



Aitkin County Public Health

PartnerSHIP News!



July 2024

[Aitkin County SHIP Website](#)

[Resources](#)

[Healthy Northland Website](#)

[View as a web page!](#)



Aitkin, Itasca, Koochiching, Carlton, Cook, Lake, and St. Louis counties make up Healthy Northland.

Stay updated with the latest news and events from Healthy Northland, the Northeast Minnesota Statewide Health Improvement Partnership (SHIP). Read about our health initiatives, community success stories, and upcoming events promoting healthy living in the region.

Read Healthy Northland's Community News!

FIND FOOD Aitkin County

About Resources FAQ






Need Help Finding Food Resources?

LOOK NO FURTHER!
www.findfoodaitkincounty.org

FindFoodAitkinCounty.org is a guide to help find groceries, serving all who need food. Serves as a one stop shop for people to learn about food access in Aitkin County and neighboring areas.

FIND FOOD Aitkin County

Maps



Emergency Food Resources Map

All Food Resources Map

Resources

- Local Food
- Just for Seniors
- Ask a Dietitian
- Videos
- Community Resources
- Facts, Answers & Questions

Find a Recipe



RECIPE CARD Strawberry - Basil Popsicles

Ingredients: Strawberries, Basil, Sugar, Water, Lemon Juice, Mint Leaves

Directions: Wash strawberries and basil. Cut strawberries into halves. In a large bowl, combine strawberries, basil, sugar, and water. Stir well. Pour mixture into popsicle molds. Freeze for 4 hours.



www.findfoodaitkincounty.org

Dietitian Market Pick Recipe of the Month!



RECIPE CARD

Market Jam Vinaigrette

Market Jam Vinaigrette

Use your favorite farmer's market veggies, salad greens, cheese and fruit to create a delicious summer salad that's refreshing, healthy and local – top it off with some Market Jam Vinaigrette for a pop of flavor and color!

Ingredients

1 - 2 Tablespoons of your favorite market **jam, jelly or preserve**
1 Pinch of **sea salt**
1 Pinch of fresh **cracked pepper**
1 pinch of **red pepper flakes** (optional)
1/2 cup of your **extra virgin olive oil**
1/4 cup of your favorite **vinegar** such as white vinegar for deeper acidity and brightness or apple cider / balsamic for less acidity.

Directions

1. Grab a mason jar and add 1 - 2 tablespoons of your favorite jam.
2. Add the salt and fresh cracked pepper. Also add the pinch of red pepper flakes if you want a little heat / spice.
3. Add the oil and vinegar to the jar.
4. Close the lid securely and shake until well combined and smooth.
5. Serve immediately or store in the refrigerator until needed.
6. Make sure to shake thoroughly before serving!
7. Note: The more you shake, the thicker and creamer your dressing will be.



Use your favorite Farmer's Market salad veggies, greens, cheese and fruit to create a delicious salad that's refreshing, healthy and local. Then top it off with your Market Jam Vinaigrette!

Recipe adapted from Mill City Farmers Market

Find Food Aitkin County

SUCCESS STORY

Breastfeeding in Public Spaces

During the journey of nursing an infant, mothers may prefer to breastfeed only where they feel the most comfortable.

A new resource to help Aitkin County communities support breastfeeding mothers made its debut at the STAY Walk, Run and Rally on Saturday, July 20th.

Maintained by Aitkin County Public Health, the 10 - foot by 10 - foot tent clearly labeled "Mother and Infant Rest Area" is meant to provide breastfeeding mothers a clean, comfortable, and more private space to feed their babies or pump breastmilk while attending community events.

The portable tent can be set up by two people within a few minutes and is a free asset available for event organizers to "check out" for use. The tent can be set up indoors or out and comes with two chairs along with a portable changing station.

The tent was the result of a collaboration between Aitkin County Public Health's Women, Infant and Children (WIC) and Statewide Health Improvement Partnership (SHIP) programs and made possible through grants from the Minnesota Department of Health (MDH).

The goal is to help support breastfeeding and its many benefits to mothers, babies, and communities. If you are interested in checking out the tent for a future event or fair, please contact Public Health (see flyer below).

<https://www.aitkincountyship.org/contact-motherandinfanttent>





MOTHER AND INFANT REST AREA TENT & SUPPLIES

Breastfeeding in Public Spaces

Aitkin County Public Health is working to increase access to breastfeeding spaces in public spaces! The tent has a variety of items inside to make a comfortable breastfeeding experience for mother and baby!



COMFY ROCKING CHAIRS



CHANGING TABLE



Public Health
Prevent. Promote. Protect.
Aitkin County



If interested in using the tent at an event or fair, please email public-health@co.aitkin.mn.us or scan the QR code by using the camera on your phone to complete a contact form. A Public Health staff member will be in contact with you.

Upcoming Events

Cooking Demonstration

Come to the Aitkin Farmers Market, Saturday August 10th, located at the Tractor Supply Parking lot.

Learn how you can

make pesto and strengthen your bones through nutrition and exercise!

Demonstration starts at 10:30 AM! The first 40 participants will be provided a "take home kit" to make the recipe at home.



SATURDAY
AUGUST 10, 2024
10:30 AM

Learn how to make Pesto

ship
statewide health improvement partnership
AITKIN

COOKING

Demonstration

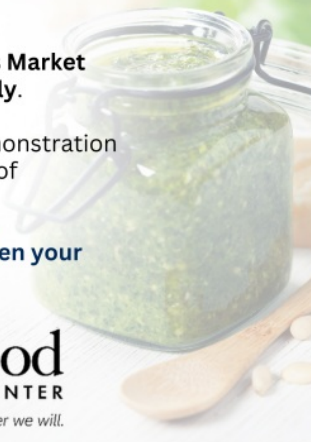
aitkin farmers market TRY A SAMPLE!

Join us **August 10th** at the **Aitkin Farmers Market** located in the parking lot of Tractor Supply.

Starting at **10:30 AM** you can watch a demonstration led by Jodi Nordlund from the University of Minnesota Extension.

Come and listen on how you can strengthen your bones through nutrition and exercise!

SPONSORED BY: 
Riverwood
HEALTHCARE CENTER
Together we will.



2024 COMMUNITY PARTNER AWARDS

APPLY
NOW!

www.aitkincountyship.org

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.

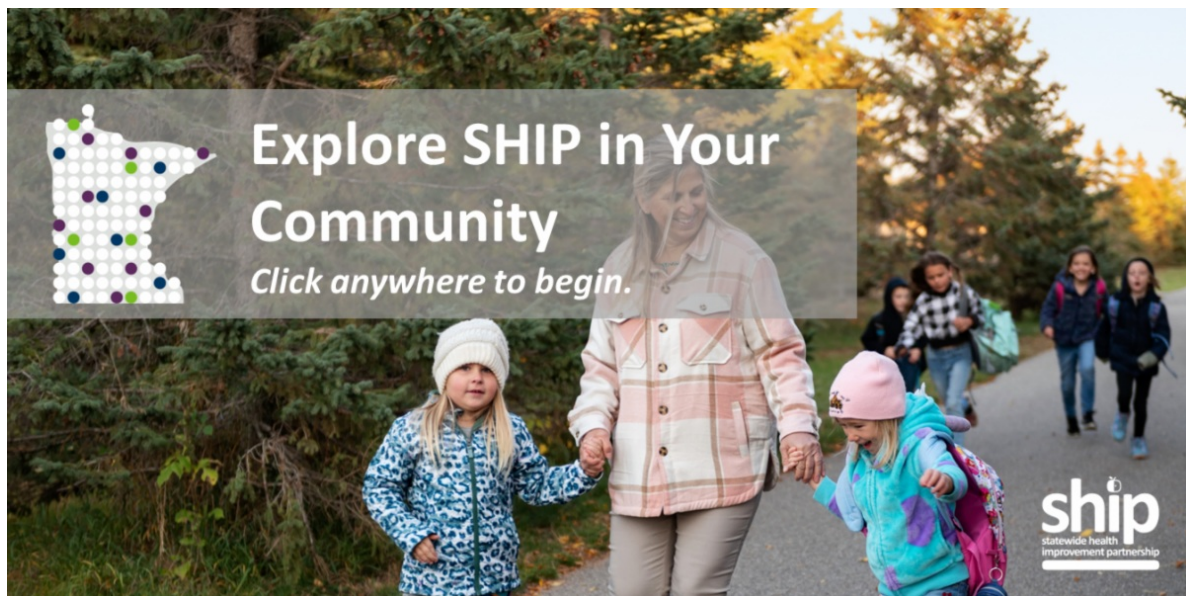
Examples of Previously Funded Projects

- 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 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

Home statewide improvement Newsletters SHIP 101 Resources Search... Log In

Working together to make Aitkin County a healthier place to live, work, and play!

EXPLORE AITKIN SHIP WEBSITE

SHIP is centered in the communities we serve. SHIP Coordinators live, work, and play alongside their families, friends, and neighbors across the Northeast.

[DISCOVER NOW](#)

Healthy Eating

SHIP works with communities to increase access to and consumption of fruits and vegetables.

[Read More](#)

Active Living

Active living is for everyone. It's easy to get all the physical activity you need to be healthy when active living is built into the world around you.

[Read More](#)

Well - Being

SHIP works to support policies, systems, and environments that help ensure everyone can experience positive mental well-being.

[Read More](#)

www.aitkincountyship.org



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