

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

SMALL SCALE FARMING RETURN ON INVESTMENT
\$1 MILLION IN SALES = \$1.6 MILLION IN LOCAL ECONOMY²



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*

¹ Rausch, E, Mattessich, P. Healthy Food Access: A View of the Landscape in Minnesota and Lessons Learned from Healthy Food Financing Initiatives. The Federal Reserve Bank of Minnesota and Wilder Research; April 2016.

² Pesch, R, Tuck, B. Financial Benchmarks and Economic Impact of Local Food Operations. University of Minnesota Extension; December, 2015.

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.

March 2017

SHIP Data: 2015-2016