

Greetings!

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February 2019 E-Newsletter

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2019 HEALTHY SCHOOLS SUMMIT

HEAD TO TOE, INSIDE & OUT

Educating the Whole Child

KEYNOTES:

Whole Child Focus: It Does Take a Village

Terri Swartout, *Minnesota*
Department of Education,
School Health Coordinator



Teachers of the Year

**Leah Swedberg &
Nikki Peterson**,
West Fargo High
School Health &
Physical Education
Teachers



BREAKOUTS:

Farm to School

*Minimally processed, scratch-made
whole food menu items*

*A new look at concession stands
Healthy Cooking in the Classroom*

Inclusive Physical Activity

Recess & Movement Integration

Student Engagement Strategies

Electronic Nicotine Delivery Systems

Grant Writing for Healthy Schools

*Excellence Academy (Building
Social-Emotional Learning Skills)*

Breastfeeding Support in Your School

Thursday, March 28th
8:30am - 3:30pm
Fargo Cass Public Health
1240 25th St S; Fargo, ND

FREE but Registration is Required

REGISTER HERE:

<https://tinyurl.com/HealthySchoolsSummit19>



To Register for Healthy Schools Summit:

<http://www.tinyurl.com/HealthySchoolsSummit19>

FRESH

ON THE GO

'Fresh on the Go' Success at Service Food

Finding healthy food options when you're short on time can be a challenge. Convenience foods are rarely healthy; however, that is changing due to the work PartnerSHIP 4 Health's Eat Well project.

Over the past 3 years, PartnerSHIP 4 Health dietitians have worked with 15 food

service establishments (6 locally-owned restaurants/coffee shops, 6 healthcare facilities, and 3 grocery stores/food co-ops) in a partnership relationship to increase availability and accessibility to healthy foods by modifying existing or adding new menu items.

One of the best examples of this work is with Service Food, a locally owned grocery store in Fergus Falls. The partnership has resulted in creating a new line of healthy grab and go, 'Fresh on the Go', which was launched in February 2017 and has increased sales for the store.

[Read Entire Success Story Here!](#)

Two Local Businesses Go For the Gold!

How is America becoming more bicycle friendly? One business at a time. In December 2018, The American League of Bicyclists awarded 82 businesses in 30 states with its Bicycle Friendly Business (BFB) recognition. Two of those businesses, **West Central Initiative (WCI)** and **Ringdahl EMS**, both in Fergus Falls, achieved the prestigious gold level status this year.



To apply for BFB, businesses complete an application form on the League's website and are evaluated in four areas: Engineering, Encouragement, Education, and Evaluation and Planning.

[Read Entire Success Story Here!](#)

Welcome to our two new employees!



Ben Hanson grew up and works in the Red River Valley with family that farms across the state of North Dakota. He is a Commercial Real Estate Broker with public policy experience stemming from his time as a State Representative in the North Dakota State House and working in U.S. Senator Kent Conrad's office.

In his new role as Tobacco Control Specialist, Ben will work on smoke free

multi-unit housing policies and point of sale strategies.

Originally from Fergus Falls, MN, **Sarah Dixon-Hackey** is a graduate of the Healthcare Administration Program at Concordia College and has her Masters in Business Administration from North Dakota State University.

Sarah currently serves as an Adjunct Business Professor at several colleges in the Fargo-Moorhead community and brings with her over 13 years of experience in non-profit management and program development. With extensive family roots in education and healthcare, she is excited to be joining the PartnerSHIP 4 Health team.

In her new role as Tobacco Prevention Project Manager, Sarah will build grassroots efforts to promote the adoption of local tobacco control and prevention policies such as T21, present to community organizations, and develop social media campaigns targeting youth tobacco use.

GreenCorps Update



Scott, our MN GreenCorps member, has been working on BIKE FM with Dan Farnsworth (MetroCog, pictured on the left) to create more confident and competent cyclists in the Fargo Moorhead metro area. Scott is working on building BIKE FM into an educational resource for all road users and hopes that it will be a source of information for cyclists striving to hit the road for commuting, recreation, and travel. Come spring, he will be teaching traffic skills courses for kids and adults and hopes to improve the active culture for bikers, drivers, and pedestrians. (Also pictured: Hayley Hilfer, City of Moorhead)

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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