



April 2020 E-Newsletter

In This Issue: Download a Two Week Menu Kit, visit the new Quit Partner website, celebrate a local smoke free success, learn how schools have adapted to meal pick-up and delivery, congratulate Pelican Rapids and Henning on securing transportation funding, and hear from our GreenCorps member!

Visit our Website

UMN Extension: Two Week Menu Kit

In response to COVID-19, we have been urged to make less trips to the grocery store. But meal planning and grocery shopping for two weeks' worth of food is has many challenges. UMN Extension has designed a Two Week Menu Kit that provides a meal plan, shopping list, and recipes that is available [here on our website](#). The kit has been designed and approved by registered dietitians, assuring that our basic nutrient needs are met by the food contents. Please share with your family, friends, and co-workers to minimize traffic at the grocery store, and to reduce stress levels.

For further information about this kit, please contact Katrina Mouser at 218-770-9788 or katmouser@gmail.com

Two week menu kit

Buying 14 days or more worth of food can be a financial stretch. Take the guesswork out of what to purchase by using this 14-day menu kit.

Use the check boxes on the shopping list to determine what you have on-hand and what you need. For example, you may already have staple foods such as flour, vinegar, and spices in the home. Another way to develop a two-week emergency supply is to increase the amount of basic foods you normally keep on your shelves.

Use this menu kit as a guide

- Food and taste preferences are very personal and cultural.
- If you follow a special diet, have food allergies, require kosher or halal foods, or have other food needs, you will need to make substitutions.
- What's important are the amounts.
- Substitutions can be made while keeping the amounts to purchase. For example, if you prefer cauliflower over Brussels sprouts, purchase one bag of frozen cauliflower rather than one bag of frozen Brussels sprouts — base your purchase on your preference OR what is available. The menu kit mainly includes non-perishable, canned foods with some easy to access and store perishable foods.
- The recipes are very easy to prepare, and make enough for leftovers to be used for the next days' meals.

About the menu kit



Designed for two people

- A 14-day menu for two people.
- Meets basic nutrition needs including calories, protein, vitamin C, and fiber.
- A multi-vitamin would be recommended to meet full nutritional needs.



Costs about \$230 for everything, including staples

- It will cost less if you already have some of the items at home.



Easy to adapt for four people

- Multiply canned fruit amounts by two
- Multiply perishable items such as milk or eggs (depending on what your household usually consumes).
- Recipes should accommodate four to six adults.
- Consider preparing recipes from the kit a couple of times since you won't have as many leftovers.



Planning is key! The kit includes:

- A shopping list.
- Simple-to-use recipes that allow you to cook once and eat twice with leftovers.

Questions? Contact Abby Gold, Extension program leader — agold@umn.edu



UNIVERSITY OF MINNESOTA EXTENSION

Announcing: Quit Partner!



As of April 1, Minnesota Quitline is no longer in effect. But we are happy to introduce a brand new FREE resource to aid you in quitting smoking, vaping, or other tobacco use called Quit Partner. One-on-one coaching and many other free tools are available [on their website](https://www.quitpartnermn.com).

You may also be wondering about the impact that smoking and vaping can have on contracting COVID-19. Minnesota Department of Health recently posted a summary of research and findings related to smoking, vaping, lung health, and COVID-19 and is available [on their website](#).

Success Story: Smoke-Free Multiunit Housing

About 80 million, or 1 in 4, Americans live in multi-unit housing, such as apartments or condominiums. When one or more of those residents use tobacco, it creates undesirable levels of secondhand smoke for their neighbors. It is estimated that 28 million multi-unit housing residents are exposed to secondhand smoke annually.

In Fergus Falls, Kennedy Park Condominiums reached out to Minnesota Department of Health and was connected with PartnerSHIP 4 Health's Tobacco Prevention Coordinator, Jason McCoy. Jason educated the board members and assisted in developing a tobacco free grounds policy. The policy was implemented in March 2020 and prohibits smoking or vaping in any of the 18 units, garages, or anywhere on the condominium grounds.

[Read entire success story HERE!](#)



For more information on tobacco free policy work, please contact Jason McCoy, Tobacco Prevention Coordinator, at 218-299-7180 or Jason.McCoy@co.clay.mn.us

School Meals

In response to the COVID-19 extended school closure, school nutrition professionals across the nation continue to serve meals to kids by providing meals to be picked up or in some cases, delivered. Karensa Tischer, RD with PartnerSHIP 4 Health, has worked closely with the food service directors and administrators at all of our school partners and is proud of the great effort put forth by all of them to continue to provide important nutrition to kids at home while they continue to learn and grow.

Sharal Bradbury, food service director at Lake Park Audubon (LPA) School District reports this:

On March 18, we started prepping lunch and snacks for approximately 100 meals between both sites (Audubon and Lake Park). Three weeks later, we now prepare approximately 300 meals daily. We have started delivery and continued curbside pick up. Bus drivers are doing daily deliveries with a rotating schedule. We send two days worth of meals for families. This helps everyone stay healthy.

Our meals consist of deli sandwiches, ready to reheat meals and great nutritious salads. We try to incorporate fresh fruit and /or vegetables daily. The staff at LPA consists of paras and kitchen workers that have gone above and beyond in food preparation. Also, the bus drivers are a key element in picking up and delivering all those meals in surrounding areas. We are thankful for all those involved!

Every day we write or staple a joke or inspirational message to the lunch bag. We feel this little measure will add a bit of humor during these trying times. Families crave a normal routine, so if we can make them smile or laugh, our day is complete.

We at LPA are grateful to be a part of this ongoing school lunch adventure.



Transportation Alternatives Funding

PartnerSHIP 4 Health wishes to congratulate the cities of **Pelican Rapids** and **Henning** for receiving Transportation Alternatives funding for pedestrian and/or bicycle-related infrastructure improvements in 2024!

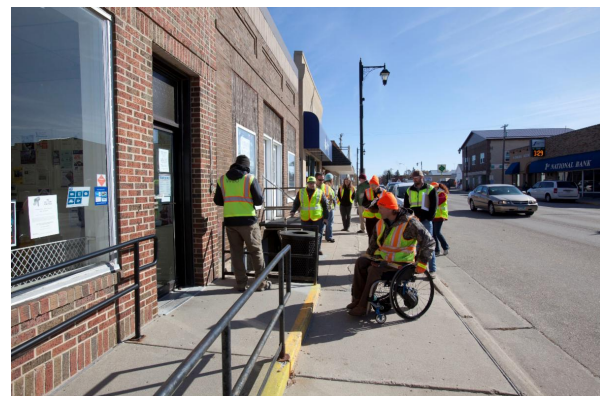
In **Pelican Rapids**, the Trunk Highway 59 and 108 Complete Streets Improvements Project, submitted for District 4 Transportation Alternative (TA) funds, was selected to receive funding in the amount of \$550,000.

In **Henning**, the Trunk Highway 108 Sidewalk and Trail Improvements Project, submitted for District 4 Transportation Alternative (TA) funds, was selected to receive funding in the amount of \$150,000.

For both cities, the funding will be available during fiscal year 2024. For more details on each project, [click here](#).



Public Input Meeting in Pelican Rapids. PC: Patrick Hollister, PartnerSHIP 4 Health



Sidewalk in Henning. PC: Dan Broten, Director of Landmark Center in Henning

Katie, our Minnesota GreenCorps Member, has been collecting air quality data in Moorhead. Katie is seen below holding an AirBeam, which measures personal exposure to particulate matter. The data was taken over the course of several weeks along roads that may be used by bicycle commuters.



PartnerSHIP 4 Health (PS4H) is part of Becker, Clay, Otter Tail, and Wilkin County public health and 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 below](#).

