



S A I N T  
**LOUIS**  
**COUNTY**  
M I N N E S O T A



**Essentia Health**



healthy  
northland  
STATEWIDE HEALTH IMPROVEMENT PROGRAM

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## Healthy Active Communities

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### Healthy Active Communities Coalition

January 12<sup>th</sup>, 2017

55792

4:00-6:00pm

### Essentia Health Virginia

901 9<sup>th</sup> St. N, Virginia, MN

McMillan B. Room

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### Meeting Objective:

Build off December 1<sup>st</sup> meeting by mapping current work and future focuses of the organizations working in the key areas of mental health, food access, and active living.

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### Proposed Agenda:

4:00pm	Group Gathering - Grab Food	
4:10pm	Welcome and Introductions - Review of previous meeting	Raymond Jobe, Facilitator
4:30pm	Review Proposed Agenda and Expected Outcomes of the Meeting	Facilitator
4:35pm	Review December Meeting Results- Any additions?	Group
4:40pm	Mapping of Services for Each Organization	Group
5:50pm	Conclusion- Next Steps	Facilitator
5:55pm	Next Meeting	Facilitator

**Healthy Active Communities**  
**January 12<sup>th</sup>, 2017**  
**Essentia Health – McMillan C Room**  
**4:00 p.m. – 6:00 p.m.**

**In Attendance:** Sara Ferkul, Raymond Jobe, Brian Bluhm, Lorrie Janatopoulos, Russell Haberman, Becky Zubich, Jana Blomberg and Janene Glyn De Bedia

The group decided they would review the services they mapped out at the previous meeting so could identify where there may be gaps. They started with the mental health column. However, the people that would be the most helpful in outlining this subject were not at this meeting.

They moved on to Healthy Food. They went through each of the places or projects listed to identify what other organizations are involved or what they are working on.

Rutabaga Project: AEOA, Iron Range Partnership for Sustainability, Essentia Health, Snap-Ed/University of MN, YMCA, Salvation Army, City of Virginia, Virginia HRA, St. Louis County, Healthy Northland, Natural Harvest, Local Farmers and Growers including Fat Chicken Farm, Owl Forest Farm and the Virginia Feed Store. Other organizations related to the Rutabaga Project Growing Together – Virginia Community Gardens, Friends of the Olcott Park Greenhouse, Virginia Market Square Farmers Market. They also are growing connections with the Hibbing Farmers Market and the Ely Farmers Market. All three farmers markets will be accepting EBT – Market Bucks.

U of M Extension: Snap-Ed, Cooking Classes, Rutabaga Project, Works with schools with 50% or higher free or reduced meals, Mountain Iron Schools Community Education, ECFE – Parent education and Tours of Farmers Markets

YMCA: Summer and Day camps, after school programs, providing meals and healthy snacks throughout the school year, Diabetes Prevention Program (adults), Gardening and Cooking with kids, Healthy Kids Day and Education for Members.

Tribes: If they live on the reservation they do receive food commodities/rations. Conference that was held at Fortune Bay – Return of First Medicines – with assistance from the MN Department of Health, Blue Cross Blue Shield, Indigenous People Task Force. There may also be federal grants available for tribes. Leech Lake Reservation was also doing some community gardens.

Messiah Lutheran Church: Community Garden plots, Commercial Grade kitchen available for rent if they already have their own food license, Greenhouse, Cooking Classes have also been held in the kitchen, Partners with Earth Fest and they have many ideas for hosting community gatherings and meals.

Head Start: There is a health component that is required for this program. They also work with USDA to receive healthy snacks for the children, they are also a recipient of the Buddy Backpacks program that is distributed through United Way, however, they do not receive enough for the amount of kids that should receive them. They also do an annual farm tour. There may be a potential change in curriculum to encompass education on healthy living and healthy eating. **GAP** – lack of meals and snacks for kids after school hours, weekends and summers.

Meals on Wheels: To receive meals on wheels the participant needs to be homebound. Meals are delivered but people are encouraged to donate.

Senior Meals/Senior Dining: Offered at many locations including senior housing, community and senior centers and some restaurants. Frozen meals are available for weekends.

Groceries To Go: Grocery delivery service. Being homebound is not a requirement.

Schools: Green Team – volunteered at Earth Fest by helping with the composting education.

United Way: Buddy backpacks, summer meal program in Chisholm, partnered with the Salvation Army – Community Collaboration – In 2013 they donated 1.5 million pounds of food in Northeast Minnesota.

Second Harvest: gives food to food shelves or sells food to food shelves at a reduced cost. Will deliver food or you can pick it up. It is essentially a distribution center.

WIC: Vouchers, education available (prenatal to approximately age 5). They are beginning to offer WIC at farmers markets however there are regulations that need to be followed.

Natural Harvest: Organic options, EBT accepted, Explorers Program (free veggies for kids when shopping). New building will be offering healthy cooking classes. They have a great partnership with the community.

Salvation Army: Bread table, Supper club. **GAP** - The Hibbing Salvation Army may be closing.

Food Shelves: They have local advisory committees. There are food shelves that fall under AEOA's 501C3, they would have to follow certain rules that are put in place by AEOA. Service times vary depending on the location. Locations: Chisholm, Tower, Ely, Aurora, Babbitt and Gilbert. The Gilbert location is in need of a new building. Quite a bit of push back to move it out of Gilbert into Virginia.

Ruby's Pantry: \$20. Will receive reduced rate food. Location in West Eveleth and possibly Cook.

Jenna: Cooking classes and cooking demonstrations. Hoping to set up tours of the farms that she will be receiving her food from. She is also hoping to open her restaurant by this summer.

Corner Stores: **GAP** – Healthy Food Access. Targeting: Freedom, Short Stop, F & D Meats, and Brenda's Mini Mart – all accept EBT. Working to offer incentives to these businesses to offer healthy food options. Partnering with the U of M Extension – Betsy Johnson. Food Hub could purchase produce in bulk and then sell it these corner stores at a reduced price.

Grocery Stores: Lack of grocery stores in each town or in close proximity. Towns lacking are: Gilbert, Aurora and Buhl. Link to the USDA website showing where we may be lacking for food access. <https://www.ers.usda.gov/data-products/food-access-research-atlas/go-to-the-atlas/>

Restaurants: Local ingredients used: Kunnari's, The Shop, Natural Harvest (Grab and Go Options), Copper Nickel and Burnt Onion.

Essentia Health: Cafeteria is open to the public, healthy options available. However, there is a gap when it comes to the healthy food options getting to the patients. Also not open on the weekends.

Healthy Northland: Bridge to Health Survey, CWG – 18 and up signage. Provide materials for Y's NDPP, Support for local programs and SHIP – 0-18 years old.

Discussed trying to get this mapping completed or mostly completed prior to the next meeting so it doesn't take up so much time.

Next Meeting Date:

**TBD**