

# **SHIP In Sibley County**

## **Statewide Health Improvement Program**



**Creating a worksite culture of wellness through changing policies, systems and the environment to support healthy workers and making the easy choice, the healthy choice.**



**School food service training to support the food service staff in creatively incorporating fruits and vegetables into the school lunch program.**



**Farm to School- Sibley East and GFW schools working to get fresh, locally grown foods into their school lunch program. Farm-to-School keeps money circulating in our local economy and supports small, medium and sustainable farmers in our region. It also links kids to farmers, educating them about where and how their food is grown.**



**Sibley East's FFA program and the Ag department created a vegetable garden. The produce from the garden was utilized in the school cafeteria and was a huge success. This year the project is going to be expanded with produce going to both the Arlington and Gaylord school cafeterias, as well as a section of produce that will be available to community members through a Community Supported Agriculture Partnership.**

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**Arlington Fun Run: A fun opportunity for residents to be physically active while raising money for the local trails system.**



**Daycares—Preschools and daycares have created environments that promote physical activity and active learning. Many have created policies that limit screen time and that require a minimum amount of active time to be incorporated throughout the day.**



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**National Walk to School Day**  
**Sibley East Arlington and**  
**Gaylord Elementary Schools,**  
**St. Paul's Lutheran, Green**  
**Isle Community School and**  
**Immanuel Lutheran School**  
**participated in a walk in**  
**honor of the National Walk to**  
**School Day.**



**Creating connectivity between the communities by trail in Sibley County.**



**Pictures from the Arlington Walkable Community Workshop, which brought community members together to walk around the city and identify potential hazards and barriers for pedestrians. From there they have created plans and made changes to make the community more bicycle and pedestrian friendly.**

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