

Dear Gina,

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May 2018 E-Newsletter

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In this issue:

[Join Us in Welcoming the Newest Member of the PS4H Team!](#)

["Local Eats" Brings Meal Boxes to Farmers' Market](#)

[It's Bike Rodeo Season!](#)

[Barnesville Trail Plan and Highway 9 Community Meeting](#)

[CookWell Demos at Fergus Falls YMCA](#)

[Should I Talk to My Teen About Vaping?](#)

[Save the Date: Diabetes Prevention Program Lifestyle Coach Training](#)

Join Us in Welcoming the Newest Member of the PartnerSHIP 4 Health Team!

We would like to introduce you to Kelsie Tucholke, your new PartnerSHIP 4 Health staff contact for the Diabetes Prevention Program and the Local Diabetes Prevention Network. Kelsie will also be working on tobacco prevention and control efforts through SHIP and Clearway MN. Kelsie graduated in 2016 from NDSU with a Masters of Public



Health in Health Promotion, and comes with lots of great experience with the U of MN Extension Services as the SNAP–Ed NW Region Project Coordinator, and Fuel Up to Play 60, and is a Sanford Health Profile Program Coach. She is looking forward to meeting each one of you and supporting your organizations in the Community Wellness Grant Diabetes Prevention, SHIP and Clearway MN Tobacco Prevention Initiatives.

Kelsie's contact information is kelsie.tucholke@co.clay.mn.us or 218–299–7206



Minnesota GreenCorps Member Applications Available

PS4H is proud to announce that we have been designated as a Minnesota GreenCorps host site for fall 2018–spring 2019, our fourth term of service. The new GreenCorps member will work on projects designed to increase physical activity and decrease harmful emissions by encouraging more biking and walking in our communities. Applications for this and other GreenCorps positions are now available and are due June 18th.

[Click Here for More Details and Application Materials](#)



Local chef Elizabeth Hatling provides an Eat Well demonstration

"Local Eats" Brings Meal Boxes to Farmers' Market

Farmers' markets offer fresh produce to community members and support local producers. But what if community members do not know how to combine the fresh produce into a healthy meal? Pre-portioned meal subscription services are growing in

popularity and provide a fast easy way to create a healthy meal and build cooking skills. In 2017, PartnerSHIP 4 Health (Local public health and community partners), launched "Local Eats" as part of their Eat Well program. Local Eats began with three main goals: Inspiring healthy eating, building cooking skills, and supporting local foods and sustainable growing practices.

The Local Eats Team chose one recipe each month from June through October that used locally-produced ingredients. Purchasers pre-ordered a meal box online or in person for delivery the following week at the Fergus Falls Farmers' Market. In addition to the fresh produce, each box included detailed recipe instructions, nutrition facts and materials highlighting local producers. The Local Eats team also partnered with local chef Elizabeth Hatling to produce videos showing step-by-step instructions for each recipe.

"Local Eats meal boxes are fresh and delicious," shared Melissa, a local customer. "Always trying to come up with something new and exciting for the family to eat can be a struggle, which is why I loved having the recipes and ingredients already planned for me. The boxes have given our family so many opportunities to try foods we have not had in the past and we've enjoyed all of them. Not only are the ingredients fresh and healthy, they are also grown locally which allows me to help support our community."

[Read More](#)



It's Bike Rodeo Season!

Each spring PartnerSHIP 4 Health supports bike rodeos in many of the communities we serve. Bike rodeos are bicycle safety events designed to teach kids basic bike handling and safety skills. Check out the event information below to bring your kids or volunteer!

Fergus Falls

On Friday, April 20, Fergus Falls held their annual Bike Rodeo at the Fergus Falls YMCA as part of their celebration of National YMCA Healthy Kids Day! A total of 72 kids participated and learned bike safety. Mike Heikes of Helmets for Kids gave out 60 bike helmets, and two bikes were given away as well! Special thanks to all the volunteers, sponsors, and parents who made the Bike Rodeo possible! And thank you to the YMCA for once again including the Bike Rodeo in the Healthy Kids Day event!

Detroit Lakes

On Saturday, April 28, Detroit Lakes held their eighth annual Bike Rodeo at Kent Freeman Arena! A total of 84 kids participated and learned bike safety. Mike Heikes of

Helmets for Kids gave out 57 bike helmets, and nine bikes were given away as well! Special thanks to the 25 volunteers, 25 sponsors, and 50 parents who made the Bike Rodeo possible! And thank you to the City of Detroit Lakes for once again allowing us to use the arena for this event!

Upcoming Bike Rodeos

[Breckenridge](#)

Wednesday, May 9th

3:30–4:30pm

OSPTI Parking Lot

Henning

Tuesday, May 15th

5:00–7:00pm

Landmark Center

Ottertail

Saturday, May 19th

2:00–3:00pm

Ottertail Community Center

Barnesville Trail Plan and Highway 9 Public Input Meeting

Tuesday, May 22

7:00pm – 9:00pm

Barnesville High School Library

We want your input on planning for trails and making Barnesville and Highway 9 more pedestrian-friendly, bicycle-friendly, and handicap-accessible!

PartnerSHIP 4 Health, SRF, and the City of Barnesville are working on concept plans for a trail system in Barnesville and improvements to Highway 9 as part of MnDOT's project in 2023!

Please join us!



For More Information Contact:

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What: Sweet Potato Farro Salad

Who: Tessa Schierer from Union Pizza & Brewing

When: Tuesday May 22 6:00– 7:30PM

Where: Fergus Falls YMCA

Cost: \$5 Members \$10 Potential Members, Registration Required.

Come and see how easy it can be to make a delicious and healthy salad that is hearty enough to be a meal! Tessa Schierer from Union Pizza & Brewing Co. will be sharing her tips on making salads and home-made dressings from scratch. Participants will help with food prep and sampling and go home with a recipe.



**Fergus Falls Area Family
YMCA**

Should I Talk to My Teen About Vaping?

For the first time since 2000, overall youth tobacco use has increased in Minnesota. The rapid uptake of e-cigarettes and other vaping devices has suddenly reversed a trend of declining teen tobacco use in Minnesota, and recent data show one in five high school students use e-cigarettes, a nearly 50 percent increase since 2014.



E-cigarettes are battery-powered devices that allow users to inhale, or vape, aerosolized liquid (e-juice). E-cigarettes, "vapes", vape or hookah pens, e-pipes, and other vaping products recently surpassed conventional cigarettes as the most commonly used tobacco product among youth, so it is critical that public health officials and the general public understand their potential risks. Nearly all e-cigarettes contain nicotine. Nicotine is highly addictive and can harm the developing adolescent

brain. Because the brain is still developing until about age 25, youth and young adult exposure to nicotine can lead to addiction and disrupt attention and learning. No amount of nicotine is safe for youth.

[Should You Talk to Your Teen About Vaping? Click Here](#)

Save the Date: Diabetes Prevention Program Lifestyle Coach Training

Date: September 11–12th

Location: Fergus Falls

Are you or one of your staff interested in becoming a Lifestyle Coach for the Diabetes Prevention Program? The next local training opportunity will be September 11–12th in Fergus Falls. More details will follow in the coming months.

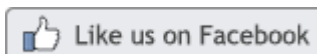
Contact: Kelsie Tucholke

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218-299-7206

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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