

# Red River Riders Freshen Up!



*A young rider enjoys a healthy twist on a banana split on a hot night at the saddle club.*



*Chicken tacos are a new healthy entrée featuring fresh bell peppers, avocado, and cilantro.*

## Healthy Options for Concessions

Concession stands and cafeterias aren't typically known for selling healthy food, but PartnerSHIP 4 Health (PS4H) is looking for partnering opportunities to change menus and mindsets within these types of organizations. PS4H was the recipient of a CDC Good Food Guidelines grant in 2019 and has been making progress with a variety of partners in the past year.

Red River Riders Saddle Club in Breckenridge, Minn. has made a strong commitment to modifying their concession stand menu to incorporate more fresh foods to the riders and spectators at the club. With the assistance of Karensa Tischer, RD with PS4H, 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. These fresh foods fuel the riders well for the evening, while increasing their daily fruit and vegetable consumption.

Carol Balk, concession stand committee member, says "This grant has been invaluable to our group. It takes a while to change mindsets and tastes, but the new menu is being well received! We are also so thankful for our new freezer to have the ability to sell healthy frozen treats."

## Good Food Guidelines

Concession stands, such as Red River Riders Saddle Club, along with community centers, social clubs, health care cafeterias, and other public eating facilities are important places to apply 'good food guidelines' to food environments and policies. Providing healthy options in public spaces is an important step toward improving overall community health. Please contact Karensa Tischer, RD at [ktischer@lcsc.org](mailto:ktischer@lcsc.org) or Katrina Mouser, RD at [katmouser@gmail.com](mailto:katmouser@gmail.com) to learn more about how PS4H can partner with your organization to make healthy and easy modifications.

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### CONTACT INFORMATION:

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