

Greetings!,
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March 2019 E-Newsletter

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MANNA
Food  *Co-op*

Don't know what to make for supper? Dread grocery shopping? But still want to eat healthy? Manna Food Co-op in Detroit Lakes, Minn. is providing a healthy solution for these common challenges in our fast-paced culture. They kicked off a meal kit

program in January of 2019 called Local Eats, and is finding it to be a quick success in the community.

Each week, Manna offers an entrée box and a salad box, each serving four people, giving customers the option to buy one or both. The meal kits provide all of the ingredients, each portioned and labeled, along with a recipe card with easy-to-follow instructions. Customers can order the meal kits online, by phone, or in person at the co-op.

[Read their Success Story Here!](#)



COOKWELL SERIES PRESENTS:

Spinach Tomato Quinoa Egg Bake

Lemon Zucchini Pancakes

Blueberry Chia Jam

Lake Region Healthcare chefs wants to help you enjoy eating your fruits and veggies! Come to this class to make a delicious and nutritious breakfast for dinner. You will help prepare the meal, eat it together, and take home the recipes!

Tuesday, March 26

5:30-7:00 PM

YMCA Community Room

Pre-registration required by March 19

Contact the YMCA at (218) 739-4489

\$10 YMCA Members/ \$15 Potential Members



Eat Well partners will be providing the meal at this year's Lake Region Healthcare's Health Expo on

Thursday, March 14th!

[2019 Lake Region Healthcare Health Expo](#)



EXPO FOOD COURT

HEALTHY CHOICES FROM OUR EATWELL PARTNERS



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.

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>

Free Schools Alive Family Fun Night!

SAVE THE DATE: April 4th, 2019

Get up, Get out & MOVE!

THURSDAY, APRIL 4TH - 5:30 - 7:30 PM
FARGO AGASSIZ GYM (1305 9TH AVE S; FARGO)

FREE
Schools**alive!**
Family FUN Night

VARIOUS ENGAGING AND
FUN ACTIVITIES WILL BE
AVAILABLE FOR
CHILDREN AND PARENTS.
PLUS DOOR PRIZES!!!!



COME ONE COME ALL

NO REGISTRATION REQUIRED

GET MORE DETAILS THROUGH OUR FACEBOOK EVENT:

"SCHOOLSALIVE! FAMILY FUN NIGHT"

QUESTIONS? CONTACT KEELY IHRY AT 701-446-3168 OR KEELY.IHRY@K12.ND.US



GreenCorps Update



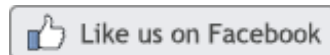
Scott is working alongside several Concordia College students on the Annual Cobber Riverside Bike Ride. This is the ride's fifth year, and it will be on April 14th at 2 pm in front of the Knutson Center. All are welcome so put April

14th on your calendars to join for a lovely bike ride around the Fargo Moorhead Red River trails! We are hoping for warm weather and minimal flooding to ensure a lovely bike ride that will encourage health and sustainability.



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 (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 to the right.



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