



Aitkin County Public Health

PartnerSHIP News!

January 2025

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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!

(formerly called Healthy Northland)

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



FIND FOOD Aitkin County

Featured Recipe of the Month!



SINGLE - SERVE JUMBO OATMEAL COOKIE

Single - Serve Jumbo Oatmeal Cookie

This Single Serve Jumbo Oatmeal Cookie is bananas for flavor! Packed with oats, cinnamon, and a sweet touch of maple syrup, it's a cookie that's truly berry good, thanks to juicy blueberries. With the natural sweetness of banana and a dash of vanilla extract, it's the perfect oat-standing treat for when you're craving something sweet—but just enough to eat it all!

Ingredients

1 ripe **banana**, mashed (~½ cup)
1½ teaspoons **creamy peanut butter**
1 teaspoon **maple syrup**
¼ teaspoon **vanilla extract**
½ cup **oats, old-fashioned or quick oats, not steel oats**
1 teaspoon **baking powder**
¼ teaspoon **ground cinnamon**
2 tablespoons **semi-sweet chocolate chips or blueberries**
for topping, optional

Directions

1. Preheat oven to 350°. Line a small baking sheet with parchment paper and set aside.
2. In a small bowl, mash banana with peanut butter, maple syrup and vanilla extract. Sprinkle on oats, baking powder and ground cinnamon, and mix everything together to form a batter. Slide the batter on to the parchment paper, and using a fork or spoon, create a jumbo circular cookie shape (don't make it too flat). Decorate top with optional chocolate chips (or blueberries); gently pressing them to set.
3. Bake about 16 minutes on middle rack. Let cool and dig in!
4. You can make it ahead of time, wrap individually and freeze for future snacks.



(Joy Bauer et al. single - serve jumbo oatmeal cookie)

www.findfoodaitkincounty.org

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

SUCCESS STORY

Growing in the Spotlight: Hill City's Garden Shines on the National Stage

Author: Hannah Colby, RD, LD, CLS

Community Health Specialist with Aitkin County Public Health

In 2022, Aitkin County CARE was thrilled to receive the Building Resilient Inclusive Communities (BRIC) Grant from the Minnesota Department of Health (MDH). This generous grant supported the growth and development of the Hill City Community Garden, a vital project that is improving food and nutrition security, promoting physical activity, and fostering social connectedness in the rural community of Hill City, Minnesota.

The funding from the BRIC Grant helped cover the costs associated to bring a garden to the community, which has become a critical resource for the town. The garden provides fresh produce to local families, encouraging healthy eating habits and reducing food insecurity. It also serves as a gathering place where community members can connect, share knowledge, and participate in physical activity. Gardening is a great form of physical activity as it involves movement like digging, planting, weeding, and lifting, all of which help improve strength, flexibility, and overall fitness.

To share the incredible impact of this project, a special webinar was created to showcase the combined efforts of the BRIC and SPINE (Statewide Partnerships for Inclusion and Empowerment) programs. The webinar highlighted how these initiatives have made a significant difference in improving food security, physical activity, and social connectedness in rural communities across Minnesota, with Hill City taking center stage.

What made this story even more remarkable was the involvement of Rocket Camp, a production company based in Atlanta, Georgia. The videographers from Rocket Camp flew in from various parts of the country to capture the heartwarming and inspiring story of Hill City's transformation through the community garden. The video team worked closely with local residents, community leaders to film a compelling narrative that showcased how the BRIC-funded garden has been a game-changer for the community. They captured not only the garden itself but also the authentic connections and shared experiences of the people who call Hill City home. The footage captured not just the physical beauty of the garden but also the spirit of the community - the hardworking, resilient, and caring people who have turned the garden into a symbol of hope and togetherness.

The resulting video highlighted the unique ways in which the garden has transformed Hill City, helping to increase access to healthy food, improve physical health through outdoor activity, and strengthen social ties within the town. It also serves as a reminder that even the smallest communities can have a mighty impact when they come together to support one another. Hill City's journey, captured by Rocket Camp, continues to inspire other communities looking to build resilience and make a lasting difference in their own neighborhoods.

At a crucial moment when time was tight for video production of a video to be

filmed in Minnesota, MDH and Aitkin County Public Health made a call for help - and Hill City's leaders and residents answered without hesitation. Despite the last-minute notice, the city rallied together to make the video happen. Special thanks go to Lynne Jacobs, former Aitkin County CARE executive director, who played a pivotal role in organizing the project; Lin Benson, City of Hill City Council Member, for her leadership and support; Tami Meyer, City of Hill City Clerk, for her invaluable assistance; and Dave Lange, Hill City Mayor, whose dedication to the town was integral to the success of the project. A big shout-out is also owed to the community members featured in the video, who took time out of their busy lives to showcase their connection to the garden and share their stories of health, wellness, and community.

To view the video, click on the link shown below. The spotlight on the Hill City Community Garden video story starts at 14:30 and ends at 16:11.

<https://vimeo.com/1051279977?share=copy>

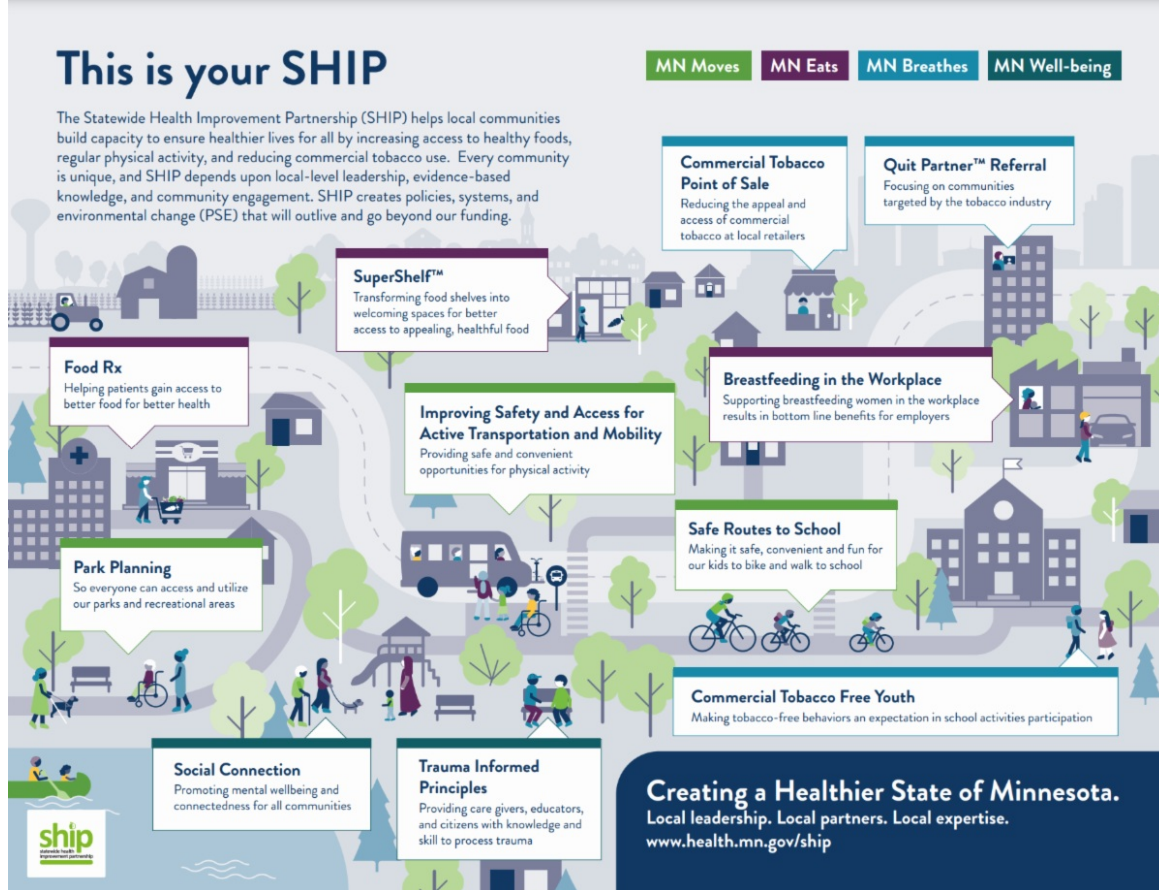
Food boxes program addresses hunger in Aitkin County

Author: Riverwood Healthcare Center

The first box distributed in January contained apples, honey, maple syrup, wild rice, dry beans, oatmeal, oat groats, eggs and ground pork. Together, boxes will be delivered each month from January through April 2025.

[Read More](#)



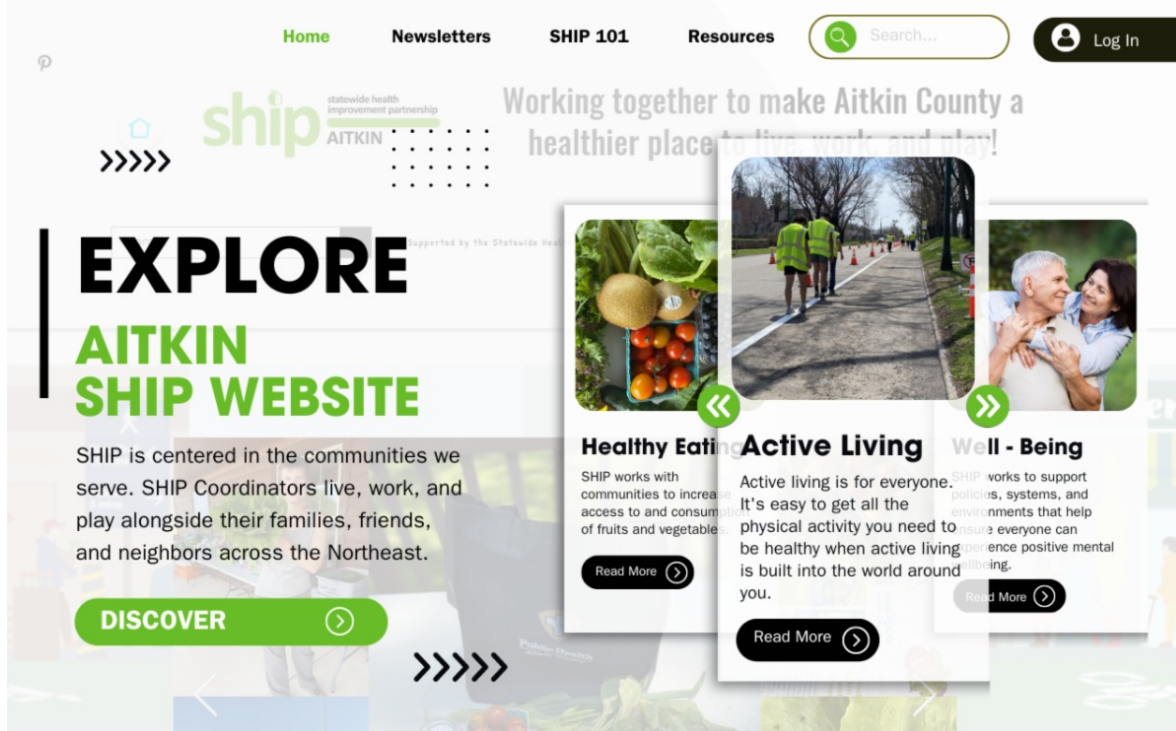


SHIP STORY MAP

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](https://www.health.mn.gov/ship)



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

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](https://www.aitkincountyship.org/).



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First Name Last Name

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Upcoming Event

Save the Date for Northland Food Forum

Please join us for a day of regional sharing on diverse food access initiatives across the Northeast Region. Collaborate on partnerships, resource sharing, and joint advocacy efforts to strengthen the regional food system.

March 14, 2025

9:30 am - 4:00 pm

Peace United Church of Christ

111 North 11 Ave E, Duluth, MN

Free Food Provided (potluck style)

For questions contact: blakemant@communityhealthboard.org

Statewide Health Improvement Partnership

CONTACT US



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www.aitkincountyship.org




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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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