

# A HEALTHIER STATE OF MINNESOTA

BETTER HEALTH TOGETHER.



## SHIP IS CREATING HEALTH IN YOUR COMMUNITIES

Statewide Health Improvement Partnership (SHIP) investments support community-driven solutions to expand opportunities for active living, healthy eating and commercial tobacco-free living, helping all people in Minnesota prevent chronic diseases including cancer, heart disease, stroke and type 2 diabetes. Ninety percent of the nation's health care costs are for people with chronic conditions, and the majority of those costs are preventable.

### Senator

Paul E. Gazelka

### Representative

John Poston, 9A

### Representative

Ron Kresha, 9B

## SHIP supports health across the lifespan

With a solid infrastructure and strong relationships in place, SHIP communities are well positioned to address emerging public health issues and continue creating better health across a lifespan.



For more information about SHIP, contact your local coordinator:

### Morrison, Todd, Wadena

Katherine Mackedanz, [katherine.mackedanz@co.todd.mn.us](mailto:katherine.mackedanz@co.todd.mn.us)

### Crow Wing

Kalsey Stults, [Kalsey.Stults@EssentiaHealth.org](mailto:Kalsey.Stults@EssentiaHealth.org)

### Cass

Simon Whitehead, [swhitehe@umn.edu](mailto:swhitehe@umn.edu)

### Little Falls Garden to School initiative is a long-term success

This fall, the Little Falls School hosted a Farm to School meal of meatloaf, baked potato, acorn squash, coleslaw, and rhubarb crisp, serving 928 meals to the Middle School and High School.

It was the first meal where all the food served came from its own school garden (except for meatloaf, which was made from local beef). One student commented, "It was so good, so appreciate it if you would keep it on the menu; it was the best I ever tasted."

The Franciscan Sisters of Little Falls and the Morrison-Todd-Wadena Statewide Health Improvement Partnership (SHIP) came together five years ago to create the Little Falls Garden to School initiative. Since that time, the garden has produced roughly 53,000 pounds of produce. Garden produce is used in schools, for the community Thanksgiving meal, and is also given to the Sisters and CHI St. Gabriel's Health.

SHIP funding has been integral to the initiative. It has helped toward the purchase a high tunnel to grow salad veggies and with development of the High School Ag class curriculum. Ag students learn garden design, garden maintenance and grafting of fruit trees; they consult with food service to plan the layout of the garden, and work in the garden planting and harvesting. The Little Falls High School Family and Consumer Science class makes use of the garden too, making pies for the Community Thanksgiving meal and taste samples for their peers.

In five years, the Little Falls Garden to School Initiative has become an integrated part of the school's culture. Continued support from SHIP staff for taste testing, community events and data gathering has helped the initiative become a long-term success.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Community

Confidence Learning Center  
Hilltop Regional Kitchen  
Pillager Family Center  
Pillager Food Shelf  
Todd County  
Wadena Area Farmers Market

## Health Care

CentraCare Health-Long Prairie  
Horizon Health  
Lakewood Health System  
Little Falls Family Medical Center  
Malowski Wellness and Research Center  
Pillager Food Shelf - Crow Wing  
St. Gabriel's Hospital  
Tri-County Health Care

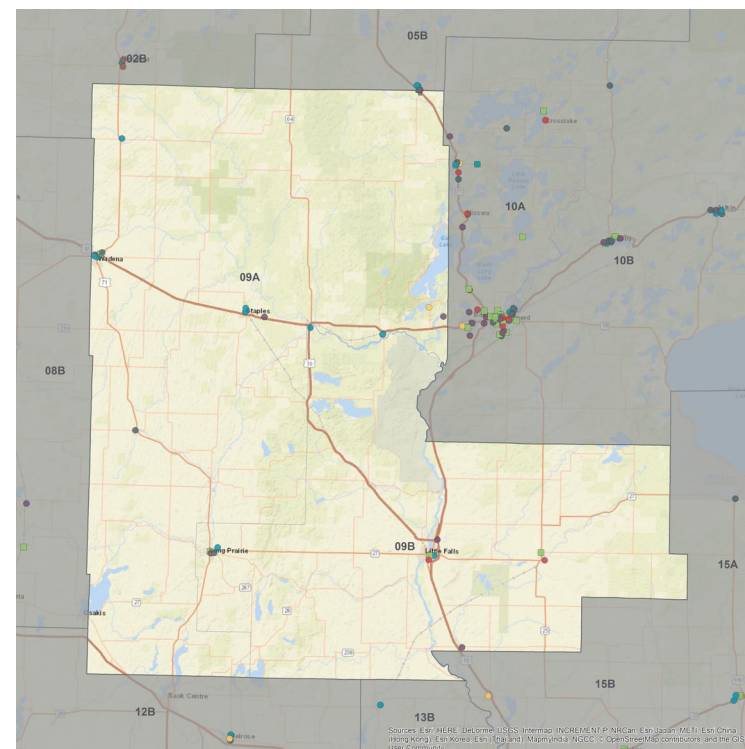
## Schools

Dr. S.G. Knight Elementary  
Lincoln Elementary  
Little Falls Middle School  
Little Falls High School  
Lindbergh Elementary  
Long Prairie-Grey Eagle Elementary  
Long Prairie-Grey Eagle Secondary  
Motley-Staples Middle  
Pillager Elementary  
Pillager Middle  
Sebeka Elementary  
Sebeka Secondary  
Staples Elementary  
Staples-Motley Senior High  
Wadena Deer Creek Elementary  
Wadena Deer Creek Middle  
Wadena Deer Creek Senior High

## Workplace

Hands of Hope Resource Center  
Hunuit  
Lakewood Health System  
Morrison County  
Pierz Foods  
Royalton Public Schools  
Ultra Paws  
Wadena County

## MINNESOTA LEGISLATIVE DISTRICTS 9A & 9B



## SHIP strategies

- Active Living
- Healthy Eating
- Tobacco-Free Living
- Schools
- Child Care
- Health Care
- Workplace Wellness
- Multiple Strategies
- Tribal SHIP and Tobacco Grants

To learn more about SHIP, visit [www.health.mn.gov/ship](http://www.health.mn.gov/ship).