



Aitkin County SHIP Program

# PartnerSHIP News!

APRIL 2023

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[Healthy Northland  
Website](#)



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.

[Visit Healthy Northlands' Webpage!](#)



In April's Newsletter, read about Mental Health First Aid in Cook County and Land Access Alliance. The newsletter also includes upcoming events: Changing the Narrative on Mental Health and Suicide; Walk! Bike! Fun! Educator In-Person Training in Cook County and **MORE!**

[Read April Newsletter!](#)

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## Featured Success Story

### **Community Food Shelf at Aitkin First Lutheran Church transforms into a SuperShelf!**

The Food Shelf at First Lutheran Church in Aitkin is officially certified as a **SuperShelf**.

The SuperShelf program transforms food shelves,



"I don't know what the space looked like before COVID, but I really like the space now. I like how the layout is set-up like a shopping experience. Very organized!"

*~ Food Shelf Participant*

## Success Story



offering a welcoming, positive grocery store-like experience to clients and bringing good food to all!

**[Read the Success Story!](#)**

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## SHIP Partner Spotlight!



**Laura  
Smith**

**Community Food  
Shelf Manager at  
Aitkin First  
Lutheran Church**

In late Winter of 2022, Lynne Jacobs (Aitkin County CARE Director) and Hannah Colby (SHIP Coordinator) reached out to Laura Smith to assess if she had any interest in transforming the food shelf into a SuperShelf. Laura was more than willing to collaborate and was a champion leading this work!

The transformation (included: electrical work, paint, removal of carpet, new flooring, new cooler, new freezer, and signage which is translated into Ojibwe) was completed in Summer of 2022. Laura knew the SuperShelf framework is to

promote consumption of fruits and vegetables and applied for American Rescue Plan Federal Grant. The Community Food Shelf at Aitkin First Lutheran Church was awarded \$12,442.74 to purchase fresh or frozen fruits and vegetables for the food shelf last year. Laura did not stop there, she also wanted to support our local farmers and learned how to purchase fresh produce from the Aitkin Farmer's Market Hub via their online platform called Open Food Network.

Aitkin First Lutheran Church was officially certified by the University of Minnesota Extension as a SuperShelf on March 9, 2023 (see picture above).

Thank you Laura for your hard work and willingness to help increase accessibility of fresh produce and nutritious food to our community! You rock!

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## In the News! CDC Report



### National Report Gives Minnesota A High Ranking When It Comes To Children Eating Fruits and Veggies

A recent report by the U.S. Centers for Disease Control (CDC) shows that when it comes to fruit and vegetable consumption among children, Minnesota is doing better than most states.

Work being done to encourage healthy eating among children in Aitkin County contributed to the positive national ranking.

[Read More!](#)

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## Demonstration Project Installation - Postponed

until May of 2023

As Mother Nature continues to not decide what kind of spring weather will look like for Minnesota yet, the April 25th installation date has been postponed to May. Follow the City of Aitkin or Aitkin County Public Health Education on Facebook for information!



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## COMMUNITY PARTNER AWARDS

*Congratulations to the following recipients!*



### The Beanery Cafe (The Terrace Project)

Applied to receive a community partner award toward *The Terrace Project* focusing on promoting local food. SHIP grant funding will help purchase an infographic, being created by Background Stories, to feature the local food environment unique to Aitkin.

The Beanery Cafe will be a pick-up site for Veggie Sides and Market Share Boxes in the near future to help increase accessibility to local food.

EVERYONE IS INVITED to The Terrace Community Information Event being held on Tuesday evening, May 2nd from 4:30 to 6:30 pm in the empty lot adjacent to The Beanery Café. Learn about what is being planned [\$197,955 raised so far] and how you can support and become involved in The Terrace Project. The Informational Program begins at 5:30 pm. Free food & beverages provided by Block North Brew Pub.



### Aitkin Farmers' Market Hub

Applied to receive a community partner award to help fund supplies for FVRx program at Riverwood Healthcare Center and expect to onboard a goal of 100 participants the first year. These participants will receive 6 boxes of the Market Share. This means that just through FVRx, the Hub will fill up to 600 boxes with local produce alone.

The Aitkin Farmers' Market Hub can buy food products from local farmers and then sell it to restaurants, schools and other institutional buyers. The Hub runs a successful CSA-type subscription that they call "Market Share" and "Veggie Sides."

More information to come how you can buy Veggie Sides or Market Share boxes!

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## FUNDING STILL AVAILABLE!

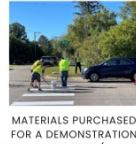
The Statewide Health Improvement Partnership, often called SHIP, supports community-driven solutions



## 2023 Community Partner Awards Now Available!

Aitkin County Public Health's Statewide Health Improvement Partnership (SHIP) Program is pleased to announce a **Community Partner Award opportunity in 2023**. Funding is intended to support the implementation of action plans that create sustainable policy, system and/or environment (PSE) changes that expand opportunities for healthy eating, breastfeeding, physical activity, tobacco-free living and well-being. To be eligible, your organization must serve Aitkin County.

### ship PREVIOUS PROJECTS FUNDED



To learn more about SHIP and the Community Partner Award opportunity visit [www.aitkincountyship.org](http://www.aitkincountyship.org) or scan the QR Code or call Hannah Colby, RD at 218-927-7271



to expand opportunities for active living, healthy eating, and tobacco prevention. A primary goal of this collaboration is to prevent chronic diseases before they start. A few things have changed this year — we no longer call them grants and instead call them partner awards.

Funding is intended to support the implementation of action plans that create sustainable policy, system and/or environment (PSE) changes that expand opportunities for healthy eating, breastfeeding, physical activity, tobacco-free living and well-being. To be eligible, your organization must serve Aitkin County.

[Community Partner Award Instructions](#)

[Community Partner Award Application \(word\)](#)

[Community Partner Award \(PDF\)](#)

[Community Partner Award Budget Proposal](#)

[SHIP PSE MDH Document](#)

Aitkin County Health and Human Services

## 2023 Community Partner Funding Application

### Section 1: Applicant Information

Date	
Organization Name	
Street Address	
Mailing Address <i>if different</i>	
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

### Contact:

Please direct all correspondence to the contact information provided below.

Hannah Colby, RD, LD, CLS  
 Registered Dietitian  
 Health Educator  
 Aitkin County Public Health  
 ((218) 927-7271  
[hannah.colby@co.aitkin.mn.us](mailto:hannah.colby@co.aitkin.mn.us)



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

# Upcoming Events and/or Trainings!



## Virtual Field Trip: Untiedt's Produce Farm

**When:** Monday, May 1,  
2023, 10:00 a.m.

**What:** Join us to explore the life of a farmer and the importance of healthy soil at Untiedt's Vegetable Farm! We'll meet owner Jerry Untiedt and his family to learn how they raise fruits and vegetables on their farm near Waverly, MN and share these fresh foods with people across our state. You won't want to miss this exciting look into food production!

This virtual field trip will also be streamed live on [YouTube](#) and a recording will be available for later viewing.

[Register Here!](#)



## Changing the Narrative on Health & Suicide

**When:** Monday, May 1,  
2023, 11:00 a.m.

**What:** Talking about mental health and suicide can be an uncomfortable and uncertain topic that brings up different feelings, beliefs, and attitudes for everyone. Changing the Narrative is an interactive conversation that empowers participants to change perceptions of mental health towards hope and resilience.

[Register Here!](#)



## Northern MN Suicide Prevention Training - Moving Upstream!

## Madden's on Gull Lake, Brainerd MN

**When:** Thursday, May 18,  
2023, 9:30 AM - 3:30 PM

**What:** Are you looking for tangible strategies for suicide prevention and mental health/well-being promotion for yourself or the people you serve? Attend to learn more about wellbeing in the digital world and local resources for support to have in your toolkit as a provider, prevention specialist or community member! Click [HERE](#) to view the flyer!

Please note that you will receive an email and calendar invite with your confirmed registration and additional conference details on May 5th.

[Register Here](#)



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