



TEAM NUTRITION  IOWA™



Expanding
Farm-to-Child Care

Webinar

March 28th, 2013 1-2pm

IOWA STATE UNIVERSITY
University Extension

Healthy People. Environments. Economies.

Learning Objectives

- How to get started in Farm to Child Care
- How to use gardens for nutrition education
- Increase knowledge of procurement of locally grown foods
- How to encourage children to consume locally grown foods
- Enhance skills to communicate your efforts
- Learn what resources are available
- How to apply for \$500 Mini-grant funds



*I hear and I forget...
I see and I remember...
I do and I understand...*



Components of Farm to Child Care

- Providing locally grown foods in child care
- Using curriculum with taste testing
- Gardening
- Field trips to farms or farmer visits
- Visiting community gardens/farmers markets
- Wellness policy including farm to child care



Polling Question

Tell us about yourself.





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Farm to Child Care: Gardening with Children



Lesia Oesterreich, M.S.
Extension Early Childhood Specialist

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Why Garden with Children?

- Promote **healthy lifestyles**
- Provide opportunities for **early learning**
- Encourage **social development**
- Nurture **environmental stewardship**
- Instill a sense of **belonging & community**



Laying the groundwork

- Visit other gardens
- Involve community partners
- Ask local vendors for support.
- Involve children and families!



Start Small



Grow into a BIGGER Garden



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Garden Design Considerations

Make it **plant** friendly!

- Sunlight
- Good soil
- Access to water
- Pathways
- Fencing
- Tools storage



Garden Design Considerations

Make it **child** friendly!

- Sunlight – **hats for children**
- Good soil – **non toxic**
- Access to water – **water safety**
- Pathways – **help avoid trampled plants**
- Fencing – **keep low for supervision**
- Gathering area – **observation and conversations**
- Tools storage – **easily to find and replace**



Consider material safety

Think twice about recycling!

Avoid the following:

- Old tires or tire products
- Pressure treated lumber
- Railroad ties
- Old bricks with paint
- Plywood or recycled wood



Tools of the Trade

Garden Tools

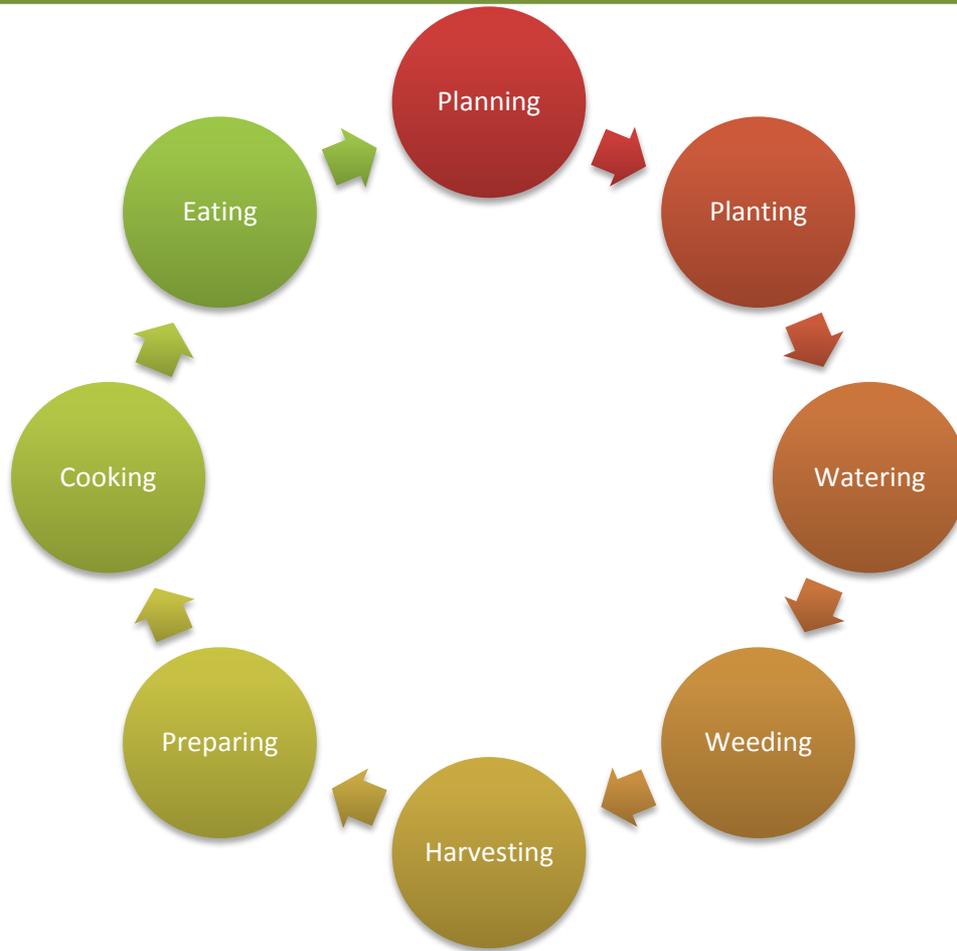
- Hand trowels / spades
- Rake / hoe
- Hand pruner
- Wheel barrow
- Baskets
- Watering pitcher
- Water hose / spray wands
- Vegetable brushes

Learning Tools

- Clip boards & pencils
- Garden stakes
- Camera
- Tape measure / yard stick
- Rain Gage
- Measuring scale & cups
- Pint / Quart containers
- Magnifying glass
- Insect bottle



Early Learning Opportunities



Key concepts for young children

- All things on earth are either living or nonliving
- Plants are living things
- Living things need light, water, air and space to survive



Key concepts for young children

- Plants have a life cycle: germination, growth, reproduction (fruit/seed), death
- Plants have names.
- Parts of plants have names.
- Sometimes we eat different parts of plants.
- We can recognize plants by their shape, size, color and form.



Introduce children to the world of plants and food

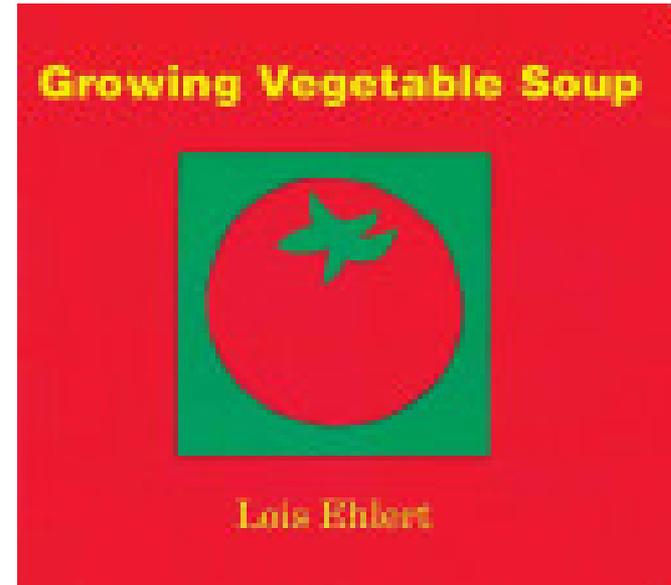
- Engage
- Notice
- Wonder
- Question
- Reflect
- Ask NEW questions



Deepen Understanding with Books

Books of all types:

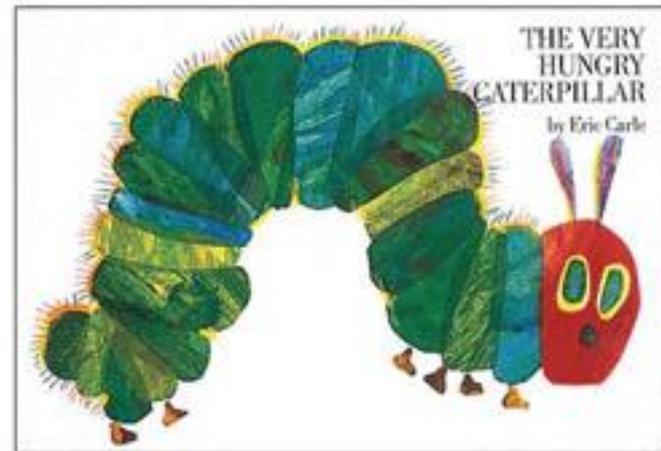
- Information books
- Fiction books
- Image books
- Biography books
- Poetry books



http://www.michigan.gov/documents/mde/PreschoolBooklist_290284_7.pdf

Deepen Understanding with Books

- Various subjects:
 - Garden Plants
 - Field Plants
 - Rocks
 - Weather
 - Insects/ animals
 - Food /culture



Experiences with Gardening

Shapes children's ideas and deepens their understanding about nature and food.

Studies show that children who garden:

Eat **more** fruits and vegetables

Are willing to try a **wider variety** of vegetables

Are more likely to show a **preference** for fruits and vegetables.





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Farm to Child Care: Communications

Catherine Strohbehn, PhD, RD, CP-FS



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Communications are Key Farm to Child Care

- With producers
- With children
- With staff
- With parents



Communicating with Producers

- Who are the producers that might supply the childcare?
- How do you find them?
- What questions do you ask?
- What information do they need to know?

*Your bottom line is to ensure product is **safe** and of **good quality***



Producer Sources

- Some vendors carry Iowa grown products
- Check with farmer market vendors
- Ensure compliance with federal food program regulations – some FAQ F2S at www.iastatelocalfoods.org
- Web based tools
 - IDALS F2S program
 - ISU Extension and Outreach Value Added Ag



<https://www.idalsdata.org/fmnp/index.cfm>



Advancing Iowa's Agricultural Interests

APPLY

[Farmers Market - New Vendor Application Form](#) (for new vendors only; returning vendors please login)

[Fruit & Vegetable Directory - New Grower Application Form](#) (for inclusion in the Directory)

[Iowa Farm to School Application Form](#) (for inclusion in the Directory)

[Contact Us](#)



IOWA MARKETMAKER™

HOME | SEARCH | HELP | ABOUT US | CONTACT US | LOG IN

MarketMaker is an interactive mapping system that locates businesses and markets of agricultural products in Iowa, providing an important link between producers and consumers.



for **BUSINESSES** | for **CONSUMERS**

I'm looking for a near

Learn MarketMaker | Case Studies | Related Websites | Factsheets | Glossary | Resource Search

Update Your Info

Make sure that your businesses' info is up to date.

User ID:

Register Your Business

Don't have an account? Sign up to add your businesses' info to MarketMaker. It's free.

Business Spotlight



Eden Farms

Eden Farms, a coalition of independent family farmers is the largest American supplier of 100% pure heirloom Berkshire pork and the only farmer-owned company with national distribution. Eden Farms producers raise their animals in a healthy, environmentally friendly manner, and have all committed themselves to a strict code of responsible and humane animal husbandry. [Learn More](#)

Northern Prairie Chevre LLC

Clayton Ridge Farm Meat Market & Gift Shop

Pickett Fence Creamery

Berry Patch Farm

Taste of Iowa

Tassel Ridge Wine



Tassel Ridge Winery, the wine making experience that puts Iowa wine on the map! [Learn More](#)

1 2

National MarketMaker



National MarketMaker >>

MarketMaker is in many states across the U.S.; select a state below to travel to the site.

Select a State...

Now In Season

Month: **November**

Fruits: **Apples**

Vegetables: **Bok Choy, Brussel Sprouts, Chard, Collards, Kale, Lettuce, Potatoes, Pumpkins, Spinach, Squash, Sweet Potatoes, Arugula**



BUY & SELL FORUM

Looking to Buy | Looking to Sell | Value-added services | Transportation

MARKET PLACE

MarketMaker Blog

A behind the scenes look at MarketMaker 

Farmers Markets build

What questions do you ask? Guide in this pub

Want to know more?

Contact these groups.

- Buy Fresh Buy Local:
Iowa program—
www.practicalfarmers.org/buyfresh.asp
national program—
www.foodroutes.org
- City or county health inspector
- Food Alliance—www.foodalliance.org/
- Iowa Department of Agriculture and Land Stewardship—
[www.agriculture.state.ia.us/
agdiversification.htm](http://www.agriculture.state.ia.us/agdiversification.htm)
- Iowa Department of Inspection and Appeals—[www.dia.iowa.gov/food
515/281-6538](http://www.dia.iowa.gov/food515/281-6538)
- ISU Extension Distribution Center—
www.extension.iastate.edu/store
- ISU Hotel, Restaurant, and Institution Management Extension: local foods—
www.iastatelocalfoods.org
- Leopold Center for Sustainable Agriculture—
www.leopold.iastate.edu
- Produce Marketing Association—
www.pma.com
- United Fresh Fruit and Vegetable Association—www.unitedfresh.org
- United States Food and Drug Administration: "Guide to Minimize Microbial Food Safety Hazards for Fresh Fruits and Vegetables"—
www.cfsan.fda.gov/~dms/prodguid.html

These resources focus on Good Agricultural Practices (GAPs):

Cornell University Good Agricultural Practices Project—
www.gaps.cornell.edu

New England Extension Food Safety Consortium—
[www.hort.uconn.edu/ipm/foodsafety/
index.htm](http://www.hort.uconn.edu/ipm/foodsafety/index.htm)

United States Department of Agriculture—
www.ams.usda.gov/fv/fpbgapghp.htm

University of California-Davis Postharvest Technology Research and Information Center—
<http://postharvest.ucdavis.edu>



LEOPOLD CENTER

This publication was supported by a grant from the Leopold Center for Sustainable Agriculture.

Prepared by Catherine Strohbehn, Ph.D., R.D., C.F.E.S.P., HRIM extension specialist; Sam Beattie, Ph.D., food safety extension specialist; Neric Smith, county extension education director; and Diane Nelson, extension communication specialist. Design by Jane Lenahan, extension graphic designer.

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File: Economics 1-6, FN 2

PM 2046 March 2008

What retail foods services should know when purchasing local produce directly from farmers



Chef Chris Hansen (Cottage on Broad in Story City, Iowa) and producer Joe Lynch from Ames, Iowa



There's a pub for that!

www.iastatelocalfoods

- Checklist with questions to ask
- Documentation

Checklist for Retail Purchasing of Local Produce

Name of Producer/Farm _____
 City _____ State _____ Zip _____
 Telephone _____ E-mail _____
 Total acres farmed _____ Availability of promotional materials YES NO
 Products to be purchased _____
 Is an insurance liability required YES (Dollar amount _____) NO
 Was the produce grown without addition of chemical pesticides and fertilizers? YES NO
 Are you USDA Certified Organic? YES NO
 Is the facility licensed and inspected to process products YES NO
 Are there acceptable substitutes available if an order cannot be filled YES NO

Production Practices	Yes	No	N/A
Are wells protected from contamination?			
If irrigation is used, what is its source? <input type="checkbox"/> Well <input type="checkbox"/> Stream <input type="checkbox"/> Pond <input type="checkbox"/> Municipal <input type="checkbox"/> Other _____			
What types of manures are used? <input type="checkbox"/> Raw manure <input type="checkbox"/> Composted <input type="checkbox"/> Aged <input type="checkbox"/> No manure is used			
Is raw manure incorporated at least 2 weeks prior to planting and/or 120 days prior to harvest?			
Is the manure application schedule documented with a copy submitted to the retail operation?			
Is land use history available to determine risk of product contamination (e.g., runoff from upstream, flooding, chemical spills, or excessive agricultural crop application)?			
Is the field exposed to runoff from animal confinement or grazing areas?			
Is land that is frequently flooded used to grow food crops?			
Are coliform tests conducted on soil in frequently flooded land?			
Are farm livestock and wild animals restricted from growing areas?			
Are portable toilets used in a way that prevents field contamination from waste water?			

Product Handling	Yes	No	N/A
Are storage and packaging facilities located away from growing areas?			
Is there risk of contamination with manure?			
Are harvesting baskets, totes, or other containers kept covered and cleaned (with potable water) and sanitized before use?			
Is harvesting equipment/machinery that comes into contact with the products kept as clean as possible?			
Are product and non-product containers available and clearly marked?			
Is dirt, mud, or other debris removed from product before packing?			
Are food grade packaging materials clean and stored in areas protected from pets, livestock, wild animals, and other contaminants?			

Transportation	Yes	No	N/A
Is product loaded and stored to minimize physical damage and risk of contamination?			
Is transport vehicle well maintained and clean?			
Are there designated areas in transport vehicle for food products and non-food items?			
Are products kept cool during transit?			



Ask/Communicate about...

- Production practices
- Insurance – product liability
- On farm food safety plans
- Worker health and hygiene
- Product quality, variety, size, number, amount, etc. (*also known as product specifications*)
- Ordering timeframe and process
- How to be delivered
- When and how paid



Companion pub for producers

Relationship marketing

- Ask them their story
- Willing to host field trip?
- Other promotion items
- Share with them
 - Info about operation
 - How product is used
 - Potential new markets reached
 - Reduced transaction times

Want to know more?

Contact these groups.

- Buy Fresh Buy Local: Iowa program—www.practicalfarmers.org/buyfresh.asp
- National program—www.foodroutes.org
- City or county health inspector
- Food Alliance—www.foodalliance.org/
- Iowa Department of Agriculture and Land Stewardship—www.agriculture.state.ia.us/agdiversification.htm
- Iowa Department of Inspection and Appeals—www.dia.iowa.gov/food515/281-6538
- ISU Extension Distribution Center—www.extension.iastate.edu/store
- ISU Hotel, Restaurant, and Institution Management Extension: local foods—www.iastatelocalfoods.org
- Leopold Center for Sustainable Agriculture—www.leopold.iastate.edu
- Produce Marketing Association—www.pma.com
- United Fresh Fruit and Vegetable Association—www.unitedfresh.org
- United States Food and Drug Administration: "Guide to Minimize Microbial Food Safety Hazards for Fresh Fruits and Vegetables"—www.cfsan.fda.gov/~dms/prodguid.html

These resources focus on Good Agricultural Practices (GAPs):

- Cornell University Good Agricultural Practices Project—www.gaps.cornell.edu
- New England Extension Food Safety Consortium—www.hort.uconn.edu/ipm/foodsafety/index.htm
- United States Department of Agriculture—www.ams.usda.gov/fv/fpbgapphp.htm
- University of California-Davis Postharvest Technology Research and Information Center—<http://postharvest.ucdavis.edu>



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File: Economics 14, FN 2

PM 2045 March 2008

What producers should know about selling to local foodservice markets



Gary Guthrie farms near Nevada, Iowa.

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Communication Internally

- With children and staff
- Goal is to broaden child's awareness of new foods
- Engagement with a school garden is one way
- Important to consider safety and practicality
- Two resources NC State Extension help



You already communicate!

Menu – tell where product came from

August 2011 Lunch Menu 7th-12th
Independence Community School District

Breakfast: \$1.25
Lunch: \$2.00
Adults: \$2.90

Please check your account
balance online:
www.independence.k12.ia.us

This Week's Locally Grown Foods:	USDA is an equal opportunity provider.	Menus subject to change as needed.	Choice of milk served with all meals.		
	Monday	Tuesday	Wednesday	Thursday	Friday
Sweet Corn will tentatively be from Oelwein's FFA program	<p>22 <i>Early Dismissal 1st Day of School for West Elementary and Jr./Sr. High</i></p> <p>Fresh Pears Raw veggies w/dip (carrots, broccoli, cauliflower)</p>	<p>23 <i>Early Dismissal 1st Day of School for East Elementary</i></p> <p>Fresh Cantaloupe Sweet Corn</p>	<p>24 <i>Early Dismissal</i></p> <p>Cook's Choice</p> <p>Coleslaw</p>	<p>25</p> <p>Mixed Greens Salad</p>	<p>26</p> <p>Cucumber & Tomato Fresh Apples</p>
Strawberries are from Bagge Strawberries, Independence, Iowa	<p>29</p> <p>Strawberries w/Yogurt Frozen Mixed Veggies</p>	<p>30</p> <p>Sweet corn Canned Pears</p>	<p>31</p> <p>Fresh Green Beans Canned Peaches</p>		

Iowa Gold Star Cycle Menu & Recipes



Iowa Gold Star Cycle Menu



PLEASE NOTE:

- The Iowa Gold Star Cycle Menus meet the Gold criteria for HealthierUS School Challenge, includes locally grown fruit/vegetable options, and offers healthy USDA Foods.
- All menus include a choice of non-fat or 1% milk.
- The second vegetable and the first fruit listed are fresh.
- The menu follows a food-based menu planning approach, which is in line with the Proposed Rule for NSLP Nutrition Standards/IOM recommendations.
- If a school is on the enhanced menu planning method, additional grains of up to 15 servings per week, may need to be added. All menus provide at least 8 grain servings/week.
- Nutrition analysis using NutriKids is available using simple averaging, following the IOM recommendations of 2 servings of vegetable and 1 serving fruit daily.
- Target calories per IOM recommendations are 600-700 calories/day; and 750-850 calories/day when the optional healthy dessert is served 1/week.
- A whole grain product is indicated by WG in the menu.

Recipes and other supporting resources are available at <http://tinyurl.com/iowagoldstarmenu>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WEEK 1</p> <p>Chicken Strips Cheesy Mascot Bread w/Marinara Sauce</p> <p>Roasted Squash Cuban Black Bean Salad</p> <p>Kiwi Sliced Pears Cობread</p>	<p>Hamburger on Bun Chicken Brown Rice Bowl with Vegetables</p> <p>Sweet Potato Fries Sliced Peppers and Cherry Tomatoes w/Ranch Dip</p> <p>Frozen Melon Balls or Fresh Melon Pineapple</p> <p><u>Winter Alternate Entrée:</u> Chicken a la King over Whole Wheat Biscuit</p>	<p>WG Beef and Bean Enchilada Low-Fat Turkey Corn Dog</p> <p>Mexicali Corn Mixed Greens Salad</p> <p>Banana Fruit Cup WG Corn Tortilla Chips</p>	<p>Turkey w/ Gravy Baked Fish Shapes</p> <p>Mashed Potatoes Broccoli Florets</p> <p>Red Seedless Grapes w/Fruit Dip Mandarin Oranges WG Sage Dressing with Dried Cherries</p> <p><u>Spring Alternate Entrée:</u> Turkey Sandwich on WG bun, WG Pasta Salad, Chef Cyndie's Spring Salad w/Pear Vinaigrette</p>	<p>WG Cheese Pizza Hot Ham and Cheese on WG Bagel</p> <p>Carrots Marinated Fresh Vegetable Salad</p> <p>Red Apple Slices w/Caramel Sauce Peach Slices</p> <p><u>Dessert (Optional)</u> WG Apple Crisp</p>



Starting a Garden? Extension Resources

- Food safety overview - NC
- **School Garden Planning Checklist for Starting a School Garden**
- Addresses need for planning & protection of garden
- Consider involvement levels
- Knowledge and skill levels
 - ISU Pubs vegetables and fruits
 - Herb Garden? Containers?



A HANDBOOK FOR BEGINNING + VETERAN GARDEN ORGANIZERS: **HOW TO REDUCE FOOD SAFETY RISKS.**

Creating and maintaining community and school gardens has been identified as an effective strategy to increase healthy food awareness and consumption. Fresh fruit and vegetables have unfortunately been linked to over 450 outbreaks of foodborne illness in the U.S. since 1990. In commercial food production, employing a set of risk-reduction steps, known as good agricultural practices (GAPs), has been pointed to by the U.S. Food and Drug Administration as the best prevention against foodborne illness-causing pathogens.

The Centers for Disease Control and Prevention estimates that there are 48 million people who are sickened with foodborne illness in the United States each year. While most people who become sick from foodborne illness recover quickly, there are on average almost 130,000 hospitalizations annually and 3,000 associated deaths. Contamination may come from many sources including physical contaminants, (metal, stones or glass) and chemical contaminants (runoff from parking lots or pesticide drift).

While much of the attention for GAPs implementation, as well as the outbreaks and recalls, has focused on commercial production, the use of steps to reduce contamination risk are also applicable to community and school gardens. The steps presented in this guide are rooted in science, practical and presented in a context suitable for the passionate organizers and volunteers associated with community gardens.

contents

vocabulary	3
site selection	4
soil	5
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garden design + pests	11
sanitation + tools	12
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a project of North Carolina State University
+ North Carolina Cooperative Extension

Funded by Nourishing
North Carolina



ISUEO Resources

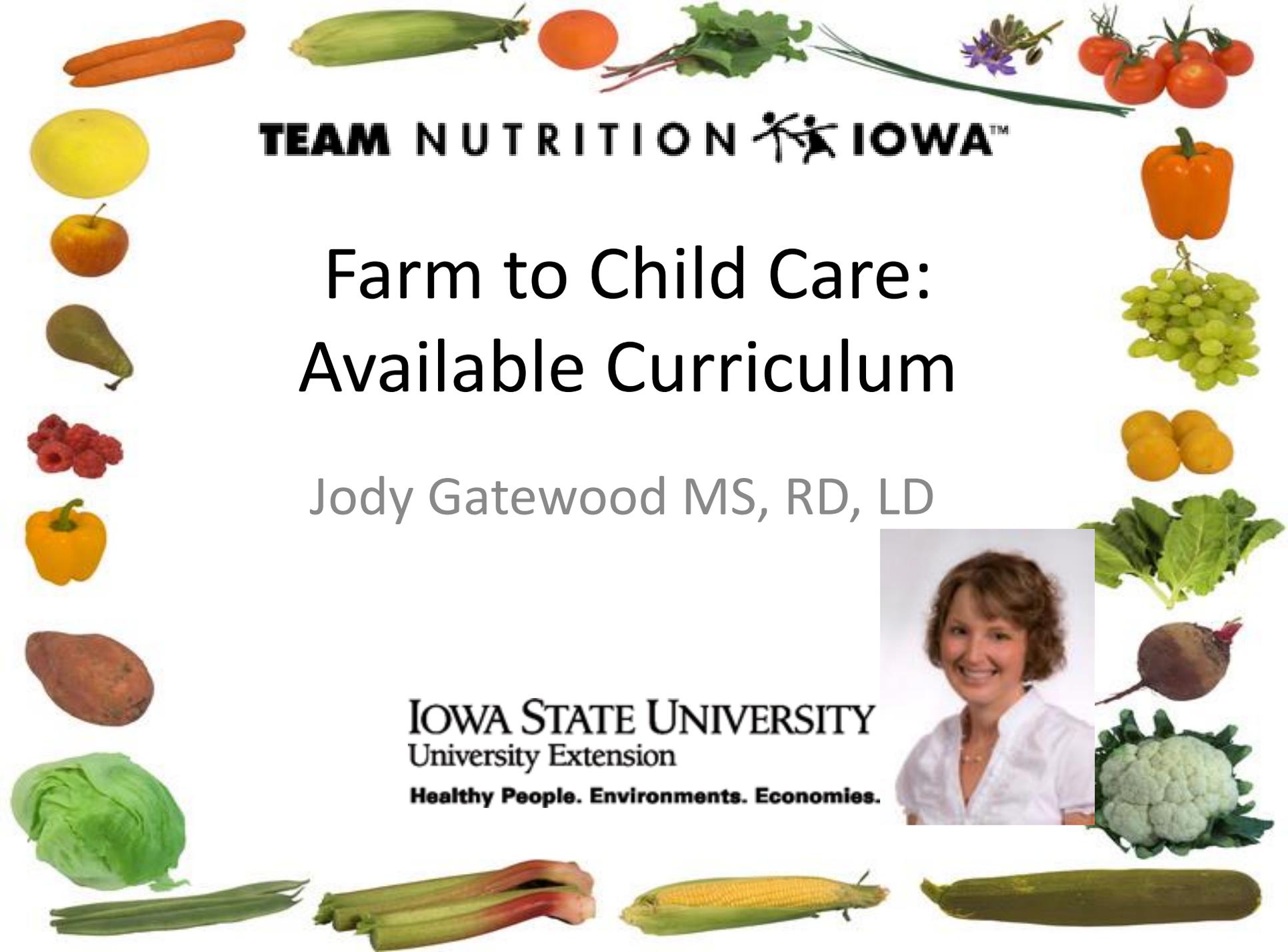
- [PM 0870A](#) - Small Plot Vegetable Gardening
- [PM 0870B](#) - Container Vegetable Gardening
- [PM 0819](#) - Planting a Home Vegetable Garden
- [PM 0814](#) - Where to Put Your Vegetable Garden
- [PM 0534](#) - Planting and Harvesting Times for Garden Vegetables



Communicating Externally with Parents and Community

- Showcase efforts with Farm to Child Care
- Information on menu – share recipes
- Farmers' materials
- Piggy back field trips with relevant class topic
- Use student garden produce as part of meal
- Garden rules





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Farm to Child Care: Available Curriculum

Jody Gatewood MS, RD, LD

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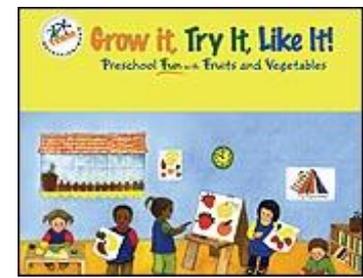


Gardening Curriculums

- **Grow it, Try it, Like it!**
 - USDA Team Nutrition
- **Growing in the Garden**
 - ISU Extension and Outreach



Grow it, Try it, Like it!



- Tasty Acres Farm
- Introduces children to fruits and vegetables
- Hands-on activities and recipes
- <http://teammnutrition.usda.gov/Resources/growit.html>



Grow it, Try it, Like it!

Plant a Spinach Seed

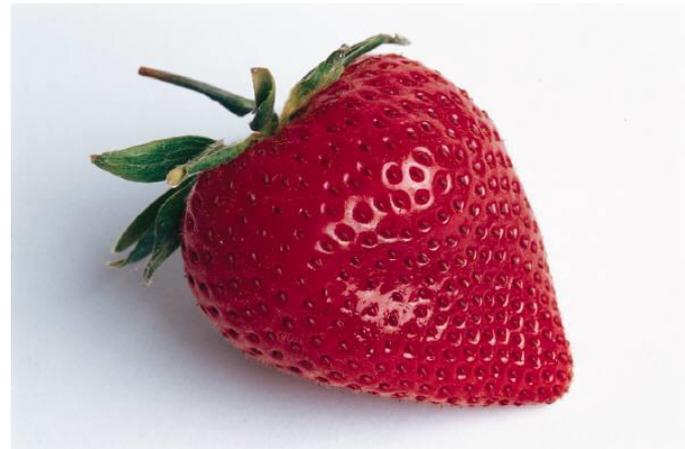
- Grow spinach seeds in a cup
 - Materials: Spinach seeds, paper cups, potting soil, plastic spoons, unsharpened pencils, waterproof markers, wooden craft sticks, a sunny location
- Serve Easy, Cheesy, Spinach Pie



Grow it, Try it, Like it!

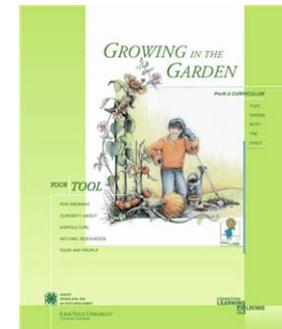
Mystery Box/Bag

- Put a strawberry in a box or bag
- Children feel inside the box, describe what they feel, and guess what it is
- Offer a clean strawberry to see, touch, smell & taste



Growing in the Garden

- Connecting Learning and Living curriculum
- Pre K-3rd grade, can be modified for any age
- <http://www.extension.iastate.edu/4h/page/curricula-info-ordering>



Growing in the Garden

Plant Parts Become Me!

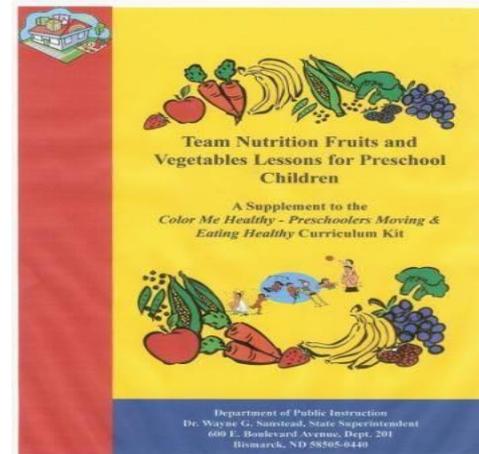
- Children pretend it is spring and curl up on the floor like a seed.
- Pretend feet and legs are roots growing out of the seed. Wiggle their toes as the roots start growing out of the seed.



Additional Resource

- **Fruit and Vegetable Lessons for Preschool Children**

<http://healthymeals.nal.usda.gov/hsmrs/North%20Dakota/TN%20FV/full.pdf>



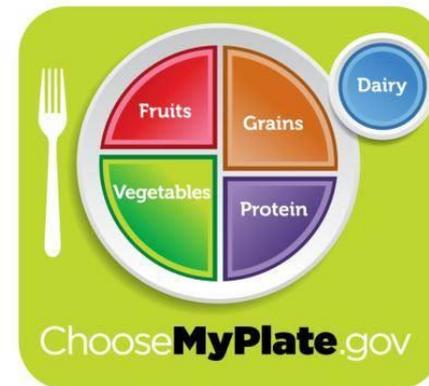
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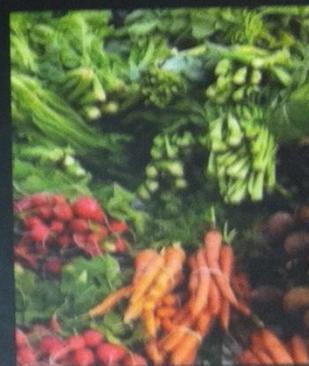


MyPlate

- Visit www.choosemyplate.gov
- 10 Tips Nutrition Education Series
 - Kid-Friendly Veggies and Fruits



IOWA PLANTING AND HARVEST CALENDAR



2013



Funds for this calendar were provided by an Iowa Specialty Crop Block Grant





Farm to Preschool Program Honored by Michelle Obama

Three Farm to Preschool programs were awarded by Michelle Obama's Let's Move! Child Care Initiative on May 9, 2012! The Colusa Indian Community Council's Hand-in-Hand Learning Center in Colusa, California was one of the programs honored that day, following the Weight of the Nation conference hosted by the Centers for Disease Control and Prevention.

More



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Questions?

