



Aitkin County Public Health

PartnerSHIP News!

May 2024

[Aitkin County SHIP Website](#)

[Resources](#)

[Healthy Northland Website](#)



Photo credit: Maple Ridge Produce

Aitkin, Itasca, Koochiching, Carlton, Cook, Lake, and St. Louis counties

make up Healthy Northland.

Supported by the Minnesota Department of Health's Statewide Health Improvement Partnership (SHIP), Healthy Northland strives to make the healthy choice the easy choice for everyone in Northeastern Minnesota through collaborative and community-based policy, systems, and environmental (PSE) change efforts.

Read Healthy Northland's May Newsletter!

Want to see our local food system in action?



Watch the video above that features some of our very own local farmers, the Aitkin Farmers Market Hub and Riverwood Healthcare Center's Food Rx program!

About the Video

In Minnesota, the Farmers' Market Food Hub movement is connecting local farmers with communities. Farmers' markets serve as vital hubs, bridging the gap between producers and consumers. Despite challenges, initiatives like Farmers' Market Produce Boxes and VeggieRX are promoting local food access. Supported by USDA grants from 2022 to 2024, this project aims to build a sustainable future. Support local farmers, embrace the Food Hub, and cultivate a healthier Minnesota.

Coming Soon!



With the help of some local food champions, a new website will be available for residents in Aitkin County to search for food resources. Stay tuned!

Local Food Champions: University of Minnesota Extension, Minnesota of Sustainable Agriculture, Clear Lake Gardens, Aitkin Farmers Market Hub, AliCat Farm, Aitkin County Public Health via SHIP and Riverwood Healthcare Center.

Sneak Peak..... Looking for a new spring recipe to try?



RECIPE CARD

Spinach Strawberry Salad

Spinach Strawberry Salad

PREP TIME: 15 MIN COOKING TIME: 10 MIN TOTAL: 20 MINS

Strawberry Spinach Salad includes lots of wonderful flavors and textures that compliment each other perfectly! You can certainly use a store bought balsamic vinaigrette or Poppy Seed Dressing.

Ingredients

Strawberry Salad:

3/4 cup raw pecans
1/2 small red onion
10 ounces baby spinach
1 quart strawberries
3/4 cup crumbled feta cheese

Poppy seed Dressing

1/4 cup balsamic vinegar
3 tablespoons olive oil
1.5 tablespoons poppy seeds
1.5 tablespoons honey
1/2 teaspoon Dijon Mustard
1/2 teaspoon kosher salt
1/8 teaspoon black pepper

Directions

1. **Toast the pecans (optional):** Preheat the oven to 350 degrees F. Spread the pecans in a single layer on an ungreased baking sheet. Bake for 8 to 10 minutes, until the pecans smell fragrant and the center of a pecan is tan when the pecan is broken in half. (Do not walk away from the oven in the last few minutes of cooking. This is when the pecans love to burn.) Transfer to a cutting board and roughly chop.
2. **Place the thinly sliced onions in a bowl and cover with cold water.** Let sit while you prepare the rest of the salad (this keeps their flavor but removes the harsh onion bite).
3. **Prepare the dressing:** In small mixing bowl or large liquid measuring cup, whisk together all the dressing ingredients - vinegar, oil, poppy seeds, honey, mustard, salt, and pepper - until well combined. (Alternatively, you can shake the ingredients together in a mason jar with a tight - fitting lid).
4. **Assemble the salad:** Place the spinach in a great big serving bowl. Add the strawberries. Drain the red onion and add it as well. Drizzle about half of the dressing over the salad and toss to coat the leaves. Add the feta and pecans. Toss lightly to combine. Serve immediately, with extra dressing on the side as desired.





2024

VEGGIE SIDES & MARKET SHARE BOXES

SUPPORT LOCAL FARMERS!

If you want to pay with SNAP or have questions, call or text Allison Rian at 218-831-8890



Veggie Sides Box

OUR "VEGETABLE SIDES" BOX HAS ENOUGH FOOD FOR 2 SERVINGS FOR 3 MEALS (OR 6 MEALS AT A SINGLE SERVING). THIS IS A NUTRITION-PACKED BOX AT AN AFFORDABLE PRICE POINT.



Market Share Box

A FULL BOX OF FARM FRESH STAPLES FOR FOODIES AND FAMILIES! IF YOU LOVE TO COOK AND SHARE YOUR MEALS OR IF YOU'RE FEEDING A GROWING FAMILY, THIS IS YOUR BOX.

Weather is unpredictable!
Estimated starting date of subscription is **June 22 and ending October 12 of 2024.**

You will be notified via email when subscriptions will start!

1 SCAN QR CODE

Use the camera feature and scan the code to go to website!



<https://openfoodnetwork.net/aitkin-farmers-market-food-hub/shop>

2 SELECT YOUR PRODUCT

VEGGIE SIDES

Weekly Only (1 wk.) - \$15.00 **1 Box**
Bi-Weekly (16 wks.) - \$120.00 **8 Boxes**
Weekly (16 wks) - \$240.00 **16 Boxes**

MARKET SHARE

Weekly Only (1 Box) - \$25.00 **1 Box**
Bi-Weekly (8 Boxes) - \$200.00 **8 Boxes**
Weekly (16 Boxes) - \$400.00 **16 Boxes**

3 GO TO CART & CHECKOUT

Payment options: Pay online (credit card), Pay at the market (cash, check or SNAP card). Click "Complete Order"



4 PICK UP LOCATION

Aitkin Farmers Market
Every Saturday
Between 10:00 am and 12:00 pm
Tractor Supply Parking Lot

Wishing you had more local produce to cook with?

Look no further! Did you know that Aitkin Farmers Market Hub has a "Veggie Sides" box and a "Market Share" box available for you to purchase during the growing months? Click on the flyer to learn more on how to pick up a locally grown box each Saturday at the Aitkin Farmers Market.

Ready to purchase your box now? Click on the link below to start your order!

[Select your Product Now!](#)

2024 COMMUNITY PARTNER AWARDS

APPLY

NOW!

www.aitkincountyship.org

Contact:

Please direct all correspondence to the contact information provided below.

Hannah Colby, RD, LD, CLS
Registered Dietitian
Health Educator
Aitkin County Public Health
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hannah.colby@co.aitkin.mn.us



**Supported by the Statewide Health Improvement Partnership, Minnesota Department of Health*

**2024
Community Partner Funding Application**

Section 1: Applicant Information

Date	
Organization Name	
Street Address	
Mailing Address if different	
City, State, Zip Code	
County	

Primary Contact	
Phone	
Email	

Financial Contact	
Phone	
Email	

Information provided in this application may be used for promotional materials. This includes, but is not limited to: fact sheets, Minnesota Department of Health reports, newsletters, social media posts, and media releases. Additional information may be requested by Sherburne County staff; e.g. a release might be requested for individuals in photographs.

By checking this box, you acknowledge and accept the statement above.

Which project area are you applying under? Select only one.
(Your organization may apply for both a MN Well-being grant and one of the following: MN Eats, MN Moves or MN Commercial Tobacco Free grant. If choosing to do so, you must submit a separate application for each project.)

MN Eats
 MN Moves
 MN Commercial Tobacco Free (CTF)
 MN Well-Being

Community Partner Awards

Aitkin County Public Health is offering Community Partner Awards for organizations, neighborhoods, and groups within Aitkin County.

Funding aims to promote social connectedness and health through physical activity, healthy eating, mental well-being, and smoke - free living.

Examples of Previously Funded Projects

- Food shelf support to create increased access to fresh, healthy foods through technical assistance and purchase of supplies to transform their space into a Super Shelf. Read success story [here](#). See the results [here](#).
- Community gardens throughout the county in neighborhoods, parks, faith based communities and youth organizations. Read success story in Hill City [here](#).
- City of Aitkin Demonstration Project. Read the results [here](#).
- City of Aitkin Master Plan and Concept Map. Read success story [here](#). See the Aitkin City Park Master Plan and Concept Map [here](#).

2024 SHIP Community Partner Funding Application

2024 SHIP Community Partner Awards Budget and Order Form

SHIP Community Partner Awards Financial Guidance 2024



SHIP STORY MAP

The Statewide Health Improvement Partnership (SHIP) creates wellness across Minnesota's communities through community-driven, evidence-based, and equity-focused programs that tackle the root causes of chronic diseases.

The image above and the link below will take you to the storymap to explore work across Minnesota.

[We are SHIP](#)

ANNOUNCEMENTS



THE AITKIN FARMERS MARKET HAS A NEW FACEBOOK PAGE!
GO CHECK THEM OUT FOR UPCOMING MARKET DAYS AND EVENTS!

UPCOMING *Events*

STAY

Walk, Run, & Rally
A Community Event to Prevent Suicide

July 20th, 2024 8:30 AM - 1 PM
Aitkin County Fairgrounds



Promoting mental health and wellbeing and reducing suicides in our communities.

RUN: Participate in a **COLOR RUN FOR LIFE** from Paulbeck's County Market to the Aitkin County Fairgrounds 8:30-9:30 AM (check-in 7:45-8:15). Cheer the runners on as they cross the finish line!

WALK: Get family, friends and neighbors to sponsor you to walk the fairgrounds 9 AM-12 PM.



RALLY: FACE IT FOUNDATION & IF WE CAN REACH ONLY ONE



Live
Music!



* Games * Craft Vendors * Resource Vendors * Food *

Come for the action.

Stay and learn what you can do to prevent suicide.



CAPS  **ucare**

Committee for the Awareness
& Prevention of Suicide

Region V⁺
Adult Mental Health
Initiative

Register on Eventbrite.

For walk:



For color run:



Or search Eventbrite.



Aitkin County Public Health | 204 1st Street NW | Aitkin, MN 56431 US

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