



Board of County Commissioners Agenda Request



Requested Meeting Date:

Title of Item:

<p>REGULAR AGENDA</p> <p>CONSENT AGENDA</p> <p>INFORMATION ONLY</p>	<p>Action Requested:</p> <p>Approve/Deny Motion</p> <p>Adopt Resolution (attach draft)</p> <p style="text-align: right;"><i>*provide copy of hearing notice that was published</i></p>	<p>Direction Requested</p> <p>Discussion Item</p> <p>Hold Public Hearing*</p>
<p>Submitted by:</p>		<p>Department:</p>
<p>Presenter (Name and Title):</p>		<p>Estimated Time Needed:</p>
<p>Summary of Issue:</p>		
<p>Alternatives, Options, Effects on Others/Comments:</p>		
<p>Recommended Action/Motion:</p>		
<p>Financial Impact:</p> <p><i>Is there a cost associated with this request?</i> Yes No</p> <p><i>What is the total cost, with tax and shipping? \$</i></p> <p><i>Is this budgeted?</i> Yes No <i>Please Explain:</i></p>		

University of Minnesota Extension – Aitkin County

Mission: Making a difference by connecting community needs and University resources to address critical issues in Minnesota.

Extension provides practical education and research you can trust, to help people, businesses and communities solve problems, develop skills and build a better future. In doing so, the Aitkin County Extension office has educational efforts underway for youth and adults in various areas including 4-H and nutrition education. If you have any questions or comments, please contact anyone of us listed on the back page of this report.

Sincerely,

Tony Hansen
Regional Director, Northeast Region

Highlights from Carolyn McQueen, SNAP-Ed Health & Wellness Coord.

My work in Aitkin County in the last year has been with the Community Food Shelf at First Lutheran. The Community Food Shelf has recently been certified as a SuperShelf! SuperShelf transforms food shelves, creating welcoming environments for communities to access appealing, healthy foods. SuperShelf uses behavioral economics to make the healthiest choice the easiest choice, while promoting and respecting individual choice.



Community Food Shelf at First Lutheran received grant funding that was applied for by Aitkin County Cares, and we partnered with Aitkin Public Health as well.



Community Food Shelf have made some big changes:

- Taking carpet out and installing tiles.
- Painting the room in bright and inviting colors.
- Adding more lights
- Reconfiguring food shelf layout to give prominence to fruits, veggies, and less processed foods.
- Changing food categories to encourage selection of better food options.
- Adding category signs with more than one language.
- New refrigerator and a new freezer with glass doors for shoppers' convenience
- Showcasing and promoting better foods by spotlighting them and adding colorful displays and baskets on the shelves
- Beautiful signage throughout
- Offers a welcoming, positive grocery store-like experience to shoppers.
- Increasing the quantity, accessibility, and variety of better foods
- Developing policy to sustain practices and protecting supply to avoid inventory issues.
- Evaluating changes and identifying opportunities for improvement.



Highlights from Jodi Nordlund, SNAP-Ed Health & Wellness Coord.

Hill City Community Garden (Hill City Government, Aitkin County HHS, Aitkin County Care)

- This is an ongoing program. Jodie was on the planning committee, and now we are in the second year of the garden.
- Build relationships with community gardeners
- Offer technical assistance when needed
- Offer classes in the garden when requested

Veggie RX (Riverwood, Aitkin County HHS, Aitkin Farmer's Market)

- Planning started this past spring; classes will start mid summer
- Sharing recipes for Veggie RX boxes
- Teaching a 6 week cooking class for Veggie RX participants
- Leading some virtual cooking classes

Making a Change (Aitkin County Public Health, Aitkin County Probation)

- This program is funded in part by SAMSHA/Rural Opioid Grant. SNAP-Ed is part of the Nutrition for Recovery portion. Participants are referred by Aitkin County Probation
- Helping with planning and teaching classes starting fall 2023

Aitkin County Extension Contacts

Jodi Nordlund

SNAP-Ed Health & Wellness Coordinator

Email: nordl058@umn.edu

Phone: 218-327-7356

Carolyn McQueen

SNAP-Ed Health & Wellness Coordinator

Email: cmcqueen@umn.edu

Phone: 218-824-1349

Julianna Langlois

Extension Educator, 4-H Youth Development

Email: langl148@umn.edu

Phone: 218-927-7321

Tony Hansen

Regional Director, Northeast- Brainerd Regional Office

Email: hans8122@umn.edu

Phone: 218-828-2276