Dear HLI Partner,

Your October newsletter is full of information that we hope you will find useful! First, we have summarized the feedback from our Community Convening and provided responses from our HLI team on how we plan to address your recommendations. We have expanded our newsletter recipient list, so please check to ensure that everyone involved in your community initiative is receiving this newsletter.

During the Convening, several questions were brought to the table that reflected a need to review the HLI 5 Step process. Included in this newsletter is a brief review of those steps. Please visit our website for more information, expectations, and resources to support you through all five steps of organizing and executing your community initiative.

Finally, you recommended that we provide updates on what is going on in other communities across the state. In this newsletter you will find updates on activities in three HLI communities. We will continue to provide brief updates from our communities in each month’s newsletter based upon our monthly phone calls.

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

HLI Community Convening Summary

Thank you to everyone who participated in the HLI convening at the end of August. We appreciate your suggestions on communication, your intended actions following the convening, resources you need and ideas for topics and speakers for the April 18-19, 2013 Healthy Communities Movement Summit. Following is a summary and our responses:

1. **Summary of suggestions for communicating HLI process/progress and HLI team response.**

   - Phone calls are more productive than reports. **RESPONSE:** We will call each HLI community contact every other month beginning in October. Please prepare for the call with a summary of HLI activities and success stories.
   - Send local press and photos of HLI successes. **RESPONSE:** We welcome any media coverage and/or photos and will use them in reports we prepare.
- A Facebook or Google group for reporting and collaboration between groups.

**RESPONSE:** Rachel will work to set up a Facebook page for HLI, linked to the HLI website (http://extension.missouri.edu/healthylife).

### 2. Summary of suggestions for the monthly HLI newsletter or other communications to provide timely and useful information to you.

- Spotlight communities - successes and challenges
- Funding alerts and grant proposal writing assistance
- Workshops
- Updates from Regional Planning Commissions that pertain to HLI efforts and livable streets
- Create a state-wide directory of organizations and their healthy lifestyle initiatives for finding potential partners interested in addressing similar issues so they can apply for larger grant money

### 3. Intended actions and assistance/resources needed

**ACTIONS**

- Support school district Ag teachers' interest in using high tunnel manual and pursue funding for high tunnel use with community gardens
- Encourage our local ag business specialist to become more involved with local growers to expand their sales opportunities; check with Ag Business Specialists about organizing/offering a workshop for producers on how to distribute produce to local institutions (Invite speaker for MoFood/Liberty Trust)
- Connect HLI efforts with RPC, e.g. assist local communities in pursuing grant funding for sidewalks, trails, ADA accessibility, transportation plan, food systems, Farmers Market Pavilion

**ASSISTANCE/RESOURCES NEEDED**

- Cooking demos - need materials **RESPONSE:** Contact Margie Meyer (573-884-8711) for food demonstration kit information.
- Help with 501(c)3 **RESPONSE:** Contact Ann Cohen (573-882-2435) or Sarah Massengale (573-729-3196 or hultines@missouri.edu)
- Matching funds for grants **RESPONSE:** Contact Ann Cohen (573-882-2435) about use of HLI funds to leverage other funding.

### 4. Suggestions for time and topics for the April 18-19, 2013 Healthy Communities Movement Summit

- Introductions, contact information and time for networking and collaboration development with other community contacts
- Pursuing funding as a unified HLI statewide unit
- Community advocacy for healthy streets initiative and infrastructure farm to school/urban successes
- Raised bed gardening, community garden implementation, community learning about gardening practices

**Speakers**

- Dr. Millie Mattfeldt-Beman on the initiative that involves St. Louis Public Schools and healthy eating; composting, nutrition education, school gardens, farm to cafeteria
program

- Robert Hughes, CEV and President for the MO Foundation for Health on their new strategic plan
- Rex Roberts on the MO Foods distribution network/steps needed to help local producers

"Like" Our New Facebook Page!

You asked for a Facebook page to help facilitate better communication and collaboration - and you got it! If you use Facebook, please search for "Healthy Lifestyle Initiative - University of Missouri Extension" 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.

HLI Newsletter Distribution List

During the Convening, expansion of our newsletter distribution list was discussed. We have now added all individuals who were registered for the Convening to the recipient list. Below is a list of every individual that is currently on the newsletter recipient list. If someone from your group has been left off the list, please email Rachel Kagay at rachelkagay@mail.missouri.edu with the full name and email address of the individual(s) that should be added.

Karen Bailey
Teresa Keller
Meridith Berry
Sarah Kenyon
Melissa Bess
Ericka Klinger
Carolyn Boland
Kristin Kovar
Tana Bradshaw
Dean Larkin
Jo Britt-Rankin
Kara Lubischer
Alfreda Brown
Wilson Majee
Wendy Brumbaugh
Sarah Massengale
Jen Butler
Vera Massey
Sean Coder
Mildred Mattfeldt-Beman, PhD
Ann Cohen
Jennifer Mayfield
Tony Cook
Jeannette McDermott
Marsha Corbin
Denise McElroy
Tom Corporon
Nancy McGee
Carol Cox
Nell McKay
Dean Crader
Evan Melkersman
Mary Craver
Jim Meyer
Vanessa Dorman
Margie Meyer
Rodney Dufer
Amy Moore
Pamela Duitsman
Sandy Nelson
Karen Elliott
Selinda Ramsey
Chris Geden
Jackie Rasmussen
Laurel Goodman
Bethany Schindler
Jennifer Grabner
Art Schneider
Maude Harris
Annette Triplett
Michael Harris
Bruce Wade
Christeeana Haynes
Ray Walden
Nancy Holloway
Norman & Judy Wimmer
Lynda Johnson
Rose Wise
Steve Johnson
Mary Wissmann
If your community or group has a distribution list that is used for announcements, please feel free to forward that distribution list to Rachel. She will be happy to cross check your list and ensure that all are receiving our HLI newsletter.

## Systems Change Strategies to Improve Access to Healthy Food

A food system that supports access to affordable, healthy and sustainably produced foods is essential in promoting overall health in all communities. Listen to this webinar [here](http://www.apha.org/advocacy/reports/webinars/) to hear about three innovative strategies - Baltimarket in Baltimore, MD, FairShare in Madison, WI, and the National Procurement Initiative - connecting schools with produce growers that are improving access to affordable, healthy food.

## MoDOT Issues "Call for Projects" to Local Agencies Seeking Safe Routes to School (SRTS) Funds

The Missouri Department of Transportation is seeking projects to be funded with federal Safe Routes to School "SRTS" funds. Applications are due by the end of business day November 5, 2012. Projects will be selected by a statewide committee of transportation professionals, education professionals, health department officials, and walking/bicycling advocates. Awards will be announced in January 2013.

The SRTS program is a unique program offering up to 100% federal funding focused on providing infrastructure, safety improvements, ADA improvements, safety education, and encouragement for children to walk to school safely. Eligible projects must be located within a 2-mile radius of a grade school (K-8). Funding for the program is split into two different funding categories:

- Infrastructure projects including but not limited to: sidewalk improvements, crosswalks, bicycle facilities, etc.
- Non-infrastructure projects including but not limited to: walk to school promotional programs, walking school bus programs, bicycle/pedestrian safety education, etc.

The application for SRTS funding is an electronic form. For the 2012 SRTS Administrative Guidelines and instructions on how to access, complete, and submit the SRTS application please visit: [here](http://www.modot.mo.gov/safety/SafeRoutestoSchool.htm).

If you did not utilize this electronic application system for the last call for projects and need to get a username and password, please complete the attached form and return to: Donna Roewe via e-mail at Donna.Roewe@modot.mo.gov or fax to: ATTN: Donna Roewe 573-526-3261.

For more information on Missouri's Local Program, please visit MoDOT's local public agency website at [here](http://www.modot.mo.gov/business/lpa/lpamanual.htm).

## HLI Refresher: Steps to Develop Your Community Initiative

The details of developing a community-wide health initiative will vary from community to community. We follow a five step process, details of which can be found on our website by going to [here](http://extension.missouri.edu/healthylife/steps.htm). Here is a brief refresher on the HLI 5 step process. On the website, you can click on each of the
five steps for more information, expectations and resources for the initiative-development process.

**Step 1:** Enlist and convene leaders and members of the community to begin talking, sharing and building a partnership. Initially, spend time answering the following questions:

*Why do we want to create this community-wide health initiative? Who needs to be a part of this? Who will serve as the catalyst and facilitator? What do we want to do? How do we go about doing it?*

Later, develop Purpose, Values and Vision statements along with an organizational structure that suits your particular needs.

**Step 2:** Assess the resources, needs and desires of the community. Hold listening sessions, conduct surveys and interviews, gather data from government websites, and use other means to collect useful information about your community. Also, take time to understand both the real and perceived challenges and opportunities.

**Step 3:** Educate yourselves and learn from others. Invite guest speakers from inside and outside the community to share their expertise, search the web for information about similar initiatives in other states, and compile examples of policies and environmental change strategies that have been successful in other places.

**Step 4:** Develop an action plan with attainable, measurable goals that help change policies and environments in your community. Include plans for creating new programs or enhancing existing programs if they can 1) ultimately lead to policy and environmental changes, 2) serve as a model which can be replicated elsewhere, or 3) become sustainable and self-supporting over time. The action plan will be a reflection of the information learned, gathered, generated and shared in steps 1-3.

**Step 5:** Seek resources for implementing the action plan. Identify the parts of the plan that don't require additional resources.

These steps are intended to help groups move through the process of planning for a community-wide health initiative. On average, communities complete these five steps in 12 to 18 months. Additional steps will need to be taken to implement the initiative.

---

**Community Profiles: What's Going on Around the State**

**Blue Springs/F.I.T.**

**Healthy Family Choices - The Community Gardens:**

- This was managed through the BS Parks & Recreation department, with additional support provided by the MU Extension office and the Master Gardeners. Overall, the garden was a success. The intention is to till the soil again, and improve the quality of the soil for planting next spring as some areas of the garden had better soil than others. The season is March through October. Plantings this year included flowers, herbs and vegetables.

**Healthy Schools Committee:**

- The expansion of school gardens in elementary schools was a focus of the group at the end of the 2011-2012 school year and one elementary school was able to begin
assembling and planting their gardens.

- All Blue Springs School District elementary schools participated in the first Annual Walk to School Day on October 3rd as part of the National Walk to School Day.

**Access to Healthy, Affordable Foods - The BackSnack Committee:**

- The BackSnack Committee has expanded work into all 13 elementary schools and two elementary schools in the Blue Springs School district. They provided nutritional handouts from University of MO Extension Center that also go home in the BackSnacks. From the BackSnack Committee has grown C4K, Coalition for kids, a faith based group. C4K continues to meet, develop new members, work on funding, warehousing and a mission to feed hungry children in the community through the Healthy Foundations Program.

**Physical Activity**

- Let's Move! Saturdays has been promoting the joy and play in movement this past year by organizing free and low-cost weekly activities to children and families in Blue Springs. A calendar of these Saturday events is printed every four months and distributed to students through elementary schools, to various local businesses, and is also posted electronically. Seventeen local entities have collaborated with these events.
- A Community 5K and an Annual Kids Triathlon were organized during the last year.
- Let's Move! Blue Springs, Girls on the Run Serving Kansas City, MO (GOTR) developed relationships with community organizations such as the Blue Springs School District. These relationships helped open doors to increase awareness of the healthy lifestyle and self-esteem program for girls in 3-5th grades. From Fall 2010 to Fall 2011, GOTR in Blue Springs saw a 267% increase in girls' participation in the program.

**Livable Streets Policy/Implementation/Walkability**

- September 2011, the City of Blue Springs City Council adopted a Livable Streets Resolution. The City has received two technical assistance grants to plan and conduct city walkability audit workshops, with the overall focus of City staff and volunteers on enhancing active and multi-mode transportation options impacting more than 50,000 residents.

**Boone County**

On Saturday, September 29th, the Columbia Center for Urban Agriculture hosted its third annual Harvest Hootenanny. The Hootenanny is a celebration of the growing season and a fundraising event at CUA’s Urban Farm. A donation was collected at the door. The Urban Farm had interpretive signs and volunteers throughout the event to help attendees learn about their fruit, vegetable, herb, flower, egg, and chicken production. The event also offered attendees live music, a Missouri-grown free meal, a live and silent auction, kids games, roasted chestnuts, free t-shirt drawings, and local beer and wine. For more information on the Columbia Center for Urban Agriculture and on the Harvest Hootenanny visit: [http://www.columbiaurbanag.org/](http://www.columbiaurbanag.org/).

**Cooper County**

Cooper County HLI is on the move! Members of the partnership, community groups, and the VISTA volunteers are all contributing to their great progresses and successes. Here are some highlights of the activity in Cooper County. If you would like more information, please get in contact with Nancy Holloway at njh5y3@mail.missouri.edu.

- Cooper County entities and the Cooper County Healthy Lifestyles’ Initiative (CHLI) have reworked their **Memorandum of Understanding**. The memorandum lays out the philosophy, mission and goals of the organization and serves to orient and gain the commitment of members of the partnership. The material or parts of it could also be used for public edification. This document might also be considered a tool for reenergizing
members of the partnership. If you would be interested in viewing a copy of this memorandum, a member of the CHLI may be willing to share for prosperity’s sake.

- The CHLI’s Boonville Farm and Garden is up and running! They have a new website and are producing a newsletter. To learn more about this exciting progress, visit their website at: http://www.boonvillefarmandgarden.org/.
- On October 13th, the Boonville Farm & Garden Coalition held a Chili Cookoff and Harvest Festival. Proceeds from the event went to fund the Farm and Garden Coalition and the Concerned Citizens for a Better Community. The event hosted live music, food vendors, LOTS of chili, silent auction items and a bake sale.
- CHLI is working with and promoting a county initiative for infrastructure improvements within Cooper County. Though this project did not originate with CHLI, it is an example of how a partnership can be effective in conjunction with and in support of the efforts of other groups. In this case, CHLI is working to promote a proposed sales tax to be on the November ballot for the city of Boonville. A press release on the proposed sales tax explained, "The sales tax is a ½% to be used for various sewer improvements, Kemper Campus opportunities and other park improvements."
- The VISTA workers have been a great asset to Cooper and Boone counties. If other HLI communities would like to take advantage of AMERICORPS/VISTA opportunities, Nancy Holloway would be happy to assist with the process.

Grow Eat Grow - NOW AVAILABLE!

Grow Eat Grow, A Seasonal and Simple Guide for Gardening and Cooking with Kids, the third in the seasonal and simple series, is now available!

The guide is filled with a variety of garden themes in the Grow section that provide inspiration to begin or transform a garden and to encourage experiential learning about history, literature, cultures, science and art. The Eat section has simple steps for preparing and enjoying fruits and vegetables in season. The guide promotes the many benefits of gardening and cooking for kids including a greater ability to work in groups, appreciate nature, be responsible, have a greater understanding of nutrition and eat more fruits and vegetables.

HLI communities can purchase Grow Eat Grow for $8.50 and HLI will pay half ($4.25). To order, please contact Margie Meyer at meyermm@missouri.edu.

Upcoming Dates and Events

Save the Date!

2013 Healthy Communities Movement Summit
April 18-19, 2013
Columbia, MO

Grants and Funding Opportunities

Allen Foundation
Grants are awarded to assist in the training of persons to work in nutrition education and to disseminate information about good nutritional habits. Award amounts range from $5,000 to $100,000.
Deadline: December 31, 2012
Application and more information may be found at: https://www.allenfoundation.org/Default.asp

Emerson Charitable Trust
Emerson Charitable Trust offers grants in the areas of education, health and human services, arts and culture, civic, and youth in St. Louis. For more information click here. Award amounts vary between $10,000 and $100,000.
**Deadline:** Rolling, the fiscal year begins in October.

**Missouri Foundation for Health**
Missouri Foundation for Health offers several grants that may be appropriate for an HLI community, including the Community Health and Prevention grant, the Healthy and Active Communities grant, and Health Policy mini grants. Award amounts for the Health Policy mini grants range from $5,000 to $20,000. Visit [http://www.mffh.org/Default.aspx](http://www.mffh.org/Default.aspx) for more information.

**Deadline:** Health Policy Mini Grants - October 31, 2012

**National Garden Association (NGA) Youth Gardening Grants**
The National Garden Association website provides information on several grants available for children's educational gardens at school and in the community. Award amount: Awards differ between the different grants, but may include gift cards to the Home Depot, gift cards for NGA educational materials, $500 awards in gardening supplies and soil.

**Several grant deadlines are quickly approaching!** Visit [http://grants.kidsgardening.org/](http://grants.kidsgardening.org/) for a list of upcoming deadlines and more information.

**Wal-Mart Facility Level Giving**
Walmart offers $250 to $5,000 for education, workforce development/economic opportunity, health and wellness, environmental sustainability, and hunger relief. Award amounts vary from $250 to $5,000. For more information visit: [http://foundation.walmart.com/apply-for-grants/local-giving](http://foundation.walmart.com/apply-for-grants/local-giving).

**Deadline:** December 1, 2012

**COS Funding Opportunities**
COS provides the world's most comprehensive funding resource, with more than 25,000 records worth over $33 billion. To search for funding opportunities you may be eligible for visit [http://pivot.cos.com/](http://pivot.cos.com/).

See our website for a detailed list of funding opportunities and deadlines. **Many grants have rolling submission deadlines, so look closely!**

**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!