

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

Gary H. Dahms

Representative

Chris Swedzinski, 16A

Representative

Paul Torkelson, 16B

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:

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Creating rural food access: Tokens for Tomatoes

With the goal of boosting health in Big Stone, Chippewa, Lac qui Parle, Swift and Yellow Medicine counties, local farmers markets and Countryside Statewide Health Improvement Partnership (SHIP) joined forces to create Tokens for Tomatoes (TFT), an initiative to increase affordability and access of fresh fruits and vegetables.

Through TFT, \$2 tokens are given out at organizations and community events like libraries and businesses, parades and county fairs, to purchase fresh produce (any fruit or vegetable) at local farmers markets. Last year, nine local farmers markets throughout all five counties participated. The program serves to engage the population at markets, to empower them to make healthy food choices, as well as to drive traffic to local markets.

Not only is SHIP a source of funding, it also has led many local businesses to get involved and buy Tokens for Tomatoes as wellness incentives for their organizations. Cargill Ag Horizons Grain Elevator was a big donor, awarding TFT a \$5,000 grant and then matching half to equal \$7,500. Donations from local farmers and community members brought the total amount raised to nearly \$10,000.

During this past summer alone, 2,000 tokens were distributed, equal to \$4,000 worth of fresh produce. In addition, enough tokens are available to be distributed over the next two years, and more funds will be raised to support the program into the future.

Tokens for Tomatoes is a true collaboration across all five counties, reaching several ages and demographics to minimize the gap of rural food access. "We have a great cross section of age groups along with cultural variety at our market," said Bonita Kluver, Kerkhoven Farmers Market.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Child Care

Family Child Care Homes
Kids XCel Center
Tri Valley Sleepy Eye Headstart Center

Community

Brown County Free Fair
City of Canby
CITY OF DAWSON
City of Granite Falls
City of Minneota
City of Redwood Falls
City of Springfield
City of Wood Lake
Cottonwood HRA
Dawson Farmers Market
Granite Falls Farmers Market
Madison Farmers Market
Parkview Apartments Marshall
Recreation Center and Vogel Fieldhouse
Redwood County Parks and Trails
Redwood HRA
Westmar Apts Marshall

Health Care

Brown County Public Health
Granite Falls Living At Home Block Nursing
Johnson Memorial Health Services
Madison Hospital and Clinic
Sleepy Eye Medical Center
Southern Prairie Community Care

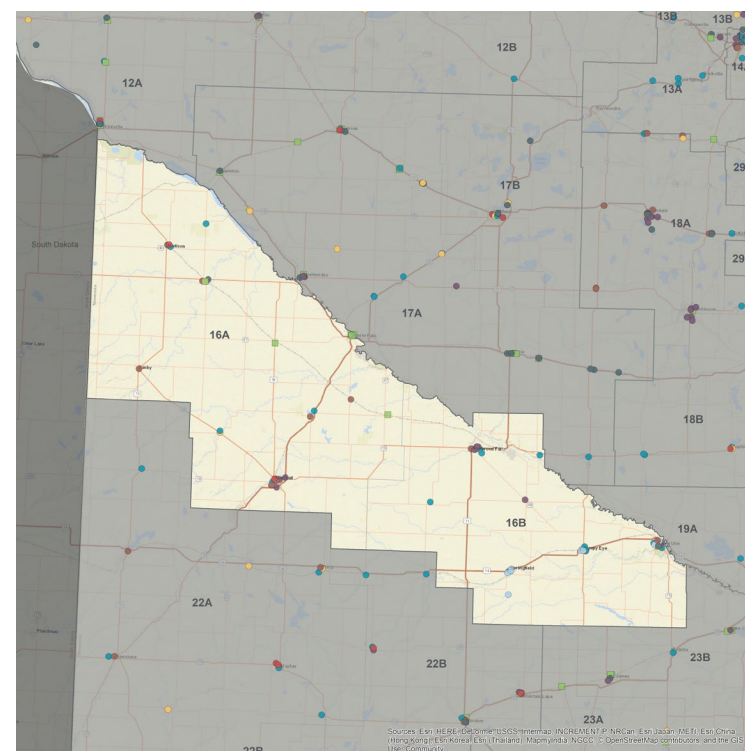
Schools

Bert Raney Elementary
Cathedral High
Cedar Mountain
Clarkfield Area Charter
Dawson-Boyd Secondary
Echo Charter
Jefferson Elementary
Lac Qui Parle Valley Middle
Lac Qui Parle Valley Secondary
Lakeview Public Schools
Madison-Marietta-Nassau Elementary
Marshall Public Schools
Marshall Public Schools-Middle
New Ulm High
New Ulm Middle
Redwood Area School District
Sleepy Eye Public School
Springfield Public School
St John's Lutheran School
St Mary's Catholic School
St. Anthony Elementary
St. Edward Catholic School
St. John's Lutheran School – Redwood Falls
St. Raphael Catholic School
Stevens Elementary
True Light School
Wabasso Public School
Yellow Medicine East High

Workplace

Avera Regional Medical Center
Brown County
City Of Marshall
Diocese of New Ulm
Farmward Coop
Granite Falls Health
Lyon County Government Center
North Memorial Ambulance
Quality Inn
Redwood Hospital
Schwans Shared Services LLC-corporate
Southwest Health and Human Services -Lyon
Southwest Minnesota State University
United Community Action Partnership
Vista Prairie at Garnette Gardens
Yellow Medicine County Government Employees

MINNESOTA LEGISLATIVE DISTRICTS 16A & 16B



SHIP strategies

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

To learn more about SHIP, visit www.health.mn.gov/ship.