



July 2020 E-Newsletter

In This Issue: Learn how to take good care of your bike, support local growers with some of our healthy retail partners, celebrate bicycle friendly recognition, and get updated about our good food guidelines work.

Visit our Website

Online Bike Workshop: July 16th

All are welcome to join us for the Pelican Rapids Online Bike Workshop on

Thursday, July 16th at 5pm!

We'll meet over Zoom to learn bike safety and maintenance tips. Use the link below to attend the class, or email kathryn.kitowski@co.clay.mn.us for more information. Please share, and we hope to see you there!

Zoom Link: [Online Bike Workshop](#)

Connecting Local Produce to Healthy Retail

PartnerSHIP 4 Health has been working hard to connect local growers with retail market opportunities. There are many challenges to making these connections feasible, requiring flexibility from both the grower and buyer. Some of the challenges include forecasting crop types and amounts to plant, delivery systems, minimum order sizes, and pricing.

We are **THRILLED** to have recently made some connections, recognizing the importance of strengthening our local food system. Thank you to Perks Coffee & Tea, Union Pizza, and Lake Region Healthcare for connecting with local growers in the Fergus Falls area to provide high quality local produce to your customers.



Perks Coffee & Tea: Kale Apple Ginger Smoothie, kale provided by Melonhead Farms of Fergus Falls

Bicycle Friendly Community and University

On June 10, the League of American Bicyclists announced that the City of Detroit Lakes had received the Bicycle Friendly Community designation at the Bronze level! Congratulations to Detroit Lakes!

Here is a link to an article about Detroit Lake's award by the Bicycle Alliance of Minnesota: [Detroit Lakes Bicycle Friendly Community](#)

We are also excited for Concordia College to apply for renewal of their designation as a Bicycle Friendly University with the help of Katie, our Minnesota GreenCorps Member.

1. Katie is seen in front of a row of bike racks on the Concordia campus.
2. A bike from Concordia's COBBike bike sharing system, which was a major accomplishment of the last application, and which Concordia built on by adding additional bikes and bike equipment to the program.
3. A sign on campus that certifies Concordia as a Bicycle Friendly University. Katie is currently working with the college to create signs that show effective bike locking techniques and other educational materials. They will apply in August.

If you have any questions about applying for Bicycle Friendly Business, Community, or University, please contact Patrick Hollister with PartnerSHIP 4 Health at Patrick.Hollister@co.clay.mn.us.



Update: Good Food Guidelines Grant

Our registered dietitians, Karensa Tischer and Katrina Mouser, continue to make progress with our Good Food Guidelines grant. They have recently been able to make a couple of on-site visits with M State - Detroit Lakes and A Place to Belong to survey opportunities to improve healthy eating access.

They are also actively connecting local growers with school districts and other public organizations who may have an interest in purchasing produce such as apples, tomatoes, greens, squash, etc from local growers. They also assisted two school districts in applying for the MDA AGRI Farm to School Rapid Response for Schools grant, in hopes to further connect schools with local suppliers.

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.

