



Aitkin County Public Health

PartnerSHIP News!

April 2025

[Aitkin County
SHIP Website](#)

[Resources](#)

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Aitkin, Itasca, Koochiching, Carlton, Cook, Lake, and St. Louis counties make up **Northeast SHIP**

Stay updated with the latest news and events from the northland, the Northeast Minnesota Statewide Health Improvement Partnership (SHIP). Read about our health initiatives, community success stories, and upcoming events promoting healthy living in the region.

<https://www.northeastship.org/news>

Check out the Northeast SHIP Website!

(formally called Healthy Northland)

<https://www.northeastship.org/>



FIND FOOD Aitkin County

Featured Recipe of the Month!

Celebrate the flavors of spring with our Sparkling Cherry Blossom Lemonade — a light, refreshing beverage that’s as beautiful as it is delicious. This easy-to-make drink combines ½ cup of tangy lemonade with a can of Cherry Blossom LaCroix for a bubbly floral twist. Add a handful of frozen pitted cherry “ice cubes” to keep it cool and infuse a subtle sweetness as they melt. Garnish with a lemon wedge for a burst of citrus and a touch of elegance. Whether you're hosting a gathering or simply enjoying a sunny afternoon, this sparkling sip is sure to brighten your day.

Nutrition Information per serving:

- Calories: 50
- Carbohydrates: 15g
- Protein: 0g
- Total Fat: 0g
- Total Sugar: 13g (Natural Sugar: 5g) (Added Sugar: 8g)



SPARKLING CHERRY BLOSSOM LEMONADE

Sparkling Cherry Blossom Lemonade

Sparkling Cherry Blossom Lemonade is a light and bubbly refresher made with lemonade, Cherry Blossom LaCroix, frozen cherry “ice cubes,” and a lemon wedge for a crisp, fruity twist.



Ingredients

- ½ cup lemonade
- 1 can Cherry Blossom LaCroix Sparkling Water
- 1 can Cherry Blossom LaCroix Sparkling Water
- Lemon wedge for garnish, optional

Directions

1. Add lemonade to a glass and top with Cherry Blossom LaCroix sparkling water. Drop in the frozen pitted cherry “ice cubes”, along with an optional lemon wedge for garnish.

www.findfoodaitkincounty.org

<https://findfoodaitkincounty.org/recipes/>

SUCCESS STORY

Aitkin Recreational Trails Get a Fresh Look with Wayfinding Signage

Enhancing Accessibility and Community Health Through Trail Signage

*Author: Hannah Colby, RD, LD, CLS
Community Health Specialist with Aitkin County Public Health*

In Aitkin, community collaboration and shared vision have transformed a beloved local asset into an even more accessible and inviting space for residents and visitors alike. The Aitkin Park Committee, in partnership with Aitkin County Public Health through the Statewide Health Improvement Program (SHIP), has successfully identified and met a key need: wayfinding signage for the newly named Aitkin Recreational Trails, including the well-used paved Tank Trail.

With community wellness and outdoor recreation in mind, the Aitkin Park Committee recognized that clearer signage could enhance safety, encourage more physical activity, and create a more user-friendly trail experience — especially for families, older adults, and those new to the area.

Thanks to funding support from Aitkin County Public Health's SHIP program and Riverwood Healthcare Center, the Committee was able to design and produce custom trail markers. The City of Aitkin Street Department brought the project to life, installing the signs along the trail on April 24th. A total of 13 new trail posts were placed at every tenth of a mile along the 1.3 - mile route, with the first marker beginning at the trailhead off Red Oak Drive.

As you drive by Paulbeck's Market, you may notice a big new sign on their pylon highlighting the Aitkin Recreational Trails. A special thank you to Paulbeck's for their generous donation, which helped make wayfinding more accessible for both our community and visitors coming to Aitkin. Their support is another example of how local businesses play a vital role in shaping a healthier, more welcoming community.

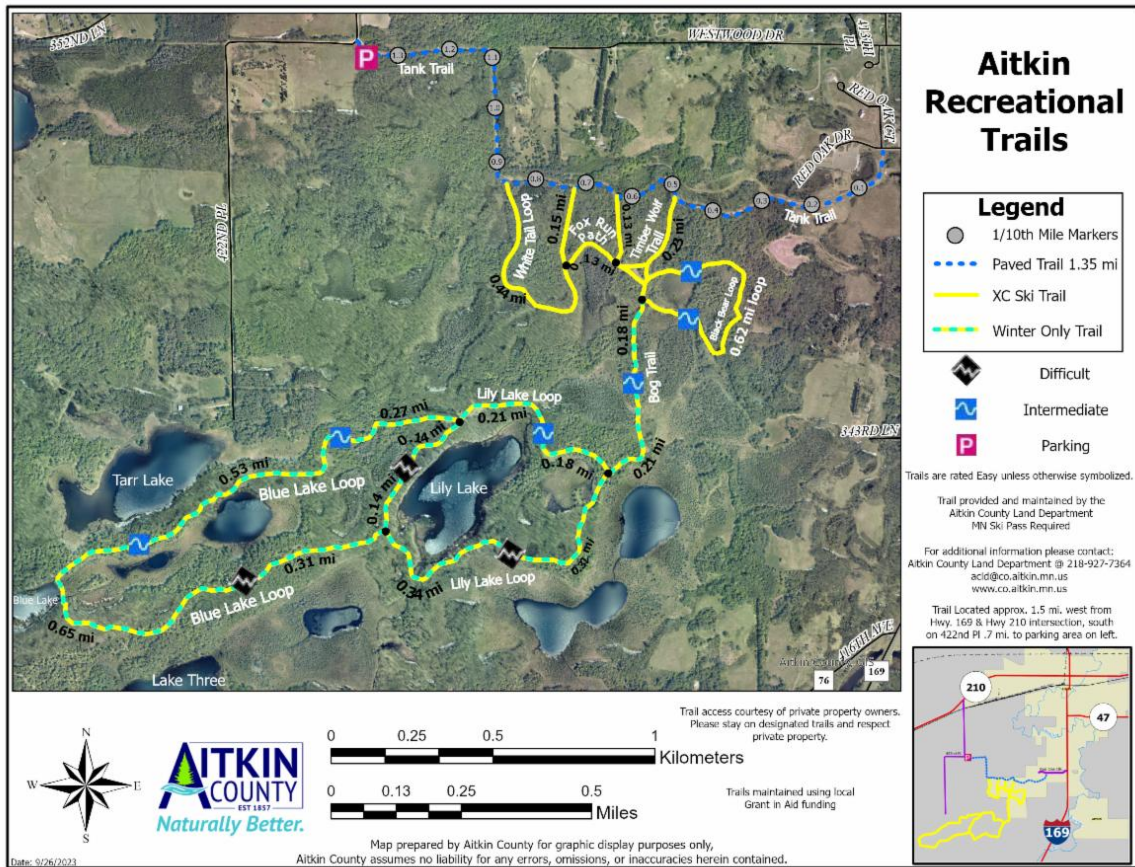
These new markers provide easy-to-read distance updates and orientation points, making the trail more accessible for walkers, joggers, bikers, and families. The signage supports health equity by helping all community members — including those unfamiliar with trail systems — feel more comfortable and confident navigating the space.

And there's more to come. Additional signage for the nature trail loops, mowed trails designed to immerse visitors in the beauty of Aitkin's natural surroundings, has already been purchased and is slated for installation. These trails will offer another layer of outdoor engagement, giving families and nature enthusiasts even more reason to explore, learn, and enjoy the outdoors.

What makes the Aitkin Recreational Trails even more unique is their year-round appeal. During the winter months, these trails are beautifully transformed into groomed cross-country ski trails, thanks to a strong partnership with the Aitkin County Land Department. This seasonal transformation invites the community to stay active and connected to nature through every season. Whether it's a morning walk in the fall or a snowy glide on skis in January, the trails continue to serve as a valuable asset for health, recreation, and well-being.

This project is a shining example of what can be achieved when local government, public health, and healthcare come together with a shared goal - improving community health and making Aitkin a better place to live, move, and explore.

The Aitkin Recreational Trails are now not only a scenic route but also a symbol of the community's commitment to wellness, accessibility, and collaboration.





SHIP STORY MAP

The Statewide Health Improvement Partnership (SHIP) creates wellness across Minnesota’s communities through community-driven, evidence-based, and equity-focused programs that tackle the root causes of chronic diseases.

The image above and the link below will take you to the storymap to explore work across Minnesota.

[We are SHIP](#)

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statewide health improvement partnership
AITKIN

Working together to make Aitkin County a healthier place to live, work and play!

EXPLORE
AITKIN SHIP WEBSITE

SHIP is centered in the communities we serve. SHIP Coordinators live, work, and play alongside their families, friends, and neighbors across the Northeast.

DISCOVER

Healthy Eating
SHIP works with communities to increase access to and consumption of fruits and vegetables.

Active Living
Active living is for everyone. It's easy to get all the physical activity you need to be healthy when active living is built into the world around you.

Well - Being
SHIP works to support policies, systems, and environments that help ensure everyone can experience positive mental well-being.

[Read More](#) [Read More](#) [Read More](#)

<https://www.aitkincountyship.org/>

Aitkin Food as Medicine Festival

Date: Saturday, May 31, 2025

Time: 10:00 AM – 1:00 PM

Location: Aitkin Farmers Market - Tractor Supply Parking Lot

Join us for the Food As Medicine Farm Festival, a free, family-friendly event celebrating the power of fresh, local food to support health and well-being! Hosted at the Aitkin Farmers Market, this engaging festival will feature live cooking demonstrations, interactive education, and a variety of local vendors offering seasonal produce and wellness-focused products to purchase. Learn how food can fuel your health, connect with community resources, and enjoy a fun-filled day outdoors.

Admission is free and open to the public!

<https://www.clearlakegardens.org/events>



Education Cooking Demos Fresh Food Vendors

A FREE PUBLIC EVENT

Saturday, May 31st; 10am - 1pm

at the

AITKIN FARMER'S MARKET

190 Southgate Dr., Aitkin

Details: clearlakesgardens.org/events



Have An Event Coming Up?

Don't forget Aitkin County Public Health has a Mother and Infant Rest Area Canopy that is available for everyone to check out. This pop-up canopy provides a private space for mothers to nurse their little one/s. You can check out the canopy and supplies via the [Aitkin County SHIP website](#).



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First Name _____ Last Name _____

Email * _____

Message _____

Statewide Health Improvement Partnership

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Public Health
Prevent. Promote. Protect.
Aitkin County

MONDAY THROUGH FRIDAY
from 8:00 am to 4:30 pm



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