



Wellbeing Advisory Committee

Thursday, October 7, 2021

8:00 am – 9:30 am

MINUTES

Committee Members present: Brandon Jackson, Tricia Kitzmann, Katherine Read, Adam Walter, Lindsay Olson, Stacia Walker, Ellen Bouchard, Emmaly Renshaw

Committee Members absent: Zach Schladetzky

Staff Members present: Stephanie Schrader, Adam Lindenlaub

Adam Walter called the meeting to order at 8:02 a.m.

Tricia Kitzmann moved to approve the September 2 minutes. Ellen Bouchard seconded. Motion passed.

During public comment, several members noted their workplaces participated in the Healthiest State Walk on October 6.

Emily Renshaw discussed strategies identified by Feed Iowa First that could help increase healthy food access in the community. She noted that more community garden plots, with water access are needed. She stated that plots should be able to be utilized for a minimum of three years, due to the investment involved in preparing soil for growing. Emily also noted the downtown farmer's market model is not conducive to growers, for several reasons: growers need weekly access to a market (every other week is not often enough), shade is not guaranteed, Double Up Food Bucks is not always available, and proximity of veggie vendors to each other is too spread out. Emily noted pop-up markets in neighborhoods would help provide equitable healthy food access as well as a cultural entry into selling produce for immigrant farmers. Tricia suggested the committee make a recommendation to Council to utilize some ARPA funding to increase healthy food access in neighborhoods, possibly through implementation of Double Up Food Bucks in the neighborhoods or other strategies. Stacia Walker noted it would be beneficial to align the pop-up markets with Kids on Course, or other activities already happening.

Jim Cushing, Healthy Hometown representative, shared the U.S. News & World Report Healthiest Communities information. The assessment measures health and wellness across the U.S. using 84 metrics. Linn County's overall score is 416/500. Lowest scored areas were Food Access/Nutrition and Equity.

The next Wellbeing Advisory Committee meeting is November 4, 2021.

The meeting adjourned at 8:57 a.m.

Respectfully submitted,
Stephanie Schrader
Community Development