

# PartnerSHIP 4 Health

February 2015

e-news

## PartnerSHIP 4 Health

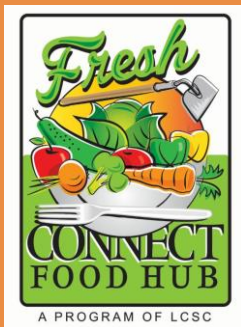
*Charting a course for good health*

[www.partnerSHIP4health.org](http://www.partnerSHIP4health.org)



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

**Fresh  
Connect  
Food Hub  
Coordinator  
Needed!**



Want to make a difference? Fresh Connect Food Hub, a program of Lakes Country Service Cooperative, is looking for an individual to join our

## Lakes Country Service Cooperative Makes Healthy Worksite Changes



team as the Food Hub Coordinator. If you have a business background, knowledge of food systems, and a love of local foods, consider applying. Learn more at [www.lcsc.org](http://www.lcsc.org) under Employment Opportunities.

### TOBACCO-FREE 4 HEALTH

#### Minnesota's Smoking Rate Falls to 14.4 Percent!

Findings from the most recent Minnesota Adult Tobacco Survey (MATS) show that Minnesota is continuing to make progress in reducing tobacco use: Minnesota's adult smoking rate is at the lowest ever recorded in the state.

However, according to the MATS study, approximately 580,000 adult Minnesotans continue to use tobacco.

The study also discovered that changes such as increased cigarette taxes, smoke-free policies and improved

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](#).

### Small Steps Lead to Big Changes



From February to May of 2014, childcare provider Julie Zachariason 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. Zachariason now offers more healthy foods, and replaced TV time with activity time.

access to cessation programs supported quit attempts. To find out more information on the MATS data [click here](#).

To find out how you can become more involved and help support tobacco-free efforts, contact

Corey Ernst at [corey.ernst@co.clay.mn.us](mailto:corey.ernst@co.clay.mn.us)

or

218-299-5063

Clearway, MN funds the work of Tobacco-Free 4 Health

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](#).