

Sweet Summertime! This is one of our favorite times of year, not only because of the nice weather, but because it means more opportunities to be active outside and enjoy fresh fruits and veggies during our peak growing/harvesting season. The Anoka County SHIP team hopes you're finding lots of chances to be active and eat well this summer!

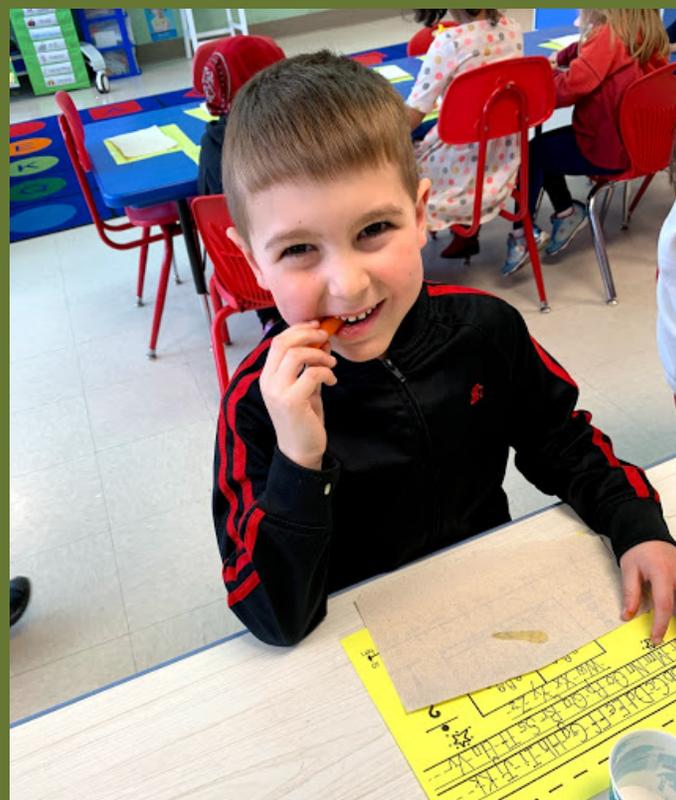
VISIT THE UPDATED GO ANOKA COUNTY WEBSITE



The Go Anoka County website, www.goanokacounty.org, recently underwent a facelift! Go Anoka County is an online resource to identify opportunities for individuals in Anoka County to engage in healthy eating, physical activity, and tobacco-free living. There is a wealth of resources available on the site, including parks and rec information for the county and all cities, food shelf and community meal times/locations, tips and support for promoting breastfeeding, information about reducing tobacco-use, and much more! The site also features information about our SHIP work and successes in Anoka County. We encourage everyone to use this site as a go-to resource and share it widely with the community.

FRIDLEY PRESCHOOLERS ARE SNACKING ON FRESH FRUITS AND VEGGIES

Fridley Preschool recently added a fresh fruit and vegetable snack for their 3-5 year old students, further expanding Fridley Public Schools' Farm to School program. A partnership with Nutritional Services and Anoka County SHIP is helping students access fresh fruits and veggies they may not have readily available at home. Read their success story [here](#).



MDH RELEASES WORKPLACE WELLNESS REPORT

Employers participating in Minnesota's Statewide Health Improvement Partnership (SHIP) overwhelmingly reported positive changes in healthy eating and physical activity among their employees, according to a new study conducted by the Minnesota Department of Health (MDH). These findings are encouraging for employers looking to improve workers' health and productivity and to reduce health care costs down the road. According to the study, 73 percent observed improvements in healthy food and beverages consumed by employees, and 67 percent noticed increases in physical activity. The study evaluated the impact of workplace wellness efforts, including strategies to support breastfeeding mothers and help employees quit smoking, eat healthier and be more physically active.

View the SHIP Workplace Wellness Report and fact sheet by visiting MDH's [website](#).

EAT WELL AND BE ACTIVE THIS SUMMER!

Take advantage of the summer season and enjoy locally grown produce and plenty of opportunities to be active outdoors.

Find information about Farmers Markets in Anoka County [here](#).

See what Anoka County and City Parks and Rec have to offer [here](#).

Finally, check out our [local resource map](#) for even more ideas and opportunities!



MEET OUR WORKPLACE WELLNESS COORDINATOR!

Andrew Doherty is an Extension Educator with the University of Minnesota – Extension working to address workplace wellness initiatives across the county. Andrew also assists in promoting Breastfeeding Friendly businesses and communities. Over the years Andrew has worked in a variety of food settings from; leading cooking and nutrition classes, to working in restaurant kitchens, to offering personal nutrition coaching to individuals. Andrew is a Registered Dietitian Nutritionist and Minnesota native. His favorite part about working on the SHIP grant is creating solutions to fit each organization's unique needs.

If you're interested in creating or expanding workplace wellness at your organization, please feel free to reach out to Andrew at andrew.doherty@co.anoka.mn.us

