hunting, horseback riding, fishing, camping, and is a favorite place to stay for visitors of the Ozark National Scenic Riverways. Many of our visitors were so attracted by the natural scenery, beautiful weather, and small town living, they've chosen to call Salem home.

- County organizations and residents have a long history of collaboration, cooperation and determination to succeed. Dent County strives to maintain or increase its tax base and to maintain or improve its infrastructure. With ongoing efforts to support a healthy lifestyle in Dent County the Council for a Healthy Dent County will build upon their successes and assets to make the Healthy Choice the Easy Choice for all Dent County residents.

# Food

1. Develop food prep and preservation demos/classes for a variety of community settings
2. Develop shopper education resources (i.e. cost-effective, seasonal shopping, healthy food)
3. Develop seasonal “signature” crop for spring and fall seasons
4. Develop marketing/ communications plan to promote healthy lifestyle tips for community <sup>6</sup>

# Food (Cont.)

5. Review school wellness policies and opportunities to:
  - a. Increase fresh fruit and vegetables in school food programs
  - b. Increase Physical Activity time during school day
6. Develop master gardener program
7. Establish partnership between youth organizations and local gardeners

# Physical Activity

1. Create after-school physical activity programming
2. Expand Trail system and create bike/walking routes connecting all main/historical sites
3. Develop sustainability plan for local community center
4. Create a walkable downtown area that is aesthetically pleasing
5. Develop a worksite wellness program for local business



# Main City Park



# Salem Freedom Activity Center



# Cardiovascular Wellness Program



# Cardiovascular Wellness (Cont.)

- Enhancements:
  - 1 – **Referral program:** incentives
  - 2 – **Negotiations on rent with city:** lower fees
  - 3 – **Name change:** Salem Community Fitness Center
  - 4 – **Website:** exposure and informative
  - 5 – **Gift certificates:** incentives and member retention
  - 6 – **Accept credit cards:** member retention

# Current Hiking / Biking Trail

~4000 ft. long

Follows old  
railroad bed

Requires  
backtracking





# Soccer Complex



# Soccer Complex (Cont.)

- 1 adult regulation size field
  - Can be converted to 4 smaller fields
- 2 youth size fields
- Playground
- Concession stand with restroom
- Multi-use pavilions
- Mobile spectator stands
- Walking paths



# Farmers' Market



# Farmers' Market (Cont.)

