Creating BETTER HEALTH TOGETHER through healthy food access

Despite Minnesota’s reputation of being a diverse and rich agricultural state, not everyone has access to healthy and affordable food. In some communities, finding fresh food means traveling long distances from home or paying unaffordable prices.

Too many Minnesotans cannot find fresh fruits and vegetables near their homes or what they can find is limited and expensive. In fact, nearly 235,000 Minnesotans live more than 10 miles away from a large grocery store or supermarket. Minnesota ranks 7th worst in the nation for the share of residents with low access to healthy foods and is second only to Texas, with the worst access in rural areas.¹

SHIP increases access to and the selection of healthy foods to improve health and reduce chronic diseases for all by implementing community-based healthy eating strategies.

SHIP is making an impact
- 366 partner sites are creating options that give more than 2 million people opportunities to choose healthy foods.

SHIP supports health and the local economy

During the 2016 season, sales from EBT and Market Bucks transactions alone totaled $10,435. Farmers markets included in this total were Marshall, Worthington and Redwood Falls.

- Margaret Palan
  United Community Action
  Marshall


SHIP increases healthy food access by partnering with:

- **132 COMMUNITY-BASED AGRICULTURE SITES**
  - 90 are increasing access and availability of healthy food for those with limited choices

- **76 HUNGER RELIEF ORGANIZATIONS**
  - 32 are supporting prominently displaying and promoting healthy food or beverage options to increase healthy food choices

- **66 FARMERS MARKETS**
  - 17 sites added use of SNAP/EBT to increase healthy food access to those with the greatest need

- **60 FOOD RETAILERS**
  - 32 sites have vendor contracts incorporating healthy food, making healthy choices possible

- **14 FOOD POLICY COUNCILS**
  - 58% of partner sites have leadership roles, advancing the work of the councils to increase local and regional access to healthy foods

- **11 COMPREHENSIVE PLAN PARTNER SITES**
  - 55% of partner sites have engaged with populations that have limited choices for healthy, affordable food

SHIP in action

Three Rivers Park District is one of Minnesota’s largest park systems, serving suburban Hennepin, Carver, Dakota, Scott and Ramsey counties. It has an estimated 11 million annual visits.

Recognizing the demand and need for healthier food and beverage options, community partnerships were developed to make changes.

With support from Hennepin County Public Health and SHIP, the Three Rivers Park District committed to having at least 50 percent of foods and beverages served at the parks to be healthy. This means that park visitors will now have an easier time purchasing healthy options, such as fruit, non-fried vegetables, whole grain-rich products, and healthy beverage options at concessions, snack and meal areas, and vending machines throughout the parks.

"We serve a lot of people, including school-age children, and it’s important to have these healthier food choices available," said Lynn Stoltzmann, Director of Facility Services for Three Rivers Park District.

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SHIP Data: 2015-2016