



Aitkin County Public Health

PartnerSHIP News!

March 2025

[Aitkin County
SHIP Website](#)

[Resources](#)

[Northeast SHIP Website](#)

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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.

Check out the Northeast SHIP Website!

(formerly called Healthy Northland)

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



FIND FOOD Aitkin County

Featured Recipe of the Month!

I'm sharing my best-kept secret—my absolute favorite go-to meal prep recipe that never fails me! These Cheeseburger Bites are packed with flavor, protein, and just the right amount of indulgence, making them the perfect balance of healthy and satisfying. They come together quickly with simple ingredients, reheat beautifully, and can be paired with just about anything for a complete meal. Whether I'm craving a quick lunch, a high-protein snack, or an easy dinner, these bites always have my back. Trust me, once you try them, you'll be meal prepping them on repeat too!

Cheeseburger Bites

Cheeseburger Bites make a delicious and protein-packed meal prep option, perfect for busy days. Made with ground turkey or beef, cheddar and parmesan cheese, and a flavorful blend of ketchup, Dijon mustard, and relish, these bites are easy to portion and reheat. Paired with roasted veggies or a side salad, they offer a balanced, satisfying meal that brings all the flavors of a classic cheeseburger



Ingredients

- 1 lb. **ground turkey or beef**
- 1 **egg**
- ½ cup **shredded cheddar cheese**
- ¼ cup **parmesan cheese**
- ¼ cup **ketchup**
- 3 tablespoons **Dijon mustard**
- 2 tablespoons **relish**
- ½ cup **whole wheat bread crumbs**

Directions

1. Preheat oven to 400 degrees F.
2. Mix all ingredients together.
3. Bake for 25 minutes

www.findfoodaitkincounty.org

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

SUCCESS STORY

In celebration of **National Nutrition Month**, we're highlighting a success story that embodies this year's theme: Food Connects Us. Access to nutritious food is more than just a necessity—it's a bridge that links us to our communities, traditions, and well-being. From the way meals are prepared to the people who gather around the table, food tells a story of culture, connection, and care. However, not everyone has the same access to fresh, nourishing ingredients. Through Flipping the Page on Food Access, we're working to change that—ensuring that everyone has the opportunity to build a healthier, more connected future through food.

Flipping the Page on Food Access

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

In an effort to enhance community engagement and provide valuable resources, the Find Food Aitkin County website has introduced an innovative feature: the Feeding Our Community Resource Library, a virtual bookshelf equipped with interactive flip books. This new addition aims to offer residents easy access to a variety of information related to food resources, nutrition, and local programs.

The virtual bookshelf is designed to simulate the experience of browsing through

physical books. Users can "flip" through pages of digital publications, making the exploration of topics both engaging and user-friendly. This feature is particularly beneficial for those seeking detailed guides, recipes, or educational materials without the need to download large files or navigate away from the site.

Currently, the bookshelf features two valuable flip books:

Thyme for Savings

At the farmers market, fresh, local food is for everyone—and Thyme for Savings is here to help you make the most of your shopping experience! This resource is a guide to stretching your dollars while bringing home the best seasonal produce, meats, and more. Whether you're a seasoned market-goer or visiting for the first time, this book shows you how to maximize your budget through special savings programs designed to make healthy, local food more affordable.

Inside, you'll discover programs like Power of Produce (PoP) Coupons for kids and seniors, which provide additional produce dollars, and the Market Bucks program, where SNAP shoppers can triple their spending power. There's also information on the Minnesota WIC Farmers Market Nutrition Incentive, which offers extra benefits to families purchasing fresh fruits and vegetables. Plus, this guide includes practical tips for shopping smarter, meeting local farmers, and making delicious, budget-friendly meals with market finds.

Shopping at the farmers market isn't just about saving money—it's about building a stronger, healthier community. Every dollar spent supports local growers, strengthens the regional food system, and brings fresh, nutritious food to the table.

Find Food Aitkin County Guide

Navigating food resources in Aitkin County has never been easier! The Find Food Aitkin County Guide is a comprehensive resource designed to connect residents with food assistance, ensuring that everyone has access to nutritious meals when they need them most. This guide includes vital information on emergency food assistance, food shelves, and community meal programs, helping individuals and families find reliable sources of nourishment. It also highlights mobile food pantry programs and pop-up food distributors, making it easier to access fresh and shelf-stable foods throughout the county. Additionally, there is a dedicated section Just for Seniors, featuring specialized meal programs and grocery resources tailored to older adults.

With user-friendly navigation and easy-to-follow information, this guide empowers residents to access the food they need for themselves and their families. By integrating the Feeding Our Community Resource Library, Find Food Aitkin County ensures that local food resources are more accessible than ever. Visit findfoodaitkincounty.org today and start exploring these valuable guides!

Feeding our Community Resource Library



Pop Up Food Distributors

FARE FOR ALL

Fare For All is a pop-up grocery store. We sell packs of fresh produce and frozen meat at up to 40% off of retail prices. There's no pre-registration, no pre-ordering, and no pre-payment. Fare For All is open to everyone, first come, first served.

Onamia Veterans Club

38692 US-169, Onamia MN
Monthly on a Wednesday
3:00 PM - 5:00 PM

Ruby's Pantry

Ruby's Pantry is for anyone that is looking to extend their monthly grocery budget. For a \$25 bundle donation, you will receive an abundance of groceries. There is no income or residency requirement. Guests can attend as many locations each month that work for their schedule.

Northwoods Community Church

810 2nd St NW, Aitkin MN
2nd Saturday of the Month
Registration begins at 8:00 AM
Food bundles available 8:00 AM - 9:30 AM

Northern Pacific Center

1511 Northern Pacific Road, Brainerd MN
2nd Tuesday of the Month
Registration begins at 4:00 PM
Food bundles available 4:30 PM - 6:00 PM

Onamia Community Center

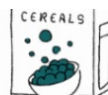
806 West Kathio Street, Onamia MN
1st Monday of the Month
Registration begins at 9:30 AM
Food bundles available 9:30 AM - 11:00 AM

Bethany Lutheran Church

5577 Cromwell Park, Cromwell MN
2nd Thursday of the Month
Registration begins at 9:00 AM
Food bundles available 9:00 AM - 10:30 AM

Memorial Drive Bible Fellowship

67331 Veterans' Evergreen Memorial Drive
Askov MN
4th Saturday of the Month
Registration begins at 9:00 AM
Food bundles available 9:30 AM - 11:15 AM



Just For Seniors

MEALS ON WHEELS

Hot meals (lunch) provided to seniors five days a week within one mile of the city limit of Aitkin.

Homebound seniors age 60 and over. Suggested donation of \$4.50 per meal, no cost for medical waived clients. To Register: 218-749-2912 or 1-800-662-5711, ext. 7323

Hot meals (lunch) provided to seniors every other week within Aitkin County

Frozen meals and NAPS available for seniors 60 and older; other services available to homebound seniors and disabled adults. Suggested donation of \$4.50 for frozen meals; no cost for medical waived clients. To Register Call: 218-749-2912 or 1-800-662-5711, ext. 7323.

COMMODITY SUPPLEMENTAL FOOD PROGRAM

Monthly distribution of free non-perishable food items in Aitkin, McGregor, McGrath, deliveries made to Aitkin Manor, Maryhill Manor, Village Apartments, and Pioneer Villa. For seniors 60 and older who meet income guidelines.

For more information or to register, call Ann Gile at: 218-927-1585 extension 1 or 877-810-7776 (toll free).

Aitkin Area

2nd Tuesday of each month
Aitkin First Lutheran Church
8:30 AM - 9:30 AM
(Deliveries made to Aitkin Manor, Maryhill Manor and Village Apartments)

McGregor Area

1st Tuesday of each month
McGregor Community Center
2:30 PM - 3:30 PM
(Deliveries made to Pioneer Villa)

McGrath Area

1st Tuesday of each month
McGrath Firehall
1:30 PM - 2:30 PM



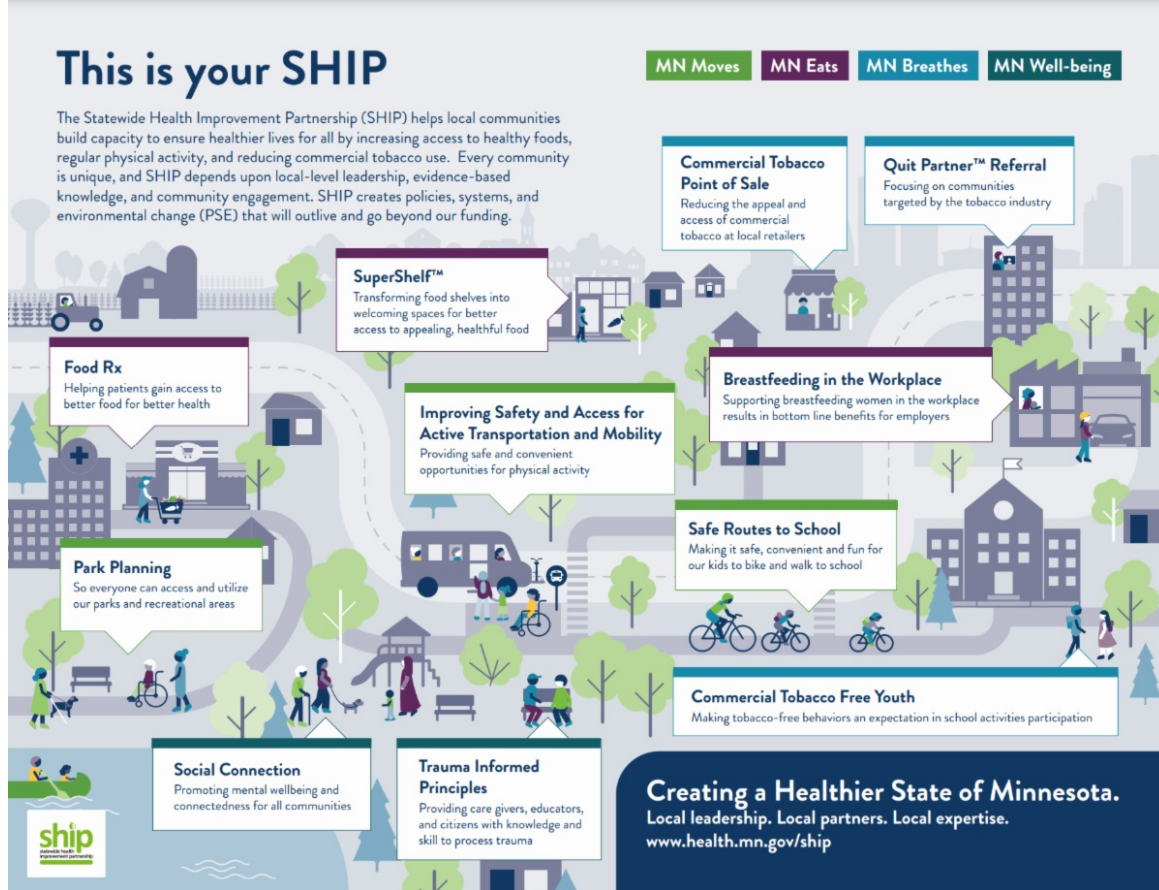


Cooking at home is a great way to connect with your food, as well as with your family, friends and culture.

There are a variety of ways to connect with food. These include preparing your own meals and snacks and learning about how the ingredients you eat were grown or raised. Your ability to access food is also essential. Many people have a specific amount of money they're able to spend on food, which makes planning extra important when trying to eat healthfully. Here are some tips for connecting with food: • When purchasing food from a store, use a grocery list and pay attention to sales. When food is less processed, it's often more affordable. • Learn about resources in your community that offer access to healthy foods, such as the [Supplemental Nutrition Assistance Program \(SNAP\)](#), [Women Infants and Children \(WIC\)](#), and food banks. • [Visit a farmers' market](#) to ask about how your food was grown or raised, or consider starting a home or community garden to get hands-on experience with the growing process.

In celebration of #NationalNutritionMonth, discover eight tips to develop basic cooking skills, even if you're on a tight budget:

<https://sm.eatright.org/CookatHome>

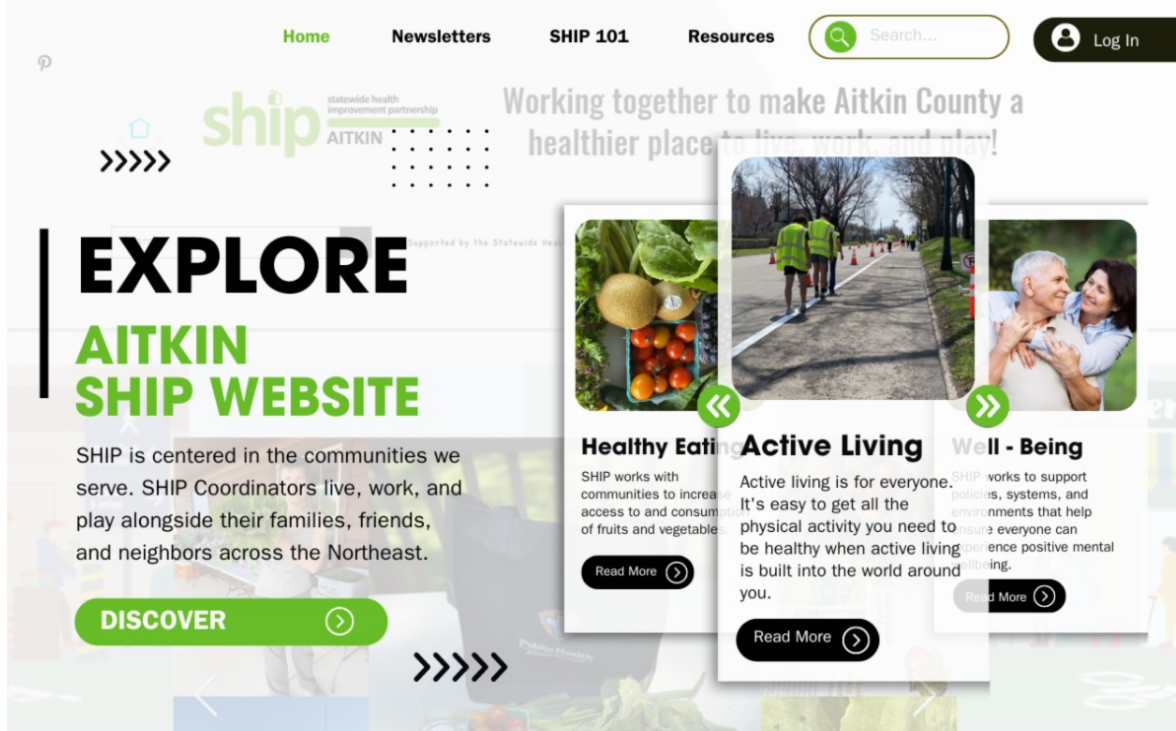


SHIP STORY MAP

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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Statewide Health Improvement Partnership



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