Dear HLI Partner,

We hope your communities are off to a great start in 2013 and are making progress towards your goals.

This newsletter is full of great information and resources for your organizations. Specifically, please pay close attention to the information on the 2013 Healthy Communities Movement Summit and the high tunnel resources now available!

For many of you, this may be the first time you are receiving this newsletter. Welcome! We are working to expand our distribution list. Nancy Holloway recently added several new email addresses from Mid-Missouri to the list. If you would like to OPT-OUT of receiving this newsletter, please email us at hli@missouri.edu to let us know. We are happy to remove you from our distribution list.

Please be sure to "like" our Facebook page! Remember, this page is for YOU to share your ideas and questions with one another. This page was created because you asked for it during the Community Convening in August. We sincerely hope you will put it to good use! Also, let us know if there are individuals we should add to the recipient list of this newsletter. Finally, please share with us your community newsletters! You can find our newsletters from past months now on our website at www.extension.missouri.edu/healthylife.

We appreciate all you do and your help in showing the impact of Extension support in your communities.

Sincerely,
Your On-Campus HLI Team
Ann, Margie, Nancy, Kristin and Rachel

2013 Healthy Communities Movement Summit
April 18 and 19
Hampton Inn and Suites and Bradford Farm
Columbia, MO

Join with fellow healthy community advocates from throughout Missouri and energize your efforts to increase access to healthy food and opportunities for physical activity. HLI will cover the costs for four individuals from each HLI community to participate in the 2013 Healthy Communities Movement Summit. Please complete and return the attached registration form for each person from your community who will be part of the Summit.

Monte Roulier, President of Community Initiatives, will facilitate the 2013 summit designed to extend and expand the impact of the efforts of those engaged in the healthy eating and active
living movement in Missouri. Through presentations, workshops, peer exchanges and networking, participants will be able to:

- Explore high impact opportunities to grow healthier communities
- Engage with national and state experts/peers working to improve the health of people and place
- Gain tools and strategies through practical and interactive workshops
- Identify strategies to strengthen your local collaborations
- Explore ways to enhance our collaboration across MO

Workshop topics:
- Getting Sustainable Results Through Effective Coalitions/Partnerships
- Community Health Needs Assessments, Tools, Community Benefit Opportunities
- Youth Engagement, Tools & Stories
- Healthy Communities/Healthy Economies
- Built Environment - It’s In There

Registration, lodging, travel and meals will be provided for four people from your community to participate in the University of Missouri Extension Healthy Lifestyle Initiative 2013 Healthy Communities Movement Summit Hampton Inn & Suites in Columbia April 18 - 19, 2013

By March 27, email the following information for each participant to Margie Meyer at meyermm@missouri.edu:

| Name: | __________________________________________________________________________ |
| HLI community: | __________________________________________________________________________ |
| Address: | __________________________________________________________________________ |
| City/State/Zip: | __________________________________________________________________________ |
| Daytime Phone Number: | __________________________________________________________________________ |
| Email Address: | __________________________________________________________________________ |
| Roommate preference: | __________________________________________________________________________ |

**LODGING:** Reservations will be made for HLI community participants to stay in double rooms at Hampton Inn & Suites.

For additional information or questions, contact Margie Meyer at 573-884-8711 or meyermm@missouri.edu.

**High Tunnel Resources Available!**

**High Tunnel Institute**

On January 28, HLI hosted a High Tunnel Institute for high school Agricultural Education teachers across Missouri. The event was held at Bradford Research and Extension Center in Columbia, MO. Thirty teachers from across the state participated in the event, gaining knowledge and sharing ideas on the incorporation of high tunnels into agriculture programs. Dr. Dave Trinklein, Professor of Plant Sciences at MU began the day discussing the differences between high tunnels and greenhouses, the basics of growing fruits and vegetables in high tunnels, and high tunnel construction. Following Dr. Trinklein's presentation, Tim Reinbott, Superintendent of Bradford, gave the attendees a tour of the high tunnels on the farm and discussed growing practices used
The afternoon consisted of a lunch catered by The Farmers Daughter followed by presentations from James Quinn, Horticulture Extension Specialist, on the specific growing practices for the most profitable high tunnel crops. The day concluded with a discussion of the High Tunnel Manual and High Tunnel Fruit and Vegetable Production Curriculum from Rachel Kagay and Kristin Kovar. The teachers participating in the day left with a copy of the manual and curriculum to incorporate into their curriculum.

High Tunnel Manual and Curriculum
The High Tunnel Manual is complete! Each HLI community will receive a copy of the High Tunnel manual. If you are interested in a copy of the High Tunnel curriculum, please contact Margie Meyer at meyermm@missouri.edu.

Community HLI funds may be used to promote High Tunnel projects at schools or community gardens with broad based projects. HLI will work with your community to get the project started. Under some circumstances, HLI funds may be used for these start-ups. We encourage extending the growing season of fresh fruits and vegetables and buying local.

2013 Community Development Academy

Want to hone your skills at making a difference in your communities? Learn how to cause participation wherever you are. Create leaders all around you. Move through conflicts without being stopped.

What's happening? Experience the Community Development Academy: our two courses this March are Building Communities from the Grassroots and Empowering Communities for the Future. Our participants have diverse backgrounds with universal appeal. See for yourself the results you can produce.

When is it? March 25 - 29, 2012 in Excelsior Springs, MO

Are scholarships available? Yes, limited scholarships for registration fees are available. Contact us at 573-882-8393 or vangelt@missouri.edu for more information.

Who should attend? Community organizers, community planners, faith-based professionals, volunteers, non-profit organization members, Chamber of Commerce members, neighborhood association members, extension and outreach professionals, planning council and city council members, utility and electric coop members, Main Street programs designers, developing leaders, school teachers, administrators, government personnel, anyone else who is out to make a difference in their community!

How to register? Register for this professional development opportunity by visiting our website at http://muconf.missouri.edu/commdevelopmentacademy. Earn continuing education credits, undergraduate credit or graduate credit.

Here's what some of our recent participants say:
"It is the transformation of our society. To see someone who was idle doing some activity that is generating income. The CDA participation has helped me to empower our community. This gives me lots of joy."

"The partnerships I learned to build through CDA have been utilized to create drug recovery programs, a mental health treatment center, and faith-based children's programs."
"I've shifted the way that I look at my community and the work that's being done in it. I have an educated lens with which to evaluate the things that are going on and through which to provide insight and assessment."
North Central Region County Food Systems Profiles Portal

We strongly encourage each community to take advantage of this tool and access the information for your county made available through this excellent resource! The Food Systems Profile provides an overview of existing data across a broad scope of food systems activities, documents how key indicators are changing over time, and serves as a baseline for community leaders and educators to identify opportunities for growth or expansion in regional food systems. Data for this profile was accessed from existing secondary data sources including the US Census of Agriculture and the United State Department of Agriculture. The regional average includes: Indiana, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin.

Your county profile provides an overview of a variety of indicators related to community food systems. Consider using this data to:

- Inform a community comprehensive planning process
- Inform local policies related to food systems
- Guide non-profit organizations working on food systems issues
- Identify strengths or weaknesses in your local or regional food system
- Better understand how your county compares to the regional food system
- Serve as a baseline to see how your county or the region is changing over time
- Identify indicators for food systems change that are not yet available through secondary data

The Profile Discussion Guide includes a series of questions for use in interpreting the data with a group. Consider asking participants to review the profile and make notes individually about what they noticed in the data and discuss the results as a group. The Sample Profile Discussion Guide provides an example of how to use the discussion guide with sample data.

To access this tool, visit: [http://foodsystems.wisc.edu/](http://foodsystems.wisc.edu/)

**Economic Gains from Healthier Choices (EG-HC) for Missouri Counties**

Don't forget the tool is ready for you to use with your HLI community. Information on the development of the tool and how it can be used to show economic gain from your HLI efforts to promote and support healthier lifestyle choices in your community can be accessed on the HLI website at: [http://extension.missouri.edu/healthylife/resources/EG-HC.htm](http://extension.missouri.edu/healthylife/resources/EG-HC.htm).

Send Us Your Newsletters!

We would love to receive your community’s newsletters! Please add hli@missouri.edu to your regular newsletter mailing list. We enjoy knowing what is going on in our communities across the state, and we may include some of your news in this state-wide newsletter!

"Like" Our Facebook Page!

You asked for a Facebook page to help facilitate better communication and collaboration - and you got it! If you use Facebook, please visit [https://www.facebook.com/MUhealthylifestyleinitiative](https://www.facebook.com/MUhealthylifestyleinitiative) and "Like" our page! We will post any news, upcoming grant deadlines, and events that may be of interest to you.

Please feel free to use the page to share what is going on in your communities, questions you have for other HLI groups, or anything else you feel is pertinent or interesting for HLI groups across the state.

**2013 Small Farms Webinar Series**

Provided by the University of Illinois

The 2013 Small Farms Webinar series will be held on Thursday afternoons at 1:00 pm, beginning
January 10 and concluding March 28. The topics will be varied but designed for small farm application. See below for a list of remaining dates and topics.

Sessions are presented by U of I Extension Educators and Specialists. Programs will last approximately one hour. You can log on from home or contact a local Extension office if you need Internet access. If you plan to view the webinar at home, a URL and instructions will be sent to you once you register. You can register for each webinar here. (https://webs.extension.uiuc.edu/registration/default.cfm?RegistrationID=7543)

- February 21 - Seed Saving
- February 28 - Crop Rotations in High Tunnels
- March 7 - Farm to School Series
- March 14 - Beneficial Insects
- March 21 - Weed Control in Pastures
- March 28 - Crop Budgeting Resources

**Community Commons**

The Community Commons is an interactive mapping, networking and learning utility for leaders from community to national levels, working to create healthy, equitable, and sustainable communities. It is designed to connect, enhance the performance, and track the long-term impact of place-based, multi-sector initiatives working toward improved population health, equitable prosperity, the vitality of place, and meaningful engagement in our democracy.

To access more information on the Community Commons and how it can benefit your organization, visit: [http://initiatives.communitycommons.org/Docs/onboardinginstructions.pdf](http://initiatives.communitycommons.org/Docs/onboardinginstructions.pdf). The Community Commons website can be accessed at: [www.communitycommons.org](http://www.communitycommons.org).

**Upcoming Dates and Events**

**Small Farm Goat Production and Marketing Workshop**

Saturday, March 2, 2013
8:30am - 3:00pm
St. Clair Community Center ~ 510 Park Drive, St. Clair, MO
Learn about adding goats to your farming operation through presentations on small farm goat production, marketing meat goats directly through local processors, rotational grazing systems, cost shares, and goat health management.
Sponsored by Lincoln University Cooperative Extension and NRCS.
Registration: $20/person (Includes handouts, lunch and drinks). Pre-registration is required.
For more information or to register by emailing hurstj@lincoln.edu or call 660-216-1749.

**2013 Community Development Academy**

March 28-29
Excelsior Springs, MO
For more information and to register: [http://muconf.missouri.edu/commdevelopmentacademy](http://muconf.missouri.edu/commdevelopmentacademy)

**2013 Healthy Communities Movement Summit**

April 18-19, 2013
Hampton Inn and Suites & Bradford Farm
Columbia, MO

**Community Conservation Workshop**

May 7-9, 2013
Stony Creek Inn ~ Columbia, MO
Registration Coming Soon
This three-day workshop, hosted by the Missouri Department of Conservation, will provide opportunities to learn how to integrate ecological services into the built environment of your community. Attend the workshop to learn about: planning trends that include green infrastructure
Grants and Funding Opportunities

**KaBOOM! Let's Play Playground Joint Use**

**Deadline:** Rolling  
**Award Amount:** $15,000 or $30,000 grant awarded to support the creation of a joint use agreement for playgrounds  
**Award Period:** 1 year  
**Program Scope/Description:** Joint Use Grants of $15,000 and $30,000 are available to communities within the United States for the creation of joint use agreements for playground facilities. The $15,000 Joint Use Grants will support the opening of at least four playgrounds and are available to cities with populations of less than 100,000 people. The $30,000 Joint Use Grants will support the opening of at least eight playgrounds and are available to cities with populations of 100,000 people or more. Grant recipients must commit to opening the playgrounds within one year of the grant decision.  
*Note: The Joint Use Grants are solely for the creation or expansion of joint use agreements to create new access to existing playgrounds.*

**Eligibility:** This grant is open to communities within the United States. Please note that you will need to demonstrate how you meet these eligibility requirements in your grant application.

- Commit to convening a Play Task Force or Committee to support the joint use agreement.
- Receive the support of the target school district administration (demonstrated by a letter of support and signature on the Letter of Agreement).
- Have demonstrated experience working with coalitions and community partners.
- The target school district has no independent, stand-alone joint use district policy currently in place, but could have joint use practices (as defined above) in place at one or more schools in the district.
- The recipient must be willing to develop and pursue adoption of a stand-alone district level joint use policy.
- Communities who receive a grant will have 12 months to implement the joint use agreement and utilize the grant funds. Grantees must provide a full budget at the end of the grant period.
- Communities earning the grants will agree to demonstrate a match of at least 50% in the form of fundraised support, in-kind services and other funds. In-kind fees can include staff time and other resources devoted to this project.

**Match Requirement:** At least 50% in the form of fundraised support, in-kind services and other funds.

**Link to Funding Application:** [https://jointuse.myreviewroom.com/](https://jointuse.myreviewroom.com/)

**Farm to School Grant Program**

**Deadline: April 24, 2013**

**Award Amount and Duration:**

- Planning grants: $20,000-45,000 (1 year)  
- Implementation grants: $65,000-100,000 (Up to 2 year period)  
- Support service grants: $65,000-100,000 (Up to 2 year period)

**Program Scope/Description:**

The Farm to School Grant Program is part of the Healthy, Hunger-Free Kids Act, which authorized and funded USDA to assist eligible entities, through grants and technical assistance, in implementing farm to school programs that improve access to local foods in eligible schools. The Act provides $5 million annually to support grants, technical assistance, and the federal administrative costs related to USDA’s Farm to School Program. In this funding cycle, USDA anticipates awarding up to $5 million in grants.

- Planning grants are intended for schools just getting started on farm to school activities.
Implementation grants are available for schools seeking to augment or expand existing efforts. Additionally, eligible non-profit entities, Indian tribal organizations, state and local agencies, and agriculture producers or groups of producers may apply for support service grants in order to conduct trainings, create complementary curriculum, or further develop supply chains, among other activities.

**Eligibility:**

- Planning and Implementation Grants: Eligible schools: K-12 school food authorities (SFA) that participate in the National School Lunch or Breakfast Program, K-12 non-profit private schools, charter schools, Indian tribal schools, and others that participate in the National School Lunch or Breakfast program but are not associated with an SFA.

- Support Service Grants: Only state and local agencies, Indian tribal organizations, agricultural producers, and non-profit entities are eligible to receive implementation grants.

**Match Requirement:** The applicant must provide at least 25% of the total project cost.

**Application Webinars:**

- March 5, 2013, 1:00 EST - Planning Grants
- March 6, 2013, 1:00 EST - Implementation Grants
- March 7, 2013, 1:00 EST - Support Service Grants


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**Comments or Suggestions? Let Us Know!**

In order to be the most effective we can be for you, we need your feedback! Please feel free to reply to this e-mail or send us an e-mail to hli@missouri.edu to let us know what you thought of this newsletter and what you'd like to see in newsletters to come!