

Greetings!,

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## January 2019 E-Newsletter

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**In this issue:** (click text below for shortcut to articles)

['Local Eats' at Manna Food Co-op in Detroit Lakes](#)

['Good Food Sold Here' Success Story in Dalton, MN](#)

[Worksite Wellness 2019 – Recruitment Still Open!](#)

[Save the Date! – Healthy Schools Summit – March 28](#)

[2 New Gold Bicycle Friendly Business Recipients!](#)

[GreenSteps City Update from GreenCorps](#)

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### Happy New Year from PartnerSHIP 4 Health!

Our New Year's Blessing to you: The secret to living well and longer is to eat half, walk double, laugh triple, and love without measure (Tibetan Proverb).

L to R: Karensa Tischer, Karen Nitzkorski, Jason Bergstrand, Scott Schwandt, Rory Beil, Jason McCoy, Melissa Mattson, Katrina Mouser, Patrick Hollister

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# Local Eats

MEAL BOXES FEATURING  
FOOD FROM LOCAL FARMERS  
COMING JANUARY, 2019

- Chef inspired meals
- Portioned meal for four
- Step by step instructions
- Easy online ordering at [www.mannafoodcoop.com/eats](http://www.mannafoodcoop.com/eats)
- Pick up at MANNA Food Co-op

**\$5 OFF FIRST MEAL BOX OR ANY  
CO-OP PURCHASE OF \$30 OR MORE!  
USE CODE: 'CO-OP'**

Just present this to the cashier at MANNA Food Co-op , 105 Barbara Ave, Detroit Lakes, MN  
Discount available for one-time purchase between December and February

## 'Local Eats' at Manna Food Co-op in Detroit Lakes

Don't know what to make for supper? Hate grocery shopping? But you want to eat something healthy and tasty? Manna Food Co-op in Detroit Lakes has the answer for you in a box....a meal box kit. 'Local Eats' is a healthy and local spin on Blue Apron or Hello Fresh, popular mail order meal box kits.

The program has successfully kicked off, so call the store at 218-844-4211 or order online

today! <https://mannafoodcoop.com/eats/>

Order Today!



## 'Good Food Sold Here Pilot Project' in Dalton, MN

What fruits and vegetables are on your shopping list this week? Many of us take for granted the accessibility and availability of healthy foods at our grocery stores. However, there are several urban neighborhoods and small towns in Minnesota where it is challenging to find fresh fruits, vegetables, whole grain bakery items, and other healthy foods. When people are limited by their options, their diets are therefore limited in nutrition.

Healthy food access has been a hot topic in public health, and more research points out that lack of access is often a barrier for consumers to achieve a healthy diet. The Good Food Sold Here Pilot Project is coordinated by Minnesota Department of Health (MDH), and PartnerSHIP 4 Health (PS4H) is one of the grantees piloting the project. JC's General Store, a small family-owned grocery store in rural Dalton, Minn., was recruited by Katrina Mouser, dietitian for PS4H, to join the Good Food Sold Here partnership in spring 2018.

[Read their Success Story Here!](#)

## Register for 2019 Worksite Wellness Collaborative!

There's still time to register to participate in the 2019 Worksite Wellness Collaborative that begins in February. Your organization's commitment of 6 hours a month of worksite wellness attention will provide opportunities to:

- Improve productivity
- Decrease absenteeism

- Manage health care costs
- Improve employee recruitment and retention
- Bolster morale
- Increase employee engagement

Learn with other organizations how to develop a program that includes goals to increase healthy foods, physical activity, tobacco cessation, breastfeeding support and stress management techniques.

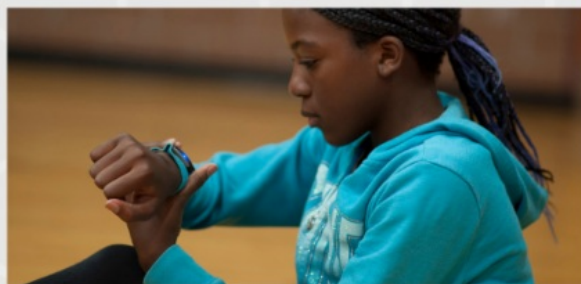
Quote from Midwest Bank, Detroit Lakes

*This initiative came to Midwest Bank at exactly the right time in the evolution of our Wellness Program. It has given us the guidance to embark on a solid organized plan of action. I cannot adequately describe what a monumental difference it has made – spurring our owner/Chairman of the Board's formal support expressed to all employees, the formation of the Wellness Committee, health assessment and dietetic consultations for our employees, pedometers purchased, 45% of our employees now registered for a 5K to be held in May, healthy foods policy, etc. I sincerely thank SHIP for this initiative. It has made a concrete difference in the health of our employees.*

Contact Karen Nitzkowski at [knitzkowski@gmail.com](mailto:knitzkowski@gmail.com) or 701-371-9644 for more information.

## SAVE THE DATE!

### Healthy Schools Summit–March 28, Fargo

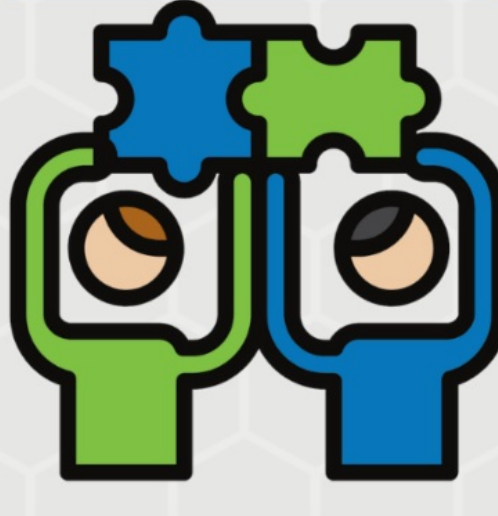


**HEALTHY  
SCHOOLS  
SUMMIT**

8:30am - 3:30pm | Thursday, March 28  
Fargo-Cass Public Health | Fargo, ND

HEAD TO TOE, INSIDE & OUT

*Educating the  
Whole Child*



**TOPICS**

Promoting Physical Activity  
Healthy Eating - Vaping  
Grant Writing - Healthy Concessions  
Engagement using technology  
and MORE to come!



# CONGRATULATIONS . . .

to West Central Initiative and Ringdahl EMS in Fergus Falls,  
both of whom received the Gold Bicycle-Friendly Business Award  
from the League of American Bicyclists!

## Daily Journal Article

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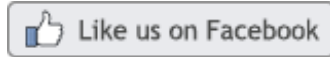
## **Moorhead – Climbing its Way as a GreenSteps City!**

Scott Schwandt, our GreenCorps employee, has been working with Hayley Hilfer, Sustainability Manager for Moorhead Public Works, on the Minnesota GreenSteps Cities program for the city of Moorhead. GreenSteps is a voluntary challenge, assistance and recognition program to help cities achieve their sustainability and quality-of-life goals. Moorhead is currently at level 2 (of 5), so Scott and Hayley have been working to implement actions from the 29 best practices, hoping to reach step 3 of the program. For this goal, they meet with people in the area to learn about what Moorhead is already doing and what they can do to become more sustainable, focusing on cost savings, energy use reduction, and civic innovation. They then document the city's best practices and are recognized as a city for their improvement. <https://greenstep.pca.state.mn.us/>

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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!



Place article copy here. Be sure to make the articles short and concise as people tend not to read much more than a couple of paragraphs. Place article copy here.

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