

Goal 1

INCREASE COMMUNITY ACCESS TO AFFORDABLE LOCALLY-
PRODUCED HEALTHY FOOD

Objective 1		Increase healthy food availability in schools			
Strategies to Implement	Steps	Materials, Resources and Personnel	Time Frame	Expected Outcome	Evaluation Method
<p>1. Increase variety/options of fruits and vegetable in school lunch</p> <p>2. Explore adding “Fruit-Veg Snack Stand” – learn entrep. Skills, etc</p>	<p>-Contact food service coordinator (Susie Hoeflicker) Deb Jones would <u>contact her.</u> (ditto above, also talk to Gail Lilliman) Focus Groups with Students</p> <p>-Contact local producers (farm to school)</p>	<p>-Set up a meeting with Susie Hoeflicker, OPPA, and Higginsville <u>Board of Education.</u> Deb Jones</p> <p>-Brandon Fahrmeier(Vegetable producer) Rasa Peters(orchards)</p> <p>-Krystal Weber could gather a list of potential growers/suppliers</p>	<p>-Contact Susie by August 31, 2008 OPPA and Higginsvilee BOE by Aug, 31</p> <p>-Contact growers by Nov. 30</p>	<p>-Meeting date scheduled</p> <p>-Have a comprehensive list of growers</p>	<p>-Gain support for local and diverse variety of fruits and vegetables</p> <p>-Gain support of producers</p>

Objective 2	Increase community awareness of healthy food options				
Strategies to Implement	Steps	Materials, Resources and Personnel	Time Frame	Expected Outcome	Evaluation Method
1. Develop healthy food recipe demonstrations and tastings	<ul style="list-style-type: none"> -Contact: FACS -4-H/FFA/Athletes -Farmer's Market -Local grocery stores -Concession stand 	<ul style="list-style-type: none"> -Courtney Bergsieker -Contact Melisa Bertz and Kathy Bondy -Contact Jim Wood -Contact the managers of both stores -Contact Concession stand coordinators 	-October 15, 2008	<ul style="list-style-type: none"> -Increase palate diversity -Improve ability to cook different foods 	-Set up four cooking demonstration sites as the minimum standard
2. Increase availability of healthy food options at community events	<ul style="list-style-type: none"> -Contact: - Concession stands -Meet the Huskers -Taste of Higginsville Family Fun Day Amazing Race Event/Human Board Game Event 	<ul style="list-style-type: none"> -Coor with concession stand coordinators – Courtney Bergsieker -Contact Darrell Jeffries Bring Kabobs and fresh fruits and find a person to prep them -Contact Paulette Augustine (Celebrity chef competition) - Courtney Bergsreker PTO Board Geri Strathman Melanie Fine 	<ul style="list-style-type: none"> -Contact concession stand coordinator by July 31, 2008 -Contact by August, 31, 2008 -Fall 2009 	<ul style="list-style-type: none"> -Meet and gain support of bosster/concession coordinator -Local food kick-off in conjunction with the beginning of school 	<ul style="list-style-type: none"> -Establishment of healthy foods at local events -Enhance palate diversity -Establish a market for kabobs
3. Healthy recipe feature in paper – connect to seasonal foods	<ul style="list-style-type: none"> -Contact local newspaper -Contact growers to establish seasonal foods for seasonal recipes 	<ul style="list-style-type: none"> -Lynda Johnson -Brandon Fahrmeier 			
4. Kids in the Kitchen – after school settings		Kathy Smith			

Objective 3	Increase access to locally grown healthy food				
Strategies to Implement	Steps	Materials, Resources and Personnel	Time Frame	Expected Outcome	Evaluation Method
1. Establish partnership among community members/entrepreneurs/growers/mentors	-Contact Missouri Dept. of Ag about money for projects	-Chris Matthews will contact Lane McConnell about \$ sources Melisa Bertz Extension Associate	-2009 Growing season	-Increased agribusiness	
2. Identify community gardens location for youth	-Contact John Knox Village about possible garden plots	Focus Groups – check on local interest? Feasibility study – is there a pool of people who want to garden?			
3. WIC/EBT at farmers market	-Contact Lane McConnell -Inform people that EBT is redeemable at the farmers market	-Chris Matthews will contact Lane McConnell about possible EBT machine -Chris Matthews will contact local farmers market representative			

Goal 2

INCREASE OPPORTUNITIES FOR SAFE AND ACCESSIBLE
PHYSICAL ACTIVITY

Objective 1	Increase number of miles of developed trails				
Strategies to Implement	Steps	Materials, Resources and Personnel	Time Frame	Expected Outcome	Evaluation Method
1. Develop trail from 15 th street to Junction 20/213 Confederate Park	-Create Trails Committee	-Director of ED (Donna Glover) Mark Kays Lynda Johnson	-5-7 years	-1 and a half miles of new walking trails	-Count trail usage
2. Develop bike lanes & sidewalks	-Downtown to highway -Park to school	-Donna Glover	-18 months	-1 mile walk/bike trail	-Count sidewalk usage -Sidewalks Completed

•Trail Committee Members

2. Research

Others to Involve:

Legal Issues (City attorney)

Larry & Vivian Appril

Grant Writing

Kent Emison

City/municipal officials

Jim Padley

Landowners of adjacent land

Toniann Richard

Park Board Members (Lorna Warren)

Health Coalition

MODOT

Ellen Hare/Melissa Grass

Paulette Augustine- Husker Hydro Club

Railroad Right-of-way

Tax parcels

Other issues

Trail map highlighting sites /map of old railroad

3. Land transfer

4. City Agreements

5. Grant Writing

6. Trail Construction

Objective 2	Increase community access to existing facilities				
Strategies to Implement	Steps	Materials, Resources and Personnel	Time Frame	Expected Outcome	Evaluation Method
1. Review Parks & Rec Policies	Look at: Hours of operations Lighting Safety (emergency call boxes) Supervision Open gym at community center 1 st Baptist Church	Brian Wellborn Park Board (Lorna) Brian Welborn Kathy Rehsmeier Patti Holtcamp Melanie Fine			
2. Review School Policies	Establish open gym after school have parents/volunteers staff facilities	School gym all booked up for now			

Objective 3	Increase participation in physical activity programs				
Strategies to Implement	Steps	Materials, Resources and Personnel	Time Frame	Expected Outcome	Evaluation Method
1. Expand Existing Programs	Expand Husker Kid Power to other grades (Middle Schools) Expand hours of Walking clubs for adults Expand Church programs (Stay Strong Stay Healthy) Expand worksite program	Melissa Grass “Missouri on the Move” Lynda Johnson Kathy Rehmsmeyer Lynda Johnson Toniann Richard Carolyn Boland	6 months 12 months	Increase the # of participants Increase the # of daily steps Increase the level of physical activity Decrease blood pressure	Survey of physical activity level Pre/post Blood Pressure Quality of life
Develop New Programs	Establish: Walking School Bus 4-H health programs to include parents (Walking program) Aerobic, yoga, etc programs Biking, walking and non-sports clubs (Martial arts) Explore sports clubs in schools. Create a list of all PA programs for youth in community Parents as Teachers PA Promotion - Policy-Expand PA during meetings & activities	Deb Jones/Melissa Grass Kathy Bondy Patti Holtcamp Laurie Ruth Janet Jones Brian Welborn & Lorna Warren Deb Jones/Janet Jones	1 year		

Objective 4	Decrease physical activity access costs				
Strategies to Implement	Steps	Materials, Resources and Personnel	Time Frame	Expected Outcome	Evaluation Method
2. Develop Worksite wellness programs		Healthcare Coalition			