



Aitkin County Public Health

PartnerSHIP News!

June 2024

[Aitkin County SHIP Website](#)

[Resources](#)

[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.

Read Healthy Northland's May Newsletter!

FIND FOOD Aitkin County

Available on July 8th

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.

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

About Resources FAQ






FIND FOOD Aitkin County

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



Resources

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

Find a Recipe

RECIPE CARD Strawberry - Basil Popsicles




FIND FOOD Aitkin County

Dietitian Market Pick Recipes of the Month!

 **RECIPE CARD** **Strawberry Salsa**

Strawberry Salsa

Serve with tortilla chips or however else you like to use salsa. For a tropical twist, add 1/2 to 1 cup peeled and diced mango to the salsa.

Ingredients

- 2 cups roughly chopped strawberries
- 1 cup chopped tomato (about 1 large tomato)
- 1/2 cup of roughly chopped red onions
- 1 jalapeño pepper, finely diced (optional)
- 2 Tablespoons of chopped cilantro
- 2 Tablespoons of balsamic vinegar
- 2 Tablespoons of lemon or lime juice
- Salt and pepper to taste

Directions

1. Combine chopped strawberries, tomatoes, onions, pepper and cilantro in a bowl and set aside.
2. In a lidded jar or small bowl shake or whisk together the remaining ingredient. Pour dressing over the strawberry mixture and mix until evenly coated.
3. Taste and adjust salt and pepper to your liking.



FIND FOOD Aitkin County

Strawberry Salsa

 **RECIPE CARD** **Creamy Ukrainian Cucumber Salad**

Creamy Ukrainian Cucumber Salad

This cucumber salad recipe is one of the simplest summer side dishes!

Ingredients

- 4 large cucumbers (peeled or not depending on preference and peel thickness)
- 1/4 cup fresh dill, or 4 teaspoons dried
- 1/2 - 1 medium onion
- 2 tomatoes, chopped (optional)
- 3 Tablespoons Greek yogurt or sour cream
- 1 - 2 Tablespoons white vinegar
- 2 cloves finely chopped garlic
- Salt and pepper to taste

Directions

1. Cut cucumbers in half lengthwise and then cut into thin half moons. Half, peel, and thinly slice onion. Repeat this process with the tomatoes if using. Add the cucumbers, onions, and tomatoes to a large mixing bowl.
2. In a small bowl add remaining ingredients. Mix, and taste for seasoning.
3. Add dressing to the bowl with the cucumbers, onions, and tomatoes and toss to mix thoroughly. Taste again and adjust as needed.



FIND FOOD Aitkin County

Creamy Ukrainian Cucumber Salad

Do you have kids? Are you a senior?
Power of Produce Coupons are now available at the Aitkin Farmers Market!

aitkin farmers market

The Power of Produce (PoP) Club is a farmers market incentive program. Each week children and seniors receive a \$3 coupon to spend on fresh fruits and vegetables. Ask us how to get a coupon!

WHEAT BERRY SALAD WITH APPLES AND CRANBERRIES

Ingredients:

For the Salad

- 1 cup whole wheat berries, dry
- 1 large apple, sliced
- 1/2 cup dried cranberries
- 2 1/2 cups green apple, finely diced
- 1 cup fresh apple, sliced
- 1 cup carrots, sliced

For the Dressing

- 1/4 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1/4 cup honey
- 1/4 cup Dijon mustard
- 1/4 cup apple cider vinegar
- 1/4 cup maple syrup
- 1/4 cup salt
- 1/4 cup pepper

Directions:

- Rinse wheat berries in a bowl, adding to combine well, and drain thoroughly. Add salt and pepper to taste.
- For the dressing, pour all other berries according to packet directions (bring to a boil to soften) then 2-3 minutes remove the wheat berries and let uncooked for one hour or to desired level of softness. Drain and cool if needed, then combine with the rest of the dressing.
- This salad is best served fresh. It is best served with apples, apples, apples, cranberries, green onions, and sliced bread for best results. This will work well with a salad dressing. Sprinkle with green onions.

OPEN
SATURDAYS
9:00 AM - 1:00 PM

More Information
aitkin@pope.com

Location
Aitkin Tractor Supply Parking Lot

ship
POWER OF PRODUCE



SPONSORED BY Minnesota Farmers' Market Riverwood Healthcare Center

\$3

Seniors 60 and older

Redeem at aitkin farmers market
Expiration Date: October 28, 2024
(Eligible Items Only)

POWER OF PRODUCE (PoP) Club

Tractor Supply Parking Lot Saturdays (9:00 am - 1:00 pm)

EVERYTHING BAGEL CUCUMBER BITES

Ingredients:

- 2 cucumbers, sliced
- 1/2 cup soft spread cream cheese
- 2 tablespoons fresh dill, chopped
- 1 tablespoon Everything Bagel Seasoning
- 1/4 cup olive oil
- 1/4 cup salt
- 1/4 cup pepper

WHAT'S GROWING? SEASONAL PRODUCE CALENDAR FOR MINNESOTA

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Asparagus												
Beans												
Berries												
Broccoli												
Corn												
Cucumbers												
Eggplant												
Fennel												
Garlic												
Green Beans												
Kale												
Leeks												
Onions												
Potatoes												
Spinach												
Squash												
Tomatoes												
Zucchini												



SPONSORED BY Riverwood Healthcare Center

\$3

Good for kids ages 2 - 12 (Eligible Items Only)

Redeem at aitkin farmers market
Expiration Date: October 28, 2024
(Eligible Items Only)

POWER OF PRODUCE (PoP) Club

Tractor Supply Parking Lot Saturdays (9:00 am - 1:00 pm)

POP
POWER OF PRODUCE CLUB

ship
POWER OF PRODUCE

POWER OF PRODUCE (PoP) Club

TRUCKS MARKET POSITIVE PROGRAM FOR CHILDREN

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 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](#)

Upcoming Events

Cooking Demonstration at the Aitkin Farmers Market - Saturday, July 13th!

Starting at 11 AM you can watch a demonstration led by Jodi Nordlund from the University of Minnesota Extension.

Learn how to boost your gut health with nutrition. You will have an opportunity to try a sample and go home with local produce to make the recipe.

[PDF](#)



NUTRITION TO BOOST YOUR GUT HEALTH

Saturday **JULY 13, 2024**
11:00 AM

COOKING Demonstration calikin farm ers mar ket TRY A SAMPLE!

Join us **July 13th** at the **Aitkin Farmers Market** located in the parking lot of Tractor Supply.

Starting at 11 AM you can watch a demonstration led by Jodi Nordlund from the University of Minnesota Extension.

Learn how to boost your gut health with nutrition. You will have an opportunity to try a sample and go home with local produce to make the recipe.

SPONSORED BY:  Public Health Aitkin County



STAY Walk, Run & Rally Saturday, July 20th! A Community Event to Prevent Suicide

This event will take place at the Aitkin County Fairgrounds from 8:30 AM-1:00 PM

See the flyer for more details about the event.

[PDF](#)



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**  **Region V+**
Committee for the Awareness & Prevention of Suicide
Adult Mental Health Initiative

Register on Eventbrite. For walk:  For color run:  Or search Eventbrite.



Public Health's Health Equity Data Analysis on Well - Being We need your Input!

Many factors determine mental health and mental health stressors. Through data and research, we have found that women in Aitkin County, ages 35-44, are in need of increased mental health support. Aitkin County Public Health needs your input to determine the areas that you feel influence women's mental health the most. This will help us determine where to put the most



Public Health
Prevent. Promote. Protect.
Aitkin County

effort in our community. Click on the link below.

Please check the top 3 areas you feel influence women's mental health the most.

<https://forms.gle/QWo1SdX5oivk9LFa8>

Statewide Health Improvement Partnership



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

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