

Dear Jason,

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August 2018 E-Newsletter

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"The Fabled Farmer" Teams Up with PS4H's Eat Well

With the farm-to-table concept sweeping across the nation's restaurant scene, Mary Robertson decided to follow her heart and fill a missing niche in the small town of Fergus Falls, MN with this notion. She opened her café, The Fabled Farmer, in April of 2017 with a tagline of 'where nutritious meets delicious', proving to people that healthy food can taste amazing.



When PartnerSHIP 4 Health's registered dietitian, Katrina Mouser, heard rumors of this restaurant coming, she approached Mary to become a partner of their healthy restaurant initiative, Eat Well. Before the café opened its doors, Katrina worked with Mary and her chefs to analyze all their recipes, modifying the sodium, saturated fat, or sugar of some to fit into Eat Well's nutrition guidelines for healthy eating. Portion size was also

carefully examined, and appropriately-sized dishes for the power bowls were purchased using strategy support funding from PartnerSHIP 4 Health. "Addressing things like sodium, sugar, and portion size were areas that I really didn't have specific education and knowledge of. Partnership 4 Health and Katrina provided the input I needed to make sure the recipes on the menu weren't missing the recommended guidelines."

"Overall, I think what I've benefited the most from in my connection with Partnership 4 health is the encouragement and education. Through Partnership 4 Health's steady messages and efforts to promote healthy choices there's a sense of community and awareness that others care about the same thing you care about and people really do want healthy options; that's the kind of encouragement that makes the hard work seem worthwhile."

[Read More](#)



PS4H Launches New Healthy Recipe Page

PartnerSHIP 4 Health has accumulated an archive of delicious, healthy recipes from working with our partners, and now we want to share them with you! Over 20 recipes are now available to view and download on our website, with more to come in the future. Use the button below to visit the page, or click the "Healthy Recipes" link under the "Healthy Foods" tab on our website. Enjoy!

June 24
August 26



Streetsalive!

Sundays noon—5pm. Free for everyone.

Our community's open street event: downtown streets are closed to motor vehicles and open to walking, biking, wheeling, skateboarding - all forms of human transportation!



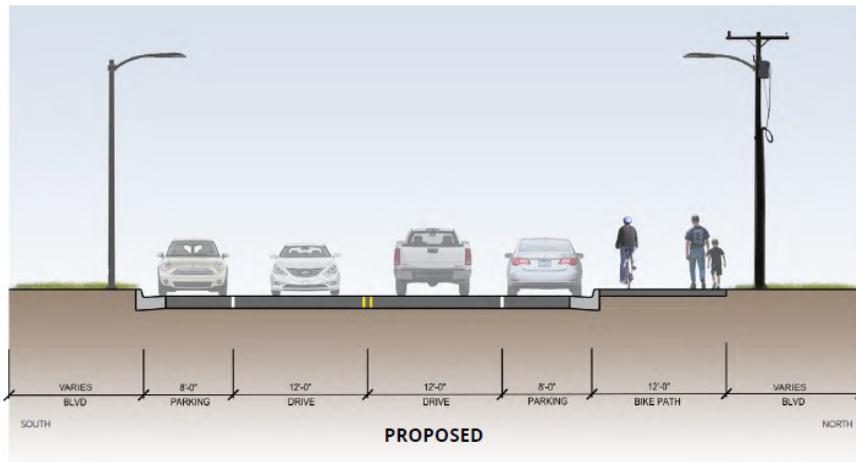
fmstreetsalive.org

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SECTION 1: MAIN AVENUE

SRF to Give Final Presentation on Barnesville Plans

SRF will be giving their final presentation of the Highway 9 and Trail Plans to the City Council at their regular meeting on Monday, August 13. The meeting begins at 7:00pm at City Hall.

Click on the links below to see the materials that SRF plans to show the Council on August 13. Please pay particular attention to the proposed Highway 9 geometry. (MnDOT will be doing work on Highway 9 in Barnesville in 2023.)

And please attend the August 13 City Council meeting if possible!

If you have any questions, please contact Patrick Hollister at 218-329-1809 or patrick.hollister@co.clay.mn.us.

[Highway 9 Proposed Streetscape](#)
[Regional Trail Concept Map](#)

Otter Tail County Tobacco 21 Public Hearings

T21

The Otter Tail County Board of Commissioners will be hosting two public hearings for the proposed tobacco 21 ordinance.

Hearing dates:
August 14: 1pm
August 27: 7pm

Location:
Otter Tail County Government Services Center
515 W. Fir Ave.

The proposed ordinance will:

1. Prohibit the provision of tobacco, tobacco products, tobacco-related devices, electronic delivery devices, and nicotine or lobelia delivery devices to a person under the age of 21.
2. Require verification that the person is at least 21 years of age prior to distributing a product.
3. Require clearly visible notice of the county minimum legal sales age to be posted at the location where products are available for purchase.

Want to share your opinion on the ordinance? Consider:

1. Being present at one of the upcoming public hearings
2. Talking to your circle of family and friends
3. Sending a letter to your County Commissioners
4. Speaking at one of the public hearings

For more information and/or a free t-shirt, contact Jason McCoy at Jason.mccoy@co.clay.mn.us or 218-299-7180

REGISTER NOW

Walk! Bike! Fun! Training

The Bicycle Alliance of Minnesota (BikeMN) will be hosting a special local training of the Minnesota *Walk! Bike! Fun! Pedestrian and Bicycle Safety Curriculum*. *Walk! Bike! Fun!* encourages more children to walk or bike to school and throughout the community by providing educators with tools to teach them safe walking and biking.

Thinking about attending? Here's what educators can expect:

1. This training is FREE!
2. Teachers receive their own copy of the curriculum.
3. By participating, teachers earn 7 CEUs.
4. There will be classroom and outside on-bike instruction.
5. Breakfast and lunch are included.
6. A \$100 stipend to each school per participant to help pay substitute teachers.
7. Participating educators are eligible for ongoing technical assistance, including FREE use of the BikeMN bike fleet with helmets.

This curriculum is designed for physical education, health teachers and other educators. When taught to students, they engage in thoughtful, fun, and interactive lessons to learn safety tips and skills that will last them a lifetime.

To preview the curriculum, visit walkbikefun.org.

bikeMN
BICYCLE ALLIANCE OF MINNESOTA
The mission of BikeMN is to unite and strengthen bicycle advocacy, provide education, and work for a more bicycle friendly Minnesota. Learn more at BikeMN.org.



TRAINING DETAILS

Date
September 21, 2018,
8 a.m. to 4 p.m.

Location
New York Mills Schools
209 N Hayes Ave
New York Mills, MN 56567

Cost
Free, Breakfast and lunch
provided.

RSVP
<https://walkbikefun-newyorkmills.eventbrite.com>

Contacts:
Michelle Kiefer,
SRTS Program Manager,
michelle@bikemn.org
Judith Brockway,
jbrockway@nymills.k12.mn.us

Date: September 11–12th, 9am–5pm
Location: Lakes Country Service Cooperative
1001 E. Mount Faith, Fergus Falls, MN 56537
218–737–6502 (direct–dial)
www.lcsc.org

Are you or one of your staff interested in becoming a Lifestyle Coach for the Diabetes Prevention Program? The next local training opportunity will be September 11–12th in Fergus Falls.

- The training includes coffee and water all day, light healthy breakfast, a healthy lunch, and a light healthy snack both days.
- There is NO CHARGE to attend. Maximum of 12 participants. **Registration deadline is August 14, 2018**
- This training is being sponsored by PartnerSHIP 4 Health and is funded by the MN Department of Health and the Centers for Disease Control and Prevention.
- The Diabetes Prevention Program is a yearlong program. Each Diabetes Prevention class lasts for at least one hour. Lifestyle Coaches will need time for class preparation, tracker input and data entry. Most Lifestyle Coaches spend 3–4 hours per week on the program. Please make sure that your supervisor is aware of these responsibilities.

[Click Here to Register](#)

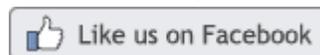
When asked for the SHIP Coordinator Name please enter "Kelsie Tucholke" and when asked for the date of contact, please put the date that you emailed Kelsie to let her know that your organization plans to offer the DPP.

Please contact Kelsie Tucholke with any questions about this training opportunity.

Contact: Kelsie Tucholke, kelsie.tucholke@co.clay.mn.us, 218–299–7206

Like and Review PartnerSHIP 4 Health on Facebook

Have you checked out our Facebook page? It's a great way to learn more about PartnerSHIP 4 Health's work across Becker, Clay, Otter Tail, and Wilkin Counties. Like what we do? Leave a review to help others find out who we are!



PartnerSHIP 4 Health is supported by the Minnesota Department of Health through the Statewide Health Improvement Partnership (SHIP). To learn more about SHIP and its work across the state, click the logo to the right!



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Clay County Public Health, 715 11th Street North, Suite 303, Moorhead, MN 56560

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