



March 2020 E-Newsletter

In This Issue: Register for the Healthy Schools Summit, sign up for Work Well / Eat Well, read about the New Roots Farm Incubator in Dilworth, and learn important updates about Good Food Guidelines and GreenCorps!

Visit our Website

Healthy Schools Summit : April 8

Stay healthy and informed at your school by attending the Healthy Schools Summit!

Wednesday, April 8, 8:30 am - 3:30 pm
NDSU Alumni Center

Register here: <https://tinyurl.com/2020HSS>

Healthy Schools Summit

April 8, 2020 | NDSU Alumni Center
8:30-3:30pm

FREE!
Registration is Required

Click here to register now!
<https://tinyurl.com/2020HSS>

BREAKOUT SESSIONS

- Family Engagement
- Ending Childhood Hunger
- Vaping: What Schools Can do to Combat the Epidemic
- Trauma Sensitive Schools
- Healthy Cooking in the Classroom Train the Trainer
- health.moves.minds
- School Improvement Alignment
- Stand to Protect
- Taking School Meals to the Next Level
- Breckenridge 1-2 Crew

KEYNOTES

Innovating Healthy Schools

Scott Meyer, Ozbun Executive Director of Entrepreneurship at NDSU

Whole School, Whole Community, Whole Child: *Every Child Healthy!*

Rob Bisceglie, CEO of Action for Healthy Kids

You Can't Pour from an Empty Cup

Heather Simonich, Operations Director PATH ND



Work Well, Eat Well : April 15

Do you want to create a healthy meeting atmosphere at your workplace?
Are your employees looking for healthier lunch options?

Join us to see what Fergus Falls has to offer for healthy catering options. You won't want to miss this great opportunity to eat and learn! Go back to your desk fueled for the day and equipped to create a healthier workplace.

Wednesday, April 15 11:45 am - 1 pm
Lakes Country Service Cooperative, Fergus Falls

FREE lunch (with RSVP) being served by Union Pizza, Papacito's Burritos, Service Food, Zen's Catering, Cafe 116, Double A Catering, and The Fabled Farmer!

Registration limited to 2 participants per employer. Register today!

<https://www.eventbrite.com/e/work-well-eat-well-tickets-97862446211>

Link to pdf flyer: [Work Well, Eat Well Flyer](#)

WORK WELL, EAT WELL



WHEN
Wednesday,
April 15th
11:45 am-1 pm



WHERE
Lakes Country Services Coop
1001 East Mount Faith Ave, Fergus Falls

FEATURING FREE LUNCH FROM
• **Union Pizza** • **Service Food** • **Zen's Catering** •
Café 116 • **Papacito's Burritos** • **Double A Catering** •
The Fabled Farmer •

SPONSORED BY PARTNERSHIP 4 HEALTH
WWW.PARTNERSHIP4HEALTH.ORG



FREE LUNCH!
(RSVP REQUIRED)

EAT AND LEARN

- ⇒ Sample healthy menu items from local caterers/restaurants, go back to work fueled for a productive afternoon
- ⇒ Leave with a take-out menu featuring healthy items available for YOU to order for your worksites from local caterers/restaurants
- ⇒ Learn how to create a Healthy Meeting Policy for your worksite
- ⇒ Learn about the importance of eating well throughout the work day

RSVP

Kindly RSVP by Friday, April 10

<https://www.eventbrite.com/e/work-well-eat-well-tickets-97862446211>

Or email Karen Nitzkowski
knitzkowski@gmail.com or
Katrina Mouser
katmouser@gmail.com

Success Story: New Roots Farm Incubator

As commercial agriculture continues to expand across the landscape, new growers face a challenge to access affordable and suitable land for farming. The farm incubator model is one solution that removes the land access barrier, and connects growers to affordable equipment, training, and connecting to markets to develop skills to launch a business.

Verna Kragnes, Executive Director of Northern Plains Sustainable Agriculture Society in Moorhead, Minn. saw an opportunity to connect new growers with land, and founded the New Roots Farm Incubator on leased land in Dilworth, Minn. PartnerSHIP 4 Health, along with West Central Initiative has helped to fund and support their efforts.

[Read entire success story HERE!](#)



Culinary Skills Training and Family Fun Night!

Here are two great opportunities in Fargo!

Culinary Skills Training - West Fargo

Tuesday, April 7 4 - 7 pm

\$35, register here: <https://tinyurl.com/culinary11>

Family Fun Night - NDSU Bentson Bunker Fieldhouse

Thursday, April 16 4:30 - 7:30 pm

no registration required

Culinary Skills Training: Part 11

Who should attend?

This training is intended for **School Food Service** staff and **Family and Consumer Science (FACS)** educators looking to improve their culinary skills and apply them back in their school kitchens and classrooms.

Who will be conducting it?

The training will be facilitated by Certified Institute of Child Nutrition (ICN) Trainer Julie Tunseth and Chef Elisha Gates.

With Questions Contact:

Keely Ihry
701-446-3168
Keely.Ihry@k12.nd.us



AVOIDING MENU FATIGUE!

Culinary Skills + New Recipes + Marketing = SUCCESS!!

Are you looking for new recipes that will pack the flavor while still offering more fresh fruits, vegetables and whole grains? Let us help you **Avoid Menu Fatigue** by enhancing the taste expectations of the dishes you are serving and utilize creative marketing techniques to draw students into your breakfast and lunch program! Enjoy chef demonstrations and spend time sharpening your culinary skills while preparing, sampling and evaluating multiple prepared recipes.

Participants will...

- Discover how to incorporate more vegetables into soups by using them as a thickener instead of using starches;
- Explore the use of self-serve bars for breakfast and lunch;
- Transform basic ingredients into multiple different menu items;
- Analyze strategies to enhance flavors and create variety in menu items;
- Learn tips for enhancing taste expectations of menu items;
- Evaluate Avoiding Menu Fatigue recipes;
- Create a recipe implementation plan;
- Apply scratch cooking skills;
- Integrate Smarter Lunchroom concepts.

Training Dates and Locations:

- **Minot on Wednesday, April 1st from 4:00-7:00pm**
- **West Fargo on Tuesday, April 7th from 4:00-7:00pm**

Register Here: <https://tinyurl.com/culinary11>

How much does it cost? **\$35.00**

Interested in viewing past session recipes?

Visit: <http://tinyurl.com/culinaryrecipes>

Get up, Get out & MOVE!

Thursday, April 16th 4:30 - 7:30 pm

**NDSU BENTSON BUNKER FIELDHOUSE
(1301 CENTENNIAL BLVD, FARGO, ND 58102)**

FREE
Schools **alive!**
FAMILY FUN Night

VARIOUS ENGAGING AND
FUN ACTIVITIES WILL BE
AVAILABLE FOR
CHILDREN AND PARENTS.
PLUS DOOR PRIZES!!!!



COME ONE COME ALL

NO REGISTRATION REQUIRED

GET MORE DETAILS THROUGH OUR FACEBOOK EVENT:

"SCHOOLSALIVE! FAMILY FUN NIGHT"

QUESTIONS? CONTACT KEELY IHRY AT 701-446-3168 OR KEELY.IHRY@K12.ND.US



Update: Good Food Guidelines

Karena Tischer and Katrina Mouser, our registered dietitians, are continuing to pursue new partnerships in which to apply our Good Food Guidelines grant. We have the opportunity to work within health care organizations, long term care facilities, public or private worksites, school concessions stands, community centers / clubs, or college campuses.

Why would your business want to implement Good Food Guidelines?

One reason is this:

Serving unhealthy food contradicts our obesity and chronic disease prevention efforts....Good Food Guidelines helps to reverse this contradiction!

Please contact either Karensa at ktischer@lcsc.org or Katrina at katmouser@gmail.com for more information or to set up a meeting to discuss how we might work together.

Update: GreenStep Cities

Katie, our Minnesota GreenCorps Member, is helping Concordia College with its work to become more bicycle friendly. Concordia is planning a two day bike event on its campus this April where there will be bike safety presentations, bike repair help, and tables with bicycling information. There will also be an opportunity to win bicycle related prizes for students who bike to campus. This event will build on Concordia College's bicycling accomplishments and help promote bicycling on and around campus.

Fun Fact: Katie biked to her last meeting at Concordia and it was only -9F! (Do you remember she is from California? Go Katie!)



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.



