



## 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](https://www.eventbrite.com/e/work-well-eat-well-tickets-97862446211)

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

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](mailto: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 1<sup>st</sup> from 4:00-7:00pm**
- **West Fargo on Tuesday, April 7<sup>th</sup> 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

Karensa 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 Karenisa at [ktischer@lcsc.org](mailto:ktischer@lcsc.org) or Katrina at [katmouser@gmail.com](mailto: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!)



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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.



