Dear Gina, welcome to the PartnerSHIP 4 Health e-newsletter. We hope you enjoy these exciting updates!

Fresh Connect Food Hub Coordinator Needed!

Lakes Country Service Cooperative Makes Healthy Worksite Changes
Lakes Country Service Cooperative (LCSC) participated in PartnerSHIP 4 Health’s recent Worksite Wellness Initiative resulting in a more vibrant wellness committee along with a new vision, tagline, logo, and many new healthier living strategies.

Not only has LCSC increased opportunities for their employees to be more physically active, they have also added healthier food choice options, created a lactation room, and adopted a tobacco-free campus policy.

The worksite wellness collaborative enabled LCSC to transform their wellness committee from good to great, and create a culture that encourages wellness.

To learn more about LCSC’s successful Worksite Wellness Initiative, click here.

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Small Steps Lead to Big Changes

From February to May of 2014, childcare provider Julie Zachariasen participated in ChildcareAlive!, a program furnished through PartnerSHIP 4 Health. ChildcareAlive! provides entertaining lessons for children, helpful tips and recipes for parents, and valuable resources for childcare providers. Zachariasen now offers more healthy foods, and replaced TV time with activity time.
To find out more information on the MATS data click here.

Zachariason enjoyed implementing ChildcareAlive! suggestions, and plans to continue incorporating these healthy practices into her childcare setting.

To read more about Zachariason’s experience with ChildcareAlive!, click here.

Zens Creative Catering and Daniela’s Daycare
Take A Healthy Turn

Tom and Daniela Zens of Fergus Falls, MN, have collaborated with PartnerSHIP 4 Health to make healthier changes in both their catering business and their family-based daycare. In their catering business, Tom uses the healthy recipe tips from PartnerSHIP 4 Health and makes sure his meals include fruits, vegetables, and whole grains.

PartnerSHIP 4 Health also impacted their family daycare business through the ChildcareAlive! program. Daniela incorporates outdoor play at least once a day, encourages indoor movement games, and frequently introduces new healthy snacks for the kids to sample and eat.

Not only have the Zens found ways to make their businesses healthier for their clients, but they have also gotten rave reviews. People love the foods served such as the sweet potato and black bean enchiladas, and the daycare kids and parents are fans of the foods and activities introduced by ChildcareAlive!

To learn more about the Zens’ collaboration with PartnerSHIP 4 Health, click here.