



Aitkin County Public Health

PartnerSHIP News!

October 2025

[Aitkin County
SHIP Website](#)

[Resources](#)

[Northeast SHIP Website](#)

[View as a web page!](#)



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.

[**Our Work**](#)

[**Quick Facts**](#)

[Reports](#)

[Minnesota Department of Health SHIP Newsletter](#)

**Check out the Northeast
SHIP Website!**

(formally called Healthy Northland)

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



[NE SHIP Community Newsletter](#)

**FIND FOOD
Aitkin County**

Featured Recipe of the Month!

[Easy Baked Apples with Crumb Topping](#)

Tender, juicy apples are lightly dusted with cinnamon and baked to perfection, then crowned with a golden, crunchy crumb topping made from oats, gluten-free or all purpose flour, chopped pecans, maple syrup, melted butter, vanilla, and warm spices like cinnamon and nutmeg. The combination of soft, fragrant apples and a nutty, buttery topping creates a cozy, naturally sweet dessert that's simple enough for weeknights yet special enough for gatherings.



EASY BAKED APPLES WITH CRUMB TOPPING

Easy Baked Apples with Crumb Topping

Tender baked apples filled with cinnamon, brown sugar, and butter, topped with a crisp, buttery crumb. Simple, cozy, and perfectly sweet—an effortless treat for any day.



Ingredients

For the Apples:

- 4 medium apples
- Cinnamon for dusting

For the Crumb Topping:

- 1 cup old-fashioned rolled oats
- ½ cup gluten-free flour blend or all-purpose flour
- ¼ cup chopped pecans
- 3 tablespoons pure maple syrup
- 4 tablespoons unsalted butter, melted
- 1 teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- Pinch of sea salt

Directions

1. Preheat oven to 350 degrees. Cut the apples in half. Scoop out the core. Place the apples, cut side up, in a 9 x 13 inch baking dish. Dust with cinnamon. Set aside.
2. In a medium bowl, combine the oats, flour, pecans, maple syrup, butter, vanilla, cinnamon, nutmeg, and salt. Stir well.
3. Divide the oat topping evenly over the apples.
4. Cover the baking dish with foil and bake for 30 minutes. Uncover and bake for another 20-25 minutes or until the apples are cooked through and the topping is golden brown.
5. If desired, serve apples and crumb topping with a scoop of ice cream, yogurt, or whipped topping. To garnish, top with a few chopped pecans, dusting of cinnamon, and drizzle of maple syrup.

www.findfoodaitkincounty.org

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

A Walk Through Stories - Community Partners

Launch StoryWalk at Aitkin City Park

By: Hannah Sovinski, RD, LD, CLS - Aitkin County Public Health

Bringing books to life, Aitkin County Public Health's Statewide Health Improvement Partnership (SHIP) program, the City of Aitkin, and the Aitkin Friends of the Library have teamed up to create a StoryWalk at Aitkin City Park. This interactive experience allows children and families to enjoy a story while being active in the fresh air, combining learning, movement, and quality family time in a fun and engaging way.

The StoryWalk® concept turns the pages of a children's book into an interactive journey along a walking path. Families can pause at each station to read together, discuss the story, and explore the outdoors. The first book featured in the StoryWalk is *We're Going on a Leaf Hunt* by Steve Metzger, a playful celebration of fall's colors and sounds that perfectly complement the seasonal beauty of Aitkin City Park. By integrating literacy with physical activity, the StoryWalk encourages children to develop a love of reading while supporting healthy, active habits.

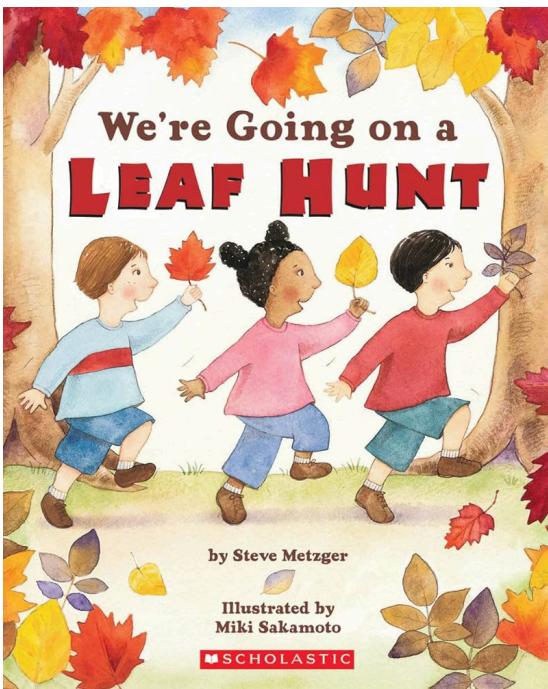
The project reflects a shared commitment to promoting well-being in multiple ways — from fostering early literacy and language development to encouraging outdoor activity and family bonding. With a \$4,500 Community Partner Award from SHIP, the City of Aitkin agreed to install the StoryWalk panels and posts, while the Aitkin Friends of the Library contributed to project costs and will sustain the initiative by providing and rotating books throughout the year.

“This project shows the amazing things that can happen when we work together,” said Mandie Krueger, librarian at the Aitkin Public Library. “It’s giving families a chance to connect, read, and play outside.”

The StoryWalk has already generated excitement within the community, with families looking forward to exploring the path and discovering the story. While feedback is still being collected, organizers anticipate that this initiative will become a beloved seasonal tradition, offering both entertainment and education for children of all ages.

Plans are already in motion to make the StoryWalk a recurring feature, introducing new books and continuing to provide opportunities for literacy, movement, and family connection in Aitkin.

Organizers are also exploring ways to thoughtfully share the StoryWalk concept with other communities.





We need your help! Public Health is hosting the 100 Cups of Coffee project, and we want to hear from you. Grab a cup of coffee (or tea!) and have a conversation with us about everything food-related — what you eat, how you shop, what's working, and what challenges you face. Your insights will help us understand our community's food needs and make meaningful improvements.

WE WANT TO HEAR YOUR STORY!

100 Cups of Coffee

LET'S TALK ABOUT FOOD



Public Health
Prevent. Promote. Protect.
Aitkin County

INTERESTED?



Scan the QR code or Text 218-839-1549 to send a message to Public Health to schedule a date and time you'd like to share your story!

Every person in our community has a **connection to food** – whether it's growing it, buying it, cooking it, sharing it, or sometimes struggling to get it.

Why Join & What to Expect?

- Share your personal experiences about getting food in Aitkin County.
- Your voice included in a larger picture of how our community eats, grows, and shares food.
- Enjoy a cup of coffee!

Together, 100 cups = 100 stories = a stronger Aitkin County.

Are you are a resident in Aitkin, Carlton,
Cook, Douglas (WI), Itasca, Kanabec,
Koochiching, Lake, or St. Louis County?



**BRIDGE
TO HEALTH
SURVEY**

bridgetohealthsurvey.com

Explore SHIP in Your Community



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](#)



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 Active Living Well - Being

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

[Read More](#)

Active living is for everyone. SHIP works to support policies, systems, and environments that help insure everyone can be healthy when active living is built into the world around you.

[Read More](#)

<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](#).



204 First Street NW Aitkin MN 56431

public-health@co.aitkin.mn.us | 218-927-7200

First Name

Last Name

Email *

Message

Send

Statewide Health Improvement Partnership



Aitkin County Public Health | 204 1st Street NW | Aitkin, MN 56431 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!