



Riverwood
HEALTHCARE CENTER
Together we will.



Public Health
Prevent. Promote. Protect.
Aitkin County



ship
statewide health
improvement partnership

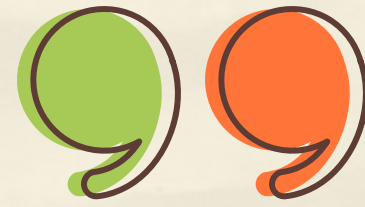


**AITKIN
FARMERS
MARKET
HUB**
farmersmarkethub.org



Food RX





Let Food Be Thy
Medicine and
Medicine Be Thy
Food

~ Hippocrates



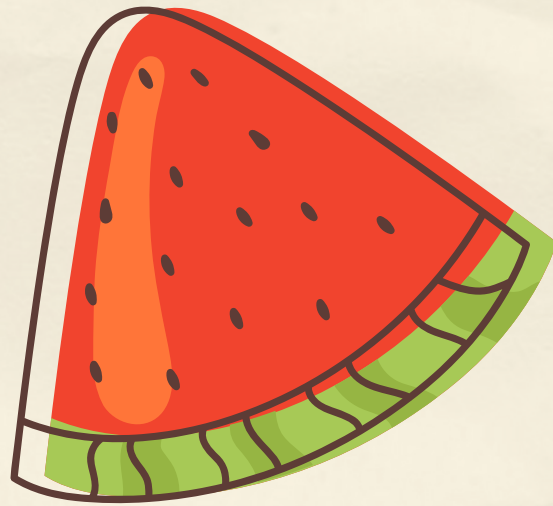
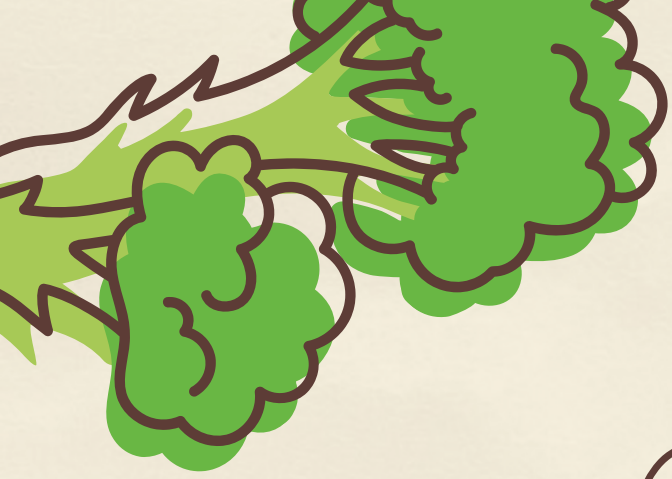


Table of Content

- 1** **Systems for Food Rx**
- 2** **Food Rx at a Healthcare Institution
(Riverwood Healthcare Center)
& Participant Feedback**
- 3** **Food Rx with the Local Food System
Aitkin Farmers Market Hub**
- 4** **Lessons Learned & Future Ideas**



Introduction

Riverwood Healthcare Center was a recipient from the Minnesota Department of Health for a GusNIP grant for 3 years.

The Hub receives support from Renewing the Countryside; Minnesota Farmers Market Association, Minnesota Institute of Sustainable Agriculture and the Statewide Health Improvement Partnership (SHIP) program.



Serving Aitkin and beyond

With help from the Aitkin food hub, our farmers are connected to buyers in the community. Our hub is just one of many throughout Minnesota. When our local food system is strong, everyone benefits.



The Local Aitkin County Food System keeps our Communities Thriving!

From farm to table

Farmers in Aitkin County grow food that people can eat: fresh produce, grains, meats, eggs, honey, and maple syrup.

A short journey

A food hub representative collects food from nearby farmers and delivers it to the community. Short food journeys like this one tend to be **more resilient** than longer supply chains.

When you choose to shop local instead of at a chain store, your dollar returns

3X MORE
TO THE LOCAL ECONOMY*



Food for facilities

Our hospitals, schools, and long-term care facilities receive fresh food grown in the area.

Food for markets

When you shop at the Aitkin Farmers Market, you are directly supporting the farmers in your community.

Food for businesses

Many restaurants and cafés in Aitkin County use locally-grown food in their recipes.

WHAT'S IN SEASON?

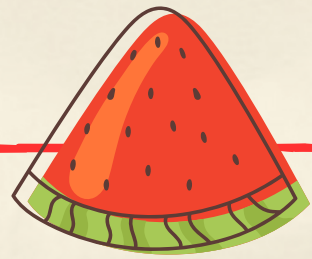
JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

	RHUBARB
	ASPARAGUS
	RADISH
	GREENS
	TOMATO
	CUCUMBER
	SWEET PEPPER
	ONION & GARLIC
	POTATO
	WINTER SQUASH

YEAR ROUND

	WILD RICE
	HONEY & MAPLE SYRUP
	MEAT & EGGS
	FLOUR

Food Rx - Systems



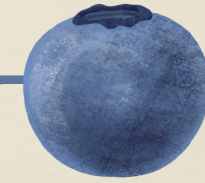
Aitkin Farmers Market Hub

Food hubs bring together produce from multiple farmers and offer it to larger-scale buyers.



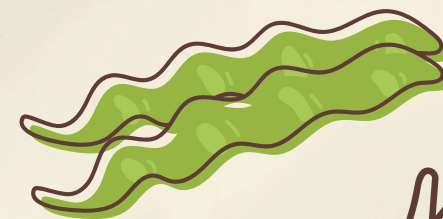
Aitkin Farmers Market

The Aitkin Farmers' Market offers a variety of fresh seasonal fruits and vegetables, plus much more! Soaps, woodcrafts, honey, freshly baked items, preserves, pottery, jewelry, sauces and more can be found there - all grown or made by local growers and makers.

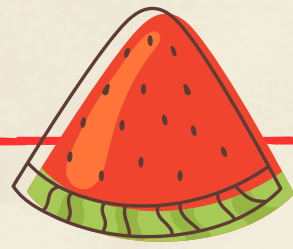


Riverwood Healthcare Center

Those who qualify for the Food Rx program can receive a weekly Community Supported Agriculture (CSA) share of fruits and vegetables grown by local farmers.



Public Health
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Aitkin County



Aitkin Farmers Market Hub

Farmers who don't have enough time or product to reach larger markets on their own can sell through a food hub. Buyers who can't deal with separate accounts for multiple farmers can buy local through a food hub.



VEGGIE SIDES & MARKET SHARE BOXES
SUPPORT LOCAL FARMERS!

If you want to pay with SNAP or have questions, call or text Allison Rian at 218-831-8890

Veggie Sides Box

OUR "VEGETABLE SIDES" BOX HAS ENOUGH FOOD FOR 2 SERVINGS FOR 3 MEALS (OR 6 MEALS AT A SINGLE SERVING). THIS IS A NUTRITION-PACKED BOX AT AN AFFORDABLE PRICE POINT.

Market Share Box

A FULL BOX OF FARM FRESH STAPLES FOR FOODIES AND FAMILIES! IF YOU LOVE TO COOK AND SHARE YOUR MEALS OR IF YOU'RE FEEDING A GROWING FAMILY, THIS IS YOUR BOX.

- SCAN QR CODE**
Use the camera feature and scan the code to go to website!
<https://openfoodnetwork.net/aitkin-farmers-market-food-hub/shop>
- SELECT YOUR PRODUCT**
VEGGIE SIDES
Weekly Only (1 wk.) - \$15.00 1 Box
Bi-Weekly (16 wks.) - \$120.00 5 Boxes
Weekly (16 wks.) - \$240.00 16 Boxes
MARKET SHARE
Weekly Only (1 Box) - \$25.00 1 Box
Bi-Weekly (8 Boxes) - \$200.00 8 Boxes
Weekly (16 Boxes) - \$400.00 16 Boxes
- GO TO CART & CHECKOUT**
Payment options: Pay online (credit card), Pay at the market (cash, check or SNAP card). Click "Complete Order"
- PICK UP LOCATION**
Aitkin Farmers Market
Every Saturday
Between 10:00 am and 12:00 pm
Tractor Supply Parking Lot

BONUS

Buy your subscription by June 10th and receive an additional box at the end of the season!

Weather is unpredictable! Estimated starting date of subscription is June 24 and ending October 10 of 2023. You will be notified via email when subscriptions will start!



MINNESOTA FARMERS' MARKET HUBS



How it Started!

- Farm to School Contracts
- CSA Shares Drive Thru Pick Up model for the Community



How It's Going!

- Farm to School
 - Aitkin
 - Hill City
- Restaurants
- Food Rx
- Aitkin Farm Fresh
- Veggie Sides Box
- Market Share Box



Aitkin Farmers Market

The farmers market has built up their system at the market in order to be able to offer "scrips" at the market (i.e. SNAP, Market Bucks, PoP coupons, Riverwood Connects Market Bucks and WIC checks!

NUTRITION TO BOOST BRAIN HEALTH
 Saturday JULY 15TH 11:00 AM - 1:00 PM

COOKING Demonstration
 TRY A SAMPLE!

Cooking Demonstration 1 starts at 11:00 AM
 Cooking Demonstration 2 starts at 12:00 PM (Noon)

Join us July 15th at the Aitkin Farmers Market located in the parking lot of Tractor Supply. From 11 AM to 1 PM you can watch a demonstration led by Jodi Nordlund from the University of Minnesota Extension. Learn how to boost your brain health with nutrition. You will have an opportunity to enjoy some freshness and go home with local produce to make the recipe.

EVENT SPONSOR CARE ship

ON TO HEALTH
 Saturday OCTOBER 7, 2023 11:00 AM - 1:00 PM

COOKING Demonstration
 TRY A SAMPLE!

1 starts at 11:00 AM
 2 starts at 12:00 PM (Noon)

at the Aitkin Farmers Market parking lot of Tractor Supply.

You can watch a demonstration led by Jodi Nordlund from the University of Minnesota Extension. Learn how to boost your health with nutrition. You will have an opportunity to enjoy some fall flavors and go home with local produce to make the recipe.

Riverwood HEALTHCARE CENTER Public Health Aitkin County

Get more fresh food for less!

Triple your SNAP/EBT at your participating farmers market with Market Bucks



How it works:

- 1 Visit:** Go to the Information Booth at the market.
- 2 Swipe:** Swipe your EBT card for the amount you wish to purchase. We'll match your purchase dollar-for-dollar to \$10 in Market Bucks and \$10 in Produce Bucks.
- 3 Shop:** Spend your Market Bucks with eligible items at the farmers market.

What you can buy with SNAP at the farmers market:



* Not eligible for Produce Market Bucks.

What is SNAP?

SNAP stands for the Supplemental Nutrition Assistance Program, formerly known as food stamps. SNAP helps eligible households purchase food at grocery stores, convenience stores, and farmers markets.

Can I get SNAP?

SNAP eligibility is based on household size and income. You can check to see if you are likely eligible for SNAP online at: hunger-solutions.org/snap-screener or by calling the Minnesota Food HelpLine at 888-711-1151.

Apply for SNAP?

Apply for SNAP online at MNBenefits.org or you can get a paper application by calling the Minnesota Food HelpLine 888-711-1151.



Market Bucks is a program of HUNGER SOLUTIONS Winning Minnesota's Food Fight

\$1 RIVERWOOD CONNECTS BUCKS

Expiration: October 31, 2023

SPEND AT THE AITKIN FARMERS MARKET

Riverwood Bucks can be used to buy fresh fruits and vegetables only at the Aitkin Farmers Market

Tractor Supply Parking Lot in Aitkin Saturday | 9 AM - 1:00 PM

Riverwood HEALTHCARE CENTER Together we will.

BELL PEPPER NACHOS

Ingredients:

- 4 bell peppers
- 1 cup of salsa
- 2 teaspoons seasoning (try a mixture of chili powder, garlic powder, ground cumin, pepper)

WHAT'S GROWING?

IN SEASON PRODUCE CALENDAR FOR MINNESOTA

PRODUCT	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples							
Asparagus							
Beans							
Bittermelons							

Power of Produce Coupon

HOW TO GET A COUPON

EVERY SATURDAY AT THE FARMERS MARKET

Come to the Welcome Booth! Sign up and receive a PoP coupon. You can get a coupon every Saturday from June through October! Market hours are 9:00 a.m. to 1:00 p.m.

WELL CHILD CHECK UP VISITS AT RIVERWOOD

From June to September, children ages 2 - 12 will receive a \$2 coupon to use at the Aitkin Farmers Market during well-child check ups at Riverwood Clinics.

HOW TO SPEND YOUR COUPON

You can use your coupon right away for \$2 off any eligible item, or save up your coupons to buy a bigger item.

All our vendors know which items are eligible and can help you find something tasty that you'll love!

Just remember to use them before the last market day in October (approximately October 28, but weather-dependent).

Aitkin Farmers Market is located at the Tractor Supply Parking Lot in Aitkin, MN.

WHAT IS ALLOWED?

- Maple syrup
- Wild rice
- Fresh produce:
 - Carrots
 - Lettuces
 - Peppers
 - Potatoes
 - Cut herbs
 - Garlic
 - Squash
 - Apples

WHAT IS NOT ALLOWED?

- Non-food plant starts, including flowers
- Canned foods (including pickles, jams & jellies, salsa, pasta sauces)
- Dried or dehydrated foods
- Baked goods
- Meat

EXPIRATION DATE: OCTOBER 28, 2023

POP POWER OF PRODUCE CLUB

Good for kids ages 2 - 12 (Eligible Items Only)

\$2 Redeem at Aitkin Farmers Market

Tractor Supply Parking Lot / Saturdays (9:00 am - 1:00 pm)

POP POWER OF PRODUCE CLUB

POWER OF PRODUCE CLUB

SPONSORED BY RIVERWOOD HEALTHCARE CENTER Together we will.

FOR KIDS! ship

WHEAT BERRY SALAD WITH APPLES AND CRANBERRIES

Sponsored by CARE

Ingredients:

- 1 cup whole wheat berries, dry
- 1 large apple, chopped
- 1 orange, peeled and segmented
- 1/2 cup dried cranberries
- 2 stalks green onion, thinly sliced

POWER OF PRODUCE COUPON

HOW TO GET A COUPON

EVERY SATURDAY AT THE FARMERS MARKET

Come to the Welcome Booth! Sign up and receive a PoP coupon. Market hours are 9:00 a.m. to 1:00 p.m.

Seniors ages 60 and older will receive a \$2 coupon to use at the Aitkin Farmers Market sponsored by Aitkin County CARE.

A volunteer from Aitkin County CARE will be at the market to distribute coupons on every Saturday from June 17th through August 19th.

HOW TO SPEND YOUR COUPON

You can use your coupon right away for \$2 off any eligible item, or save up your coupons to buy a bigger item.

All our vendors items are eligible you find something you'll love!

Just remember before the last October (approx. October 28, 2023 weather dependent).

Aitkin Farmers Market Tractor Supply Parking Lot

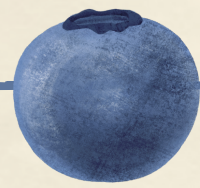
EXPIRATION DATE: OCTOBER 28, 2023

Tractor Supply Parking Lot / Saturdays (9:00 am - 1:00 pm)

Redeem at Aitkin Farmers Market (ELIGIBLE ITEMS ONLY)

\$2

AGES 60 AND OLDER FOR SENIORS



Riverwood Healthcare Center

A new program that Riverwood launched this summer is Food Rx. This program provides patients and their families access to fresh fruit and vegetables through a collaborative effort with the Minnesota Department of Health, Aitkin County SHIP and Aitkin Farmers Hub.



ship
statewide health
improvement partnership





Grocery Store

Riverwood partners with the local grocery store to fill in the gap when the local food system is tapped out and can no longer provide.



Volunteers

Riverwood Auxiliary

Aitkin Lions Club

Aitkin County CARE volunteers

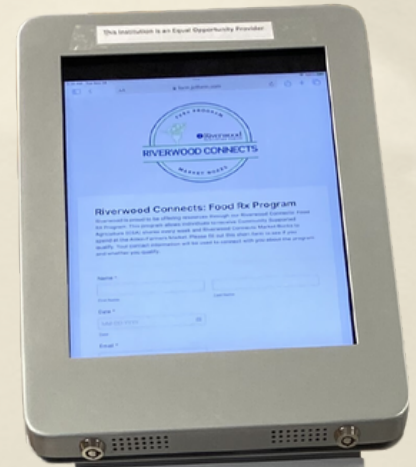
Aitkin School District FFA



Riverwood

HEALTHCARE CENTER

Together we will.

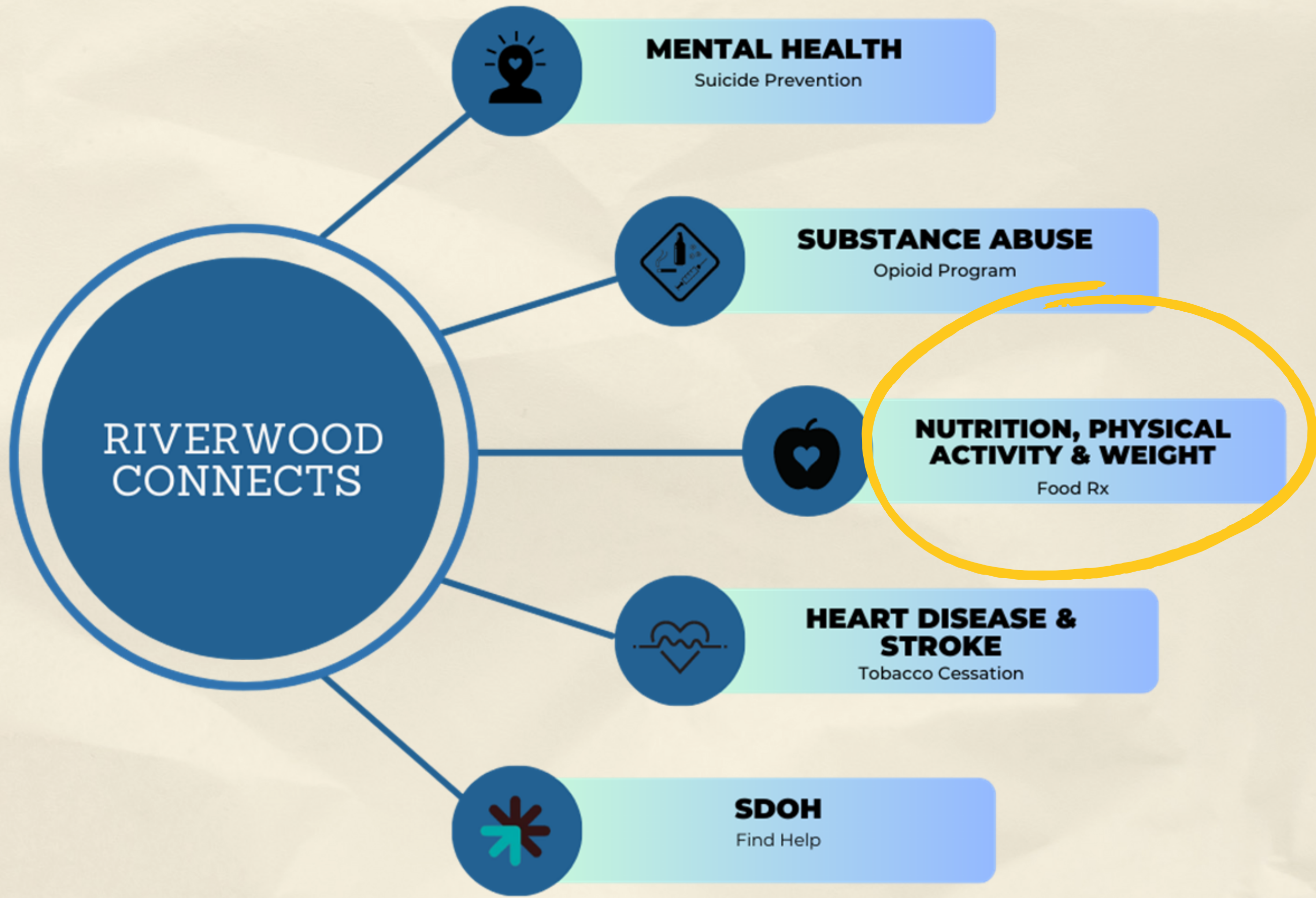


Scan the code with the camera on your phone to find out if you qualify for Food Rx



Together we will.





RIVERWOOD
CONNECTS



MENTAL HEALTH
Suicide Prevention



SUBSTANCE ABUSE
Opioid Program



**NUTRITION, PHYSICAL
ACTIVITY & WEIGHT**
Food Rx

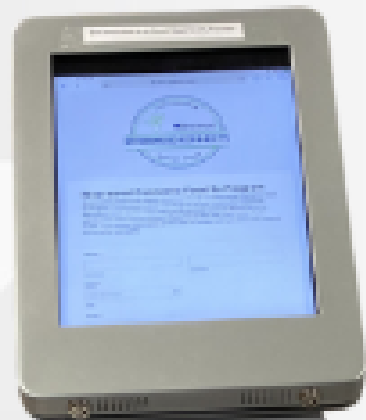


**HEART DISEASE &
STROKE**
Tobacco Cessation



SDOH
Find Help

Food Rx Program



Providing patients and families access to fresh fruits and vegetables.



Food is sourced locally via our area and neighboring farmers.



To learn more or to find out if you qualify, scan the QR Code for a self referral.



Monthly Winter Food Rx Boxes



Riverwood Connects: Food Rx Program

Riverwood is proud to be offering resources through our Riverwood Connects: Food RX Program. This program allows individuals to receive Community Supported Agriculture (CSA) shares every week and Riverwood Connects Market Bucks to spend at the Aitkin Farmers Market. Please fill out this short form to see if you qualify. Your contact information will be used to connect with you about the program and whether you qualify.

Name *

First Name

Last Name

Date *

Date

Email *

example@example.com

Phone Number *

Please enter a valid phone number.

The Hunger Vital Sign

For the following statements, please answer true, sometimes true, or never true. Within the past 12 months I/we were worried whether our food would run out before we got money to buy more. *

- Often True
- Sometimes True
- Never True

For the following statements, please answer true, sometimes true, or never true. Within the past 12 months the food I/we bought just didn't last and I/we didn't have the money to get more. *

- Often True
- Sometimes True
- Never True

This is currently a research program with Riverwood Healthcare Center and offered to their patients. Do you currently receive services with a Riverwood Healthcare provider? *

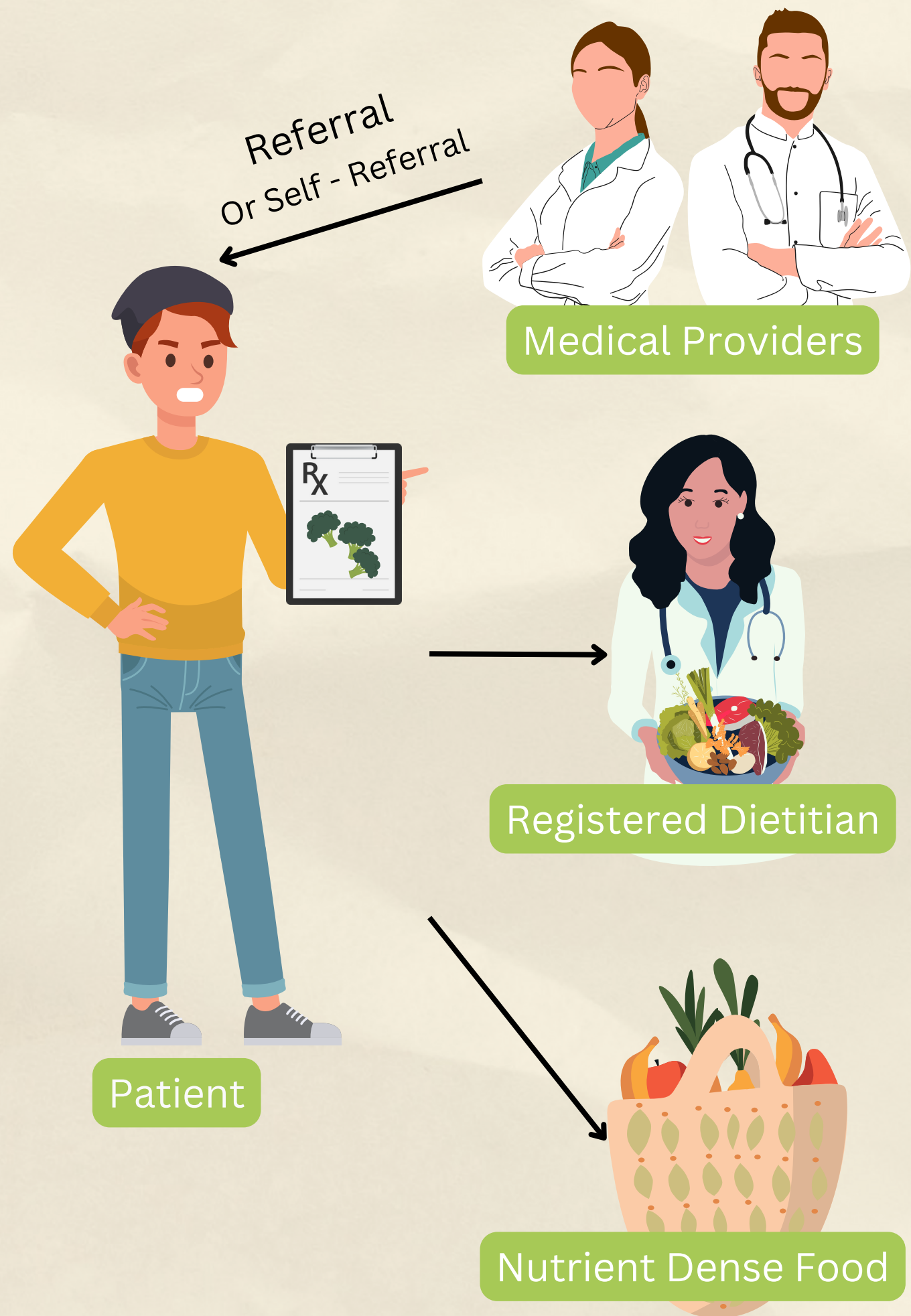
- Yes, I receive services with Riverwood
- No, I do not receive services with Riverwood

How did you hear about the Food Rx Program? *

- Riverwood Provider
- Aitkin County WIC
- Aitkin Food Shelf
- Other

Submit





Population to screen for eligibility

- medicare wellness check appointment
- IBT patients
- Opioid Text patients

Is the person all three of these?

- Over 18
- Eligible for SNAP benefits, enrolled in SNAP or enrolled in medical assistance
- A member of a low - income household that suffers from, or is at risk of developing, a diet - related health condition (using the 2 question Hunger Vital Screening)

No

(Not eligible for GusNIP
Food Rx)

Yes

(They are eligible for
GusNIP Food Rx)

Outpatient Coordinator will contact them to:

- Explain the program
- Completed the informed consent
- Schedule "Pre-Survey" appointment with RD

Prior to appointment, outpatient coordinator completes informed consent form with patient (10 minutes prior)

See Registered Dietitian

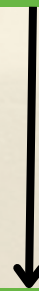
Pre - Survey Appointment (15 minutes with RD)

- Complete pre-survey (or they could complete the survey on paper 10 minutes fore the visit if there is someone who enters it later)
- Give the patient the folder with nutrition education
- 1 piece of nutrition education
- Explain next steps and provide \$10 for completing pre - survey

Flow for Food Rx Market Box - For the Participant

- Patient receives at least 4 Food Rx Market Boxes + (\$1 x 50) "Bucks" over the course of the program
- Optional: Patient receives optional nutrition education (virtually or in person)
- Outpatient Coordinator schedules post - survey RD

visit

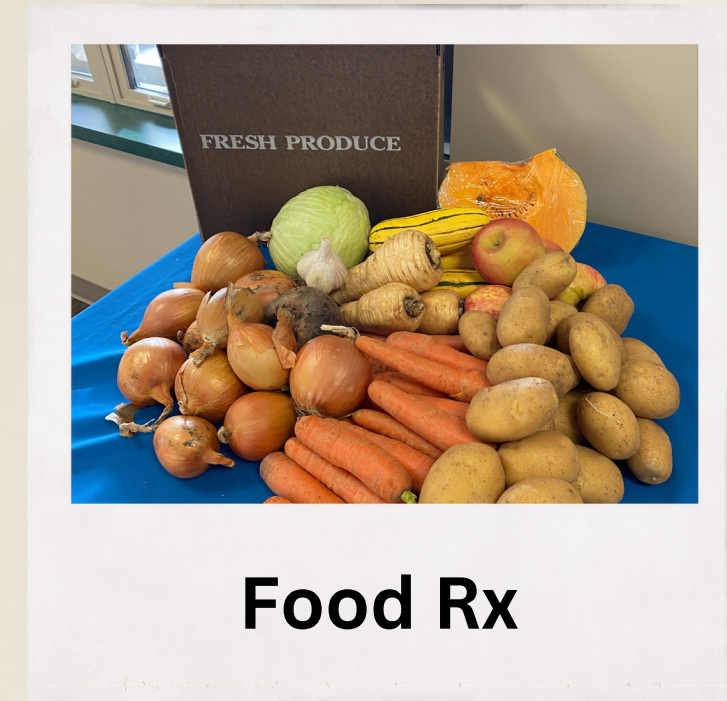


Flow for RD "Post - Survey" Appointment

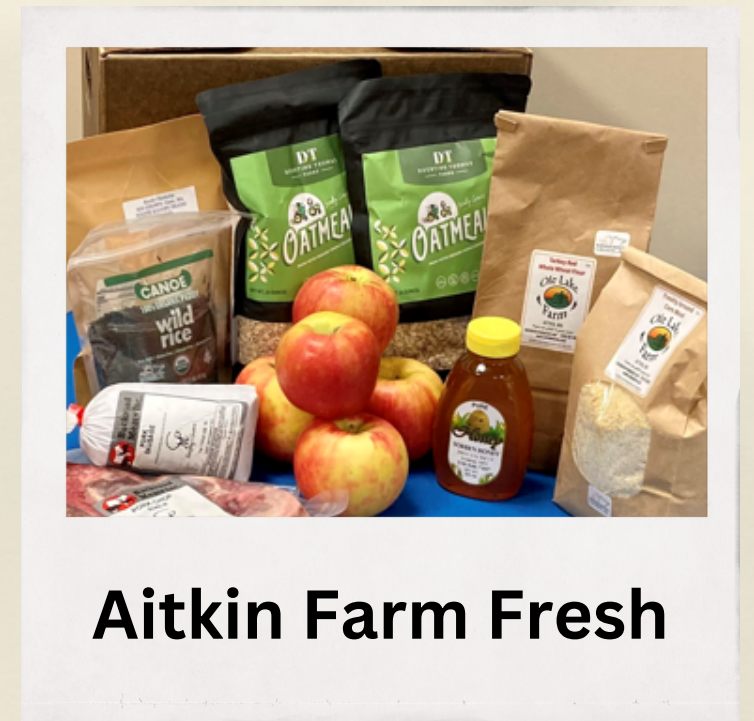
Post - Survey Appointment: 15 minutes RD Appointment

- Provide any updates on study procedures to continue informed consent (if there are any changes to the study protocol - i.e. extra boxes)
- Complete post - survey (or they could complete survey on paper 10 minutes before the visit if there is someone who enters it later).
- Other (ask for feedback, explain next steps, share information about reenrollment next season)
- 1 piece of nutrition education

Program	Program Details	Program Reach
<p>Food Rx GusNIP Grant</p>	<ul style="list-style-type: none"> • Community Supported Agriculture (CSA) Share vegetable boxes distributed monthly aggregated from Hub and offset with produce from local grocer • Offers home delivery or pick - up at clinic locations • Aitkin Farmers Market Hub - works with 9 farmers throughout the county, Aitkin County SHIP 	<p>111 Referred 74 Participants Enrolled 9 Dropped Out 1 On Hold Until Summer</p>
	<ul style="list-style-type: none"> • Patients and community members can now go to the website and self screen for the Food Rx program • All referrals go to Natalie Braden, Outpatient Services Coordinator 	<p>50 Self-Screened 22 No Show 5 Scheduled for March Appointments with RD</p>
<p>Riverwood Connects Bucks</p>	<ul style="list-style-type: none"> • Food Rx participants receive \$50 during the summer growing season to spend at the Aitkin Farmers Market or they can redeem to be used for another CSA Share 	<p>54 Participants Received \$2,650 Provided \$1,037 Used @ Market \$225 Used for Extra Box</p>



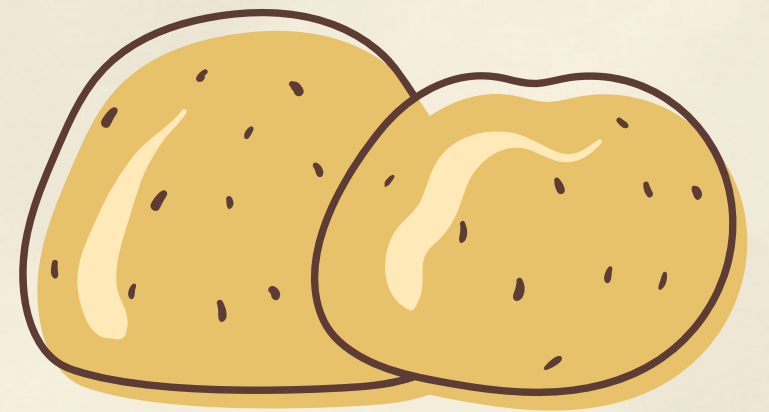
Program	Program Details	Program Reach
<p>Aitkin Farm Fresh Program LFPA Grant</p>	<ul style="list-style-type: none"> • Aitkin Farmers Market Hub food boxes to be distributed to seniors within Aitkin County • Program will run JAN - MAY 2024 / JAN - MAY 2025 • Aitkin County CARE and Angels of McGregor will each receive 30 boxes to distribute to seniors they serve. • There are no guidelines associated with this program other than food has to be purchased from the local food system. 	<p>January 16, 2024</p> <p>February 5, 2024</p>



Program	Program Details	Program Reach
<p>Emergency Pantry Packs</p>	<ul style="list-style-type: none"> • Pilot has started with emergency pantry packs • Pantry Packs are located: <ul style="list-style-type: none"> ◦ Aitkin, Garrison, McGregor Clinics ◦ Behavioral Health ◦ Social Services ◦ Nutrition Office ◦ Emergency Department ◦ Aitkin County Health & Human Services 	<p>February 5, 2024</p>



Example of Food Rx Boxes



What is inside a Food Rx Box?



CARROTS

Did you know that carrots first were used as a medicine for a variety of ailments, not for eating? Carrots come in more colors than just orange. You can find purple, red, white and yellow varieties of this vegetable.

Growing
Nantes varieties are generally recommended for home gardeners. Before sowing seeds, prepare the soil. Deep, loose, well-drained soils will produce the straightest, smoothest carrots. Compost may be added.

Preparation
Carrots can be cooked in the oven, microwave, on the stove top or in a slow cooker. For example, cover carrots with foil for cooking in the oven; bake at 425 F for 30 minutes. Cut larger carrots into

Ingredients:

- 3 to 4 large carrots, peeled
- 3 tablespoons olive oil
- 1/4 cup grated Parmesan cheese
- 1 tablespoon garlic powder
- Leaves from 4 sprigs of fresh rosemary, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Instructions:

1. Preheat oven to 400 F. Peel and cut the carrots lengthwise to resemble the shape of french fries.
2. Mix olive oil, Parmesan, garlic powder, rosemary, salt and pepper in medium bowl.
3. Add carrots and toss to coat.
4. Place carrots on baking sheet lined with parchment paper and bake for 15 to 20 minutes or until carrots become slightly crispy.
5. Turn carrots over halfway through baking.

PARMESAN ROSEMARY CARROT FRIES



July 26, 2023
WEEK 2, Aitkin Farmers Market Hub Riverwood Connects Market Boxes

This week, Riverwood Connects brings you:

- Romaine - Buck Hills Farm
- Green beans - Buck Hills Farm
- Slicer tomatoes - D & L Family Farm
- Cucumbers - D & L Family Farm
- Heirloom tomatoes - Clear Lake Gardens
- Basil - Clear Lake Gardens
- Garlic - Clear Lake Gardens
- Kohlrabi - Dowell Farm & Gardens

I learned a lot about romaine lettuce by reading the Dietitian's Pick of the Week! Romaine is one of my favorite lettuces when it's sweet and crisp. I'm happy to know I'm getting some good nutrients, too. I hope you enjoy your lettuce and can make a salad that leaves you hydrated, and with strong muscles and bones!

Please remember to bring your produce box back to Riverwood Healthcare Center when you pick up your next market share or we can pick-up when we share. Reach out to me with ideas, suggestions, and concerns or if you just want to talk. You can find me at allison@riverwoodconnects.com, or by messaging the Aitkin Farmers Market Facebook page.

Dietitian's Market Pick of the Week
Romaine Lettuce

Market Pick of the Week
Romaine Lettuce

Fun Fact: Romaine lettuce is the most widely available lettuce in the United States.

Vitamin K - Romaine lettuce is an excellent source of Vitamin K, which is essential for blood clotting and bone health. It contains about 40% of your recommended daily value of this nutrient.

Lots of Water! One cup of romaine lettuce is a great way to stay hydrated. This means eating romaine is a great way to stay hydrated.

Protein - Romaine lettuce contains 8 grams of protein per cup. Protein doesn't do it for you, this lettuce is a great source of protein your body needs for strong bones and muscles.

Fatty Acids - If you aren't a fan of oily fish, the omega-3 fatty acids in this natural anti-inflammatory.

Dietitian's Market Pick of the Week

Carrots

Megan Perlich, RD
Riverwood Healthcare Center

Melissa Te sla, RD
Riverwood Healthcare Center

Hannah Colby, RD
Aitkin County Public Health

Could you benefit from:

- Free or low-cost health care?
- Help paying for child care?
- A larger tax refund?
- Free or reduced-cost school meals?
- Money to help buy fuel?
- Help paying your energy bills?

BRIDGE TO BENEFITS
www.bridgetobenefits.org

Riverwood Connects Food Rx Program
It's here!

Our Food Rx Program will be providing patients and their families access to fresh fruit and vegetables through a collaborative effort with Minnesota Department of Health, Aitkin County SHIP, and Aitkin Farmers Hub.

Virtual Peer Support Network

Join our virtual peer support network for free 24/7 help. This is an all-inclusive, convenient, and confidential support network for patients and their families. Call us with your questions. Your call is confidential. (7 days a week) (8:00 AM - 8:00 PM) (ID: 439-275-1585)

YOU MATTER. AND YOU'RE NOT ALONE.
FREE 24/7 HELP

JOHNSON HEALTH MANAGER
429-3900
820-5421
RWHEALTH.ORG

\$1
Expiration: October 31, 2023

RIVERWOOD CONNECTS BUCKS

SPEND AT THE AITKIN FARMERS MARKET

Riverwood Bucks can be used to buy **fresh fruits and vegetables only** at the Aitkin Farmers' Market

Tractor Supply Parking Lot in Aitkin
Saturday | 9 AM - 1:00 PM

Riverwood HEALTHCARE CENTER
Together we will.







Participant Feedback

Loved trying new foods

Liked having fresh veggie options

Made a salad and enjoyed having this as a meal

Did not like the foods in the box and gave to another participant(s) – traded some of the foods

Did not like and threw away

Really liked the Kohlrabi – made fries out of it since it was larger

Never have Kohlrabi before and liked it

Can we get a checklist and chose the food we receive

Can you provide ways to prepare foods that may not be used on a regular basis

I really liked the herbs and Kohlrabi

My grandson is waiting at home excited for the veggies

I am excited to have fresh green beans – they are my favorite



Participant Feedback

Since starting this program, I have lost 15lbs and learning how to enjoy fresh fruits and veggies. I appreciate the time and effort from Melissa in assisting me with this new lifestyle.

This program is helping us add more to the table so we can spend our money on other staples such as meats, cheeses, etc.

My grandchildren love getting and learning about the vegetables and trying the recipes.

My husband and I pick up the boxes together and use this time as a mini date. It has helped not only with providing more foods to stretch the budget but, time together that we were missing from one another and didn't even know it.

I have enjoyed going to Farmers Market. I had never been there before and now going there frequently to use my Snap benefits along with the Riverwood Connects Bucks.

I have enjoyed the recipes and enjoyed sautéing my carrot top greens. I would have never tried it before and really like it.

There are some veggies I would prefer not to receive can I swap out or not receive?

Have you considered expanding this programming for year-round?

Would it be possible to have participants 'shop' when they come? Package their own box to take what they would like or talk with farmers there to explain if someone is not sure on a produce selection?

Would it be possible to have squash pre-cut?

Thank you for the additional resources, I have shared with family and friends.

Excited this is going to a year-round program.

Participant Feedback

Thank you for being able to deliver and accommodating to my schedule.

I think this is a great program and excited to see how it will grow out into the future.

I am eating better and taking time on what I am eating.

I was not aware of the additional resources that could assist with extending my budget (Snap at the market).

Thank you for all the food boxes.

Thank you to the volunteers! They are amazing and appreciate no judgement and they make me feel comfortable when I pick up.

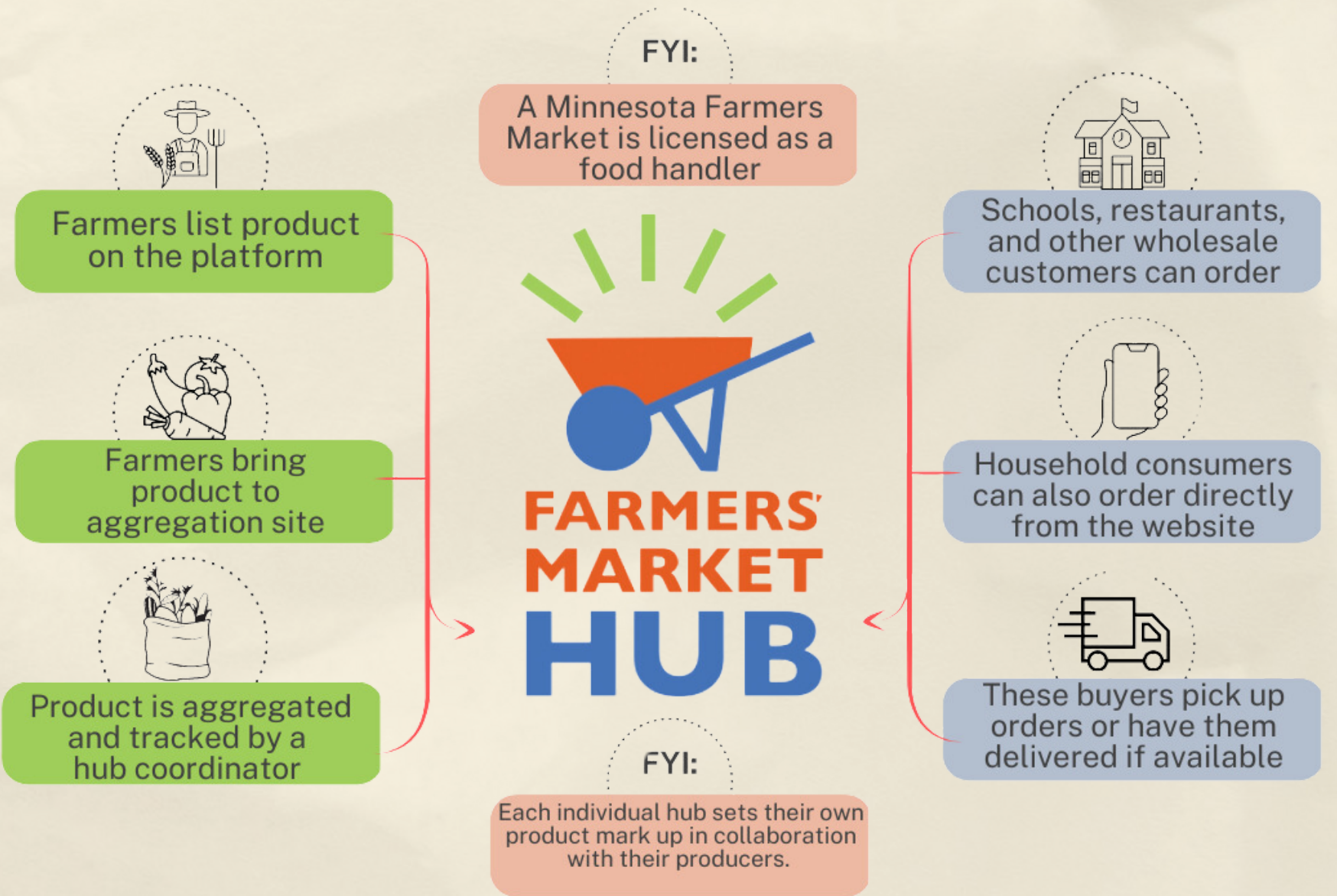
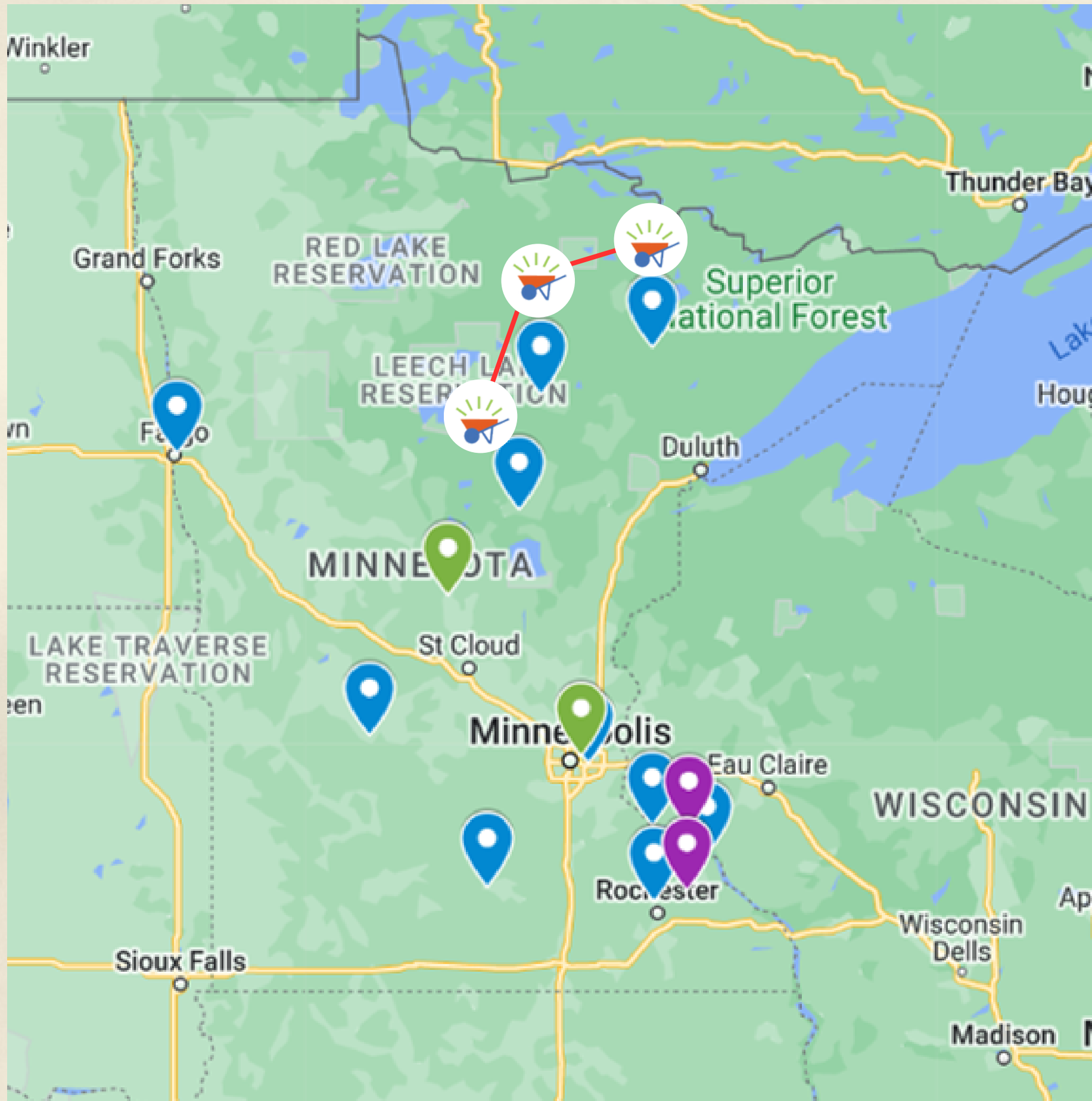
Thank you for all you do.

I loved the herb bouquets!



Food hubs bring together produce from multiple farmers and offer it to larger-scale buyers.

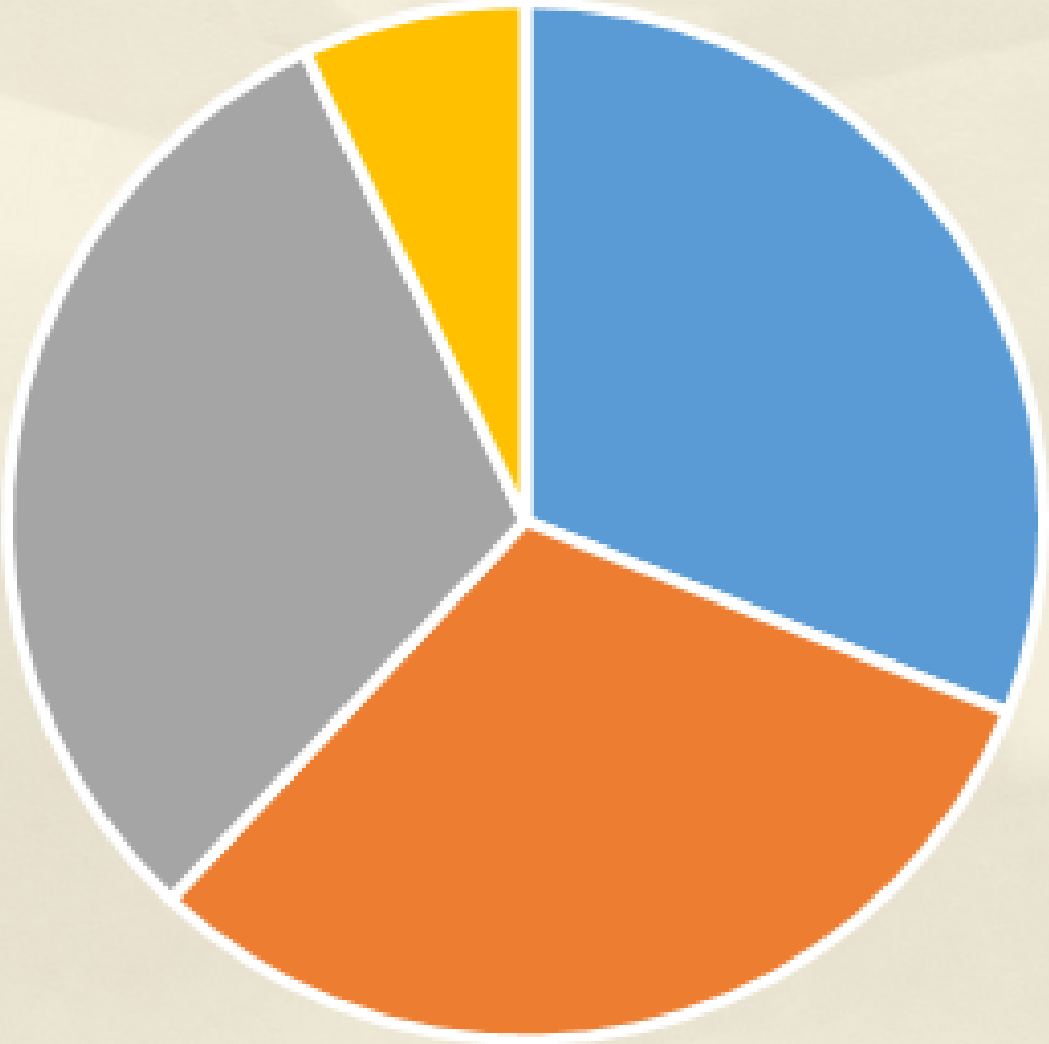




FARMERS MARKET HUB LOCATIONS

- 📍 GRAND RAPIDS
- 📍 MOORHEAD
- 📍 AITKIN
- 📍 WILLMAR
- 📍 WABASHA
- 📍 THE VILLAGE COMMUNITY GARDEN IN ROCHESTER
- 📍 RED WING
- 📍 MANKATO
- 📍 VIRGINIA
- 📍 KILLIMO FARM HUB

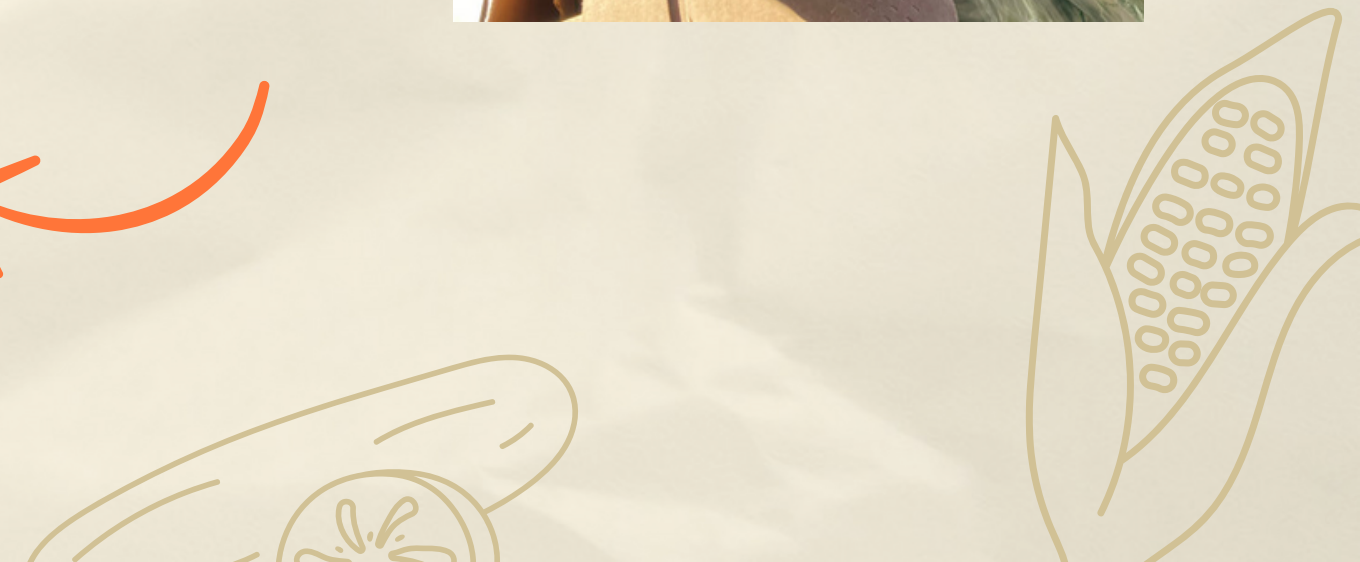
Pillars of Support for Hubs



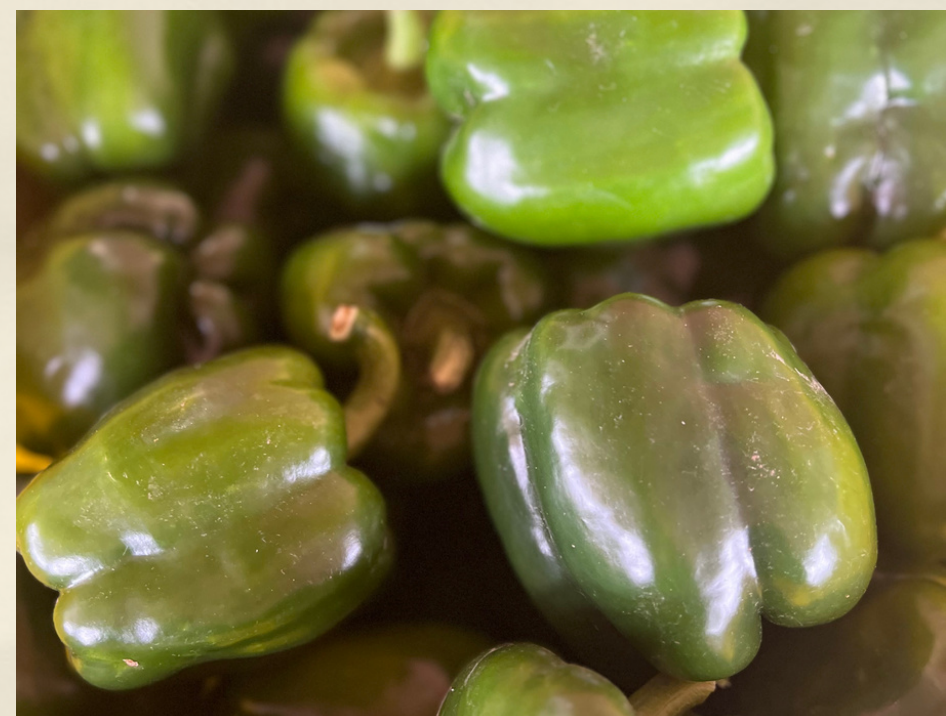
- Grants & cost-share
- Programs & contracts
- Earned income
- Volunteer time



What does the aggregation process look like ?









Aitkin Farm Fresh Local Food Promotion Assistance Grant



**2023
Year in
Review**

By the Numbers



Community Partners

- **Aitkin County Public Health - SHIP**
- **Riverwood Healthcare Center**
- **Aitkin County Care**

Producers

- **19 plus Grand Rapids Farmers Market Vendors**

Buyers

- **8 plus Market Share & Riverwood Boxes (Food Rx)**

Market Share Boxes

- **Total subscriptions sold: 17**
- **Total boxes assembled: 241**

Wholesale Sales

- **Gross sales: \$6,050.57**
- **Producer Payments: \$5,134.04**

2023 Year in Review

By the Numbers

Riverwood Connects Food Rx & Employee CSA

- Total boxes assembled: 571

Farm to School Sales

- Gross Sales: \$29,290.90
- Producer Payments: \$24,842.05

Totals

- Total Gross Sales: \$57,415.10
- Total Producer Payments: \$45,294.20

Scrip Programs

- SNAP redeemed: \$664.00
- Market Bucks redeemed: \$440.00
- Produce Market Bucks redeemed: \$432.00
- Kids PoP redeemed: \$460.00
- Senior PoP redeemed: \$402.00
- Riverwood Connects Market Bucks: \$1,015.00

Education

- Cooking Demonstrations: 2
- Cooking Educational Reinforcements Provided: 100
- Recipes: Over 40 shared
- Nutrition Facts: Over 25 vegetables

Punching Above Our Weight!

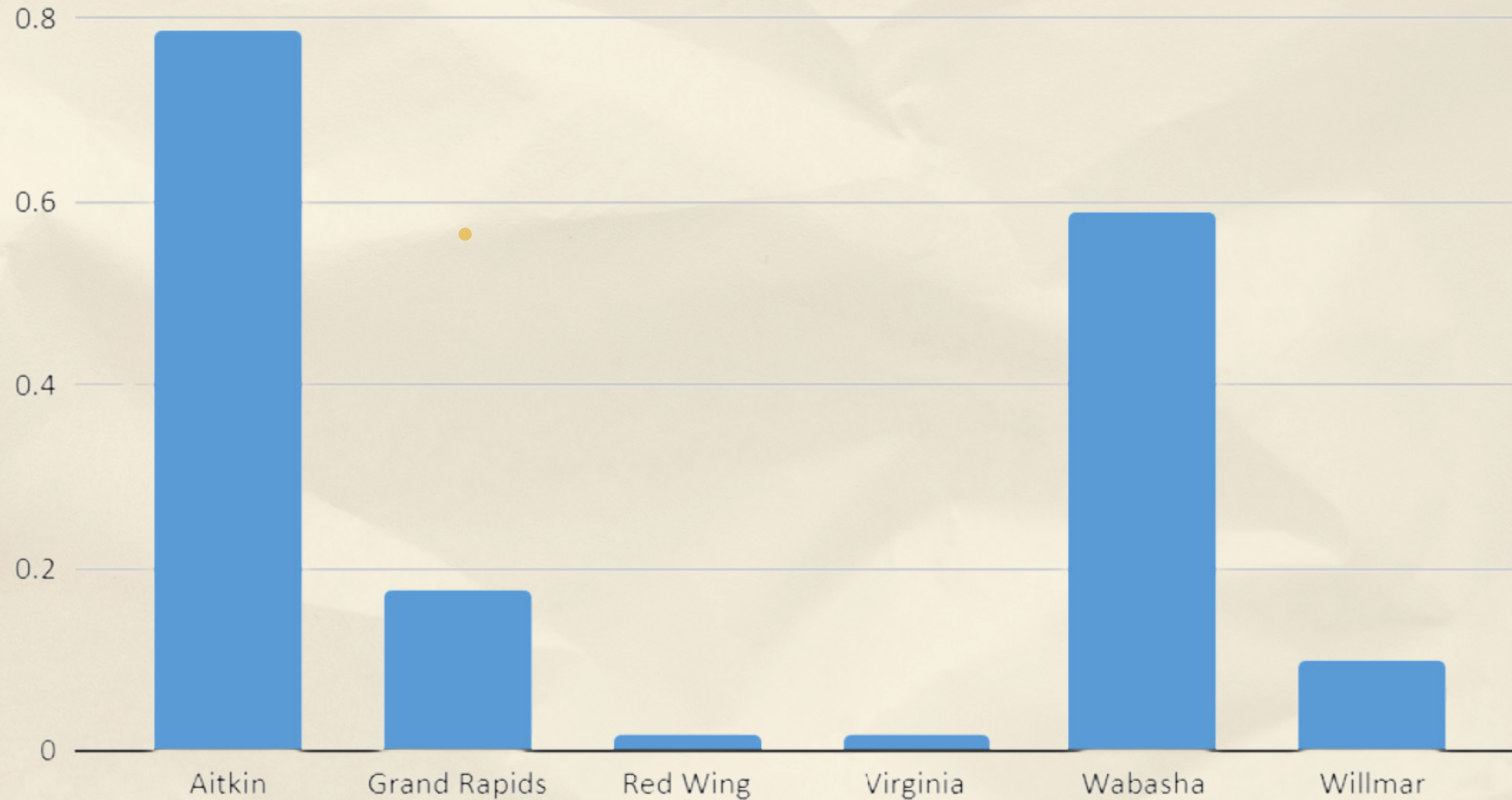
Table 1. Population and income data on participating farmers' market communities in 2023

Market	City population	County population	Median household income in county	Poverty rate (% of total population)	Poverty rate of children under 5 yrs
Aitkin	2,168	15,697	50,900	11.6	14.6
Grand Rapids	11,126	45,014	58,393	11.1	19.2
Kilimo (Lino Lakes)	21,399	363,887	92,133	7.6	6.5
Mankato	44,488	69,112	68,104	17.7	22.6
Moorhead	44,505	65,318	81,386	10.9	9.4
Red Wing	16,547	47,582	71,414	8.7	14.3
The Village (Rochester)	121,395	162,847	86,976	9.6	5.9
Virginia	8,421	200,231	62,704	14.7	13.7
Wabasha	2,559	21,387	70,603	7.1	9.0
Willmar	21,015	43,732	67,798	11.0	14.4

Source: U.S. Census, census.gov

Market	2022-2023 grant year sales Oct 1-Sept 30
Aitkin	\$32,345.00
Grand Rapids	\$41,320.00
Red Wing	\$8,719.00
Virginia	\$3,313.00
Wabasha	\$41,780.00
Willmar	\$48,852.00

Sales as a proportion of median household income, adjusted by population and poverty rate



Through the Years Totals

Wow!

2021 gross sales: \$4,849.62

2022 gross sales: \$15,687.69

2023 gross sales: \$57,415.10



Lessons Learned



Participant Preference Survey (what things are you willing to try if you had the right education and materials?.....)



“Shopping Like Experience” to select vegetables at the pick - up site.



The volume of food being too much. Considering smaller volume for those who feel like they are overwhelmed with the amount of produce (smaller box option).



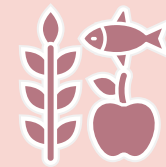
Capacity of staff and volunteers. Looking at summer Food Rx distribution being every other week instead of every week.



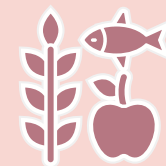
Future Ideas



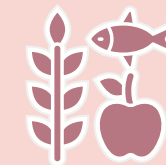
Snack & Fact for participants (featuring local farmers to speak on the local food system in MN).



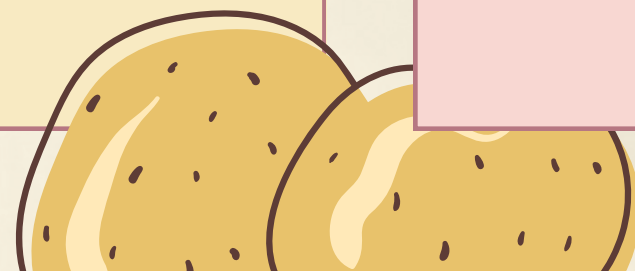
Cooking classes with University of MN Extension (Jodi Nordlund).



Online educational options
Videos that can be accessed at any time (Find Food Aitkin County website)



Additional visits with Registered Dietitian/s for those who would need more education with produce they are introduced to for the first time.



PARTNERSHIPS





Thank you!

Do You Have Any Questions?