



September 2020 E-Newsletter

In This Issue: Attend Pelican Rapids and Fergus Falls Bicycle Pedestrian Plan virtual meetings, read about PS4H's success with Red River Riders Saddle Club, participate in Walk to School Day, and get involved with Farm to School Month!

Visit our Website

Pelican Rapids Bicycle and Pedestrian Plan

We want your input on making Pelican Rapids more friendly for people walking, people biking, and people with disabilities!

Please join one or more meetings by Zoom or by phone:

Tuesday, Sept. 15, 2:00pm-3:30pm
Tuesday, Sept. 22, 5:00pm-6:30pm*
Wednesday, Sept. 23, 10am-11:30am

*Park Board Chair Kate Woolever Martinez will provide an update on the new trailhead at 108 Midway during the Sept. 22 meeting! We will host an Open House to show ADP's recommended concept design and two other designs at the Prairie Event Center. The Open House will be from 6:30pm to 8:30pm. The event is free and everyone is welcome. Please join us!

(You will need to sign in to Zoom.)

<https://bluecrossmn.zoom.us/j/95808948407?pwd=ZmlvTONQZk41TkxQR0xEbk93NG5WZz09>

Meeting ID: 958 0894 8407
Passcode: 570345
Or by Phone:
1-888-475-4499 US Toll-free



Fergus Falls Bicycle Pedestrian Plan

We're glad to announce the ONLINE VIRTUAL Kick-Off Workshop for the NEW Bicycle and Pedestrian Master Plan for the city of Fergus Falls! The workshop will offer opportunities for residents to learn about the plan's goals, timeline and process, ask questions, and provide valuable guidance through fun and interactive online activities and questions. A brief presentation will be followed by visioning exercises that build on community values and set goals for the future of walking and biking in the city.

The Kick-Off Workshop will be
Thursday, September 17 from 6:00 pm to 7:00 pm via ZOOM

To register for the event: <http://bit.ly/ffbikepedplan>

To learn more about the plan, including upcoming opportunities to participate and comment, please visit [Fergus Falls Bicycle and Pedestrian Plan](#).



Walk to School Day: October 7



It's going to be 'virtually' the best event yet!

Since 1997, communities have been coming together for Walk to School Day. This year, travel to school may be different than prior years. In some places, schools are open and students are able to walk and roll to school. In other places, the school trip might just be to the living room. Regardless, communities across the country tell us that they remain committed to participating in Walk to School Day this year—and that the reasons for participation remain the same, with physical activity, safety and social connectedness rising to the top.

To allow participation across learning environments, families, neighborhoods and schools are all invited to register participation this year. Walk to School Day activities might happen at home, around the neighborhood or at school...there's room for everyone!

Reflect on why you and your community care about walking to school and use Walk to School Day to solidify commitments and work towards needed changes.

Register today: <http://www.walkbiketoschool.org/20-ideas-for-walk-to-school-day-2020/>

While October 7 is officially Walk to School Day in 2020, communities are welcome to

celebrate any day in October that works best for their schedules and that fits with local public health guidance.

October is Farm to School Month

October is [National Farm to School Month](#) - a time to celebrate our connections between students and local food, share our farm to school stories, and show gratitude to our school nutrition and farmer heroes providing essential services during these pandemic times. No celebration is too small! [Register your farm to school month activities](#). Let everyone know you are celebrating by using the hashtag #MNFarmtoSchool and #F2SMonth on your favorite social media outlets. To learn more, visit [Minnesota's Farm to School Month website](#).



October is
Farm to School
Month

Celebrate!

- Join the Great Lakes Great Apple Crunch
- Serve a local item in a meal or snack
- Join a virtual farm tour
- Share your celebration photos and videos

Share!
#MNFarmtoSchool

Thanks!
Thanks to everyone supporting Farm to School!



Sign up! z.umn.edu/f2smoth

 UNIVERSITY OF MINNESOTA EXTENSION



Success Story: Red River Riders Saddle Club

Concession stands and cafeterias aren't typically known for selling healthy food, but PartnerSHIP 4 Health's dietitians, Karensa Tischer and Katrina Mouser, are looking for partnering opportunities to change menus and mindsets within these types of organizations within our Good Food Guidelines grant guidelines.

Red River Riders Saddle Club in Breckenridge has made a strong commitment to modifying their concession stand menu to incorporate more fresh foods to the riders and spectators at the club. The concession stand now offers fruit smoothies, shaker salads, veggies and dip, apples and peanut butter, healthy banana splits, and chicken tacos piled with veggies in place of chips.

Read the entire success story [HERE!](#)



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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.

