

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
Torrey N. Westrom

Representative
Jeff Backer, 12A

Representative
Paul Anderson, 12B

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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Supporting 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), a program 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 for 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

Community

Big Stone County
 Big Stone Lake Farmers Market
 City of Albany
 City of Ashby
 City of Beardsley
 City of Breckenridge
 City of Browns Valley
 City of Melrose
 City of Rothsay
 City of Starbuck
 Comprehensive Community Improvement Initiative
 Country Buds Greenhouse
 Fairway View
 Glenwood HRA
 Graceville Community Farmers Market
 Melrose Area Food Shelf
 Morris Area Farmers Market
 Pope County
 Sauk Centre Food Shelf
 University of Minnesota, Morris

Health Care

Big Stone County Memory Network
 Essentia Health Graceville Clinic
 Ortonville Area Health Services

Schools

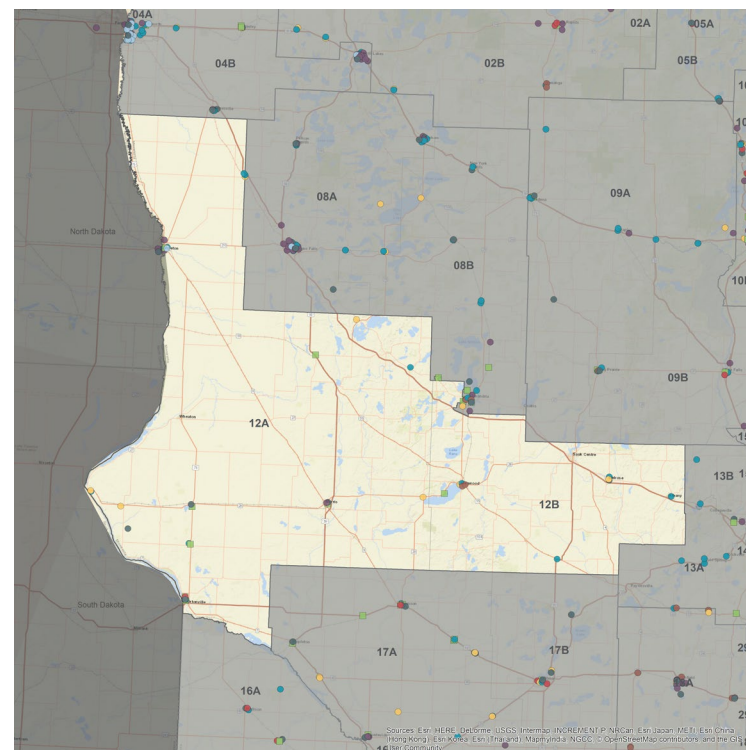
Albany Elementary
 Albany Middle School
 Albany Senior High

Belgrade Police Department
 Brandon-Evansville School
 Breckenridge Elementary
 Breckenridge Middle
 Breckenridge School District
 Breckenridge Senior High
 Browns Valley Elementary
 Clinton-Graceville-Beardsley El.
 Garfield Elementary
 Knoll Elementary
 Melrose Elementary
 Melrose Middle
 Melrose Secondary
 Minnewaska Area Elementary
 Minnewaska Area Junior High
 Minnewaska Area Middle
 Minnewaska Area Secondary
 Rothsay Elementary
 Rothsay School District
 Rothsay Secondary
 St. Mary's School

Workplaces

American Solutions for Business
 Big Stone County Family Services
 Grant County
 Main Street Industries
 Orthopedic and Sports Physical Therapy Inc
 Saint Francis Healthcare Campus
 Stevens Community Medical Center
 Stevens County Government
 Wilkin County

MINNESOTA LEGISLATIVE DISTRICTS 12A & 12B



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.