

MEEKER-MCLEOD-SIBLEY

SHIP Highlights



Bike Fix-it station

In the summer of 2023, a bike repair station was introduced at Lake Ripley Campgrounds in Litchfield. This initiative involved collaboration with a local boy scout, the city of Litchfield, the boy scout's grandfather for concrete pouring, and MMS CHS. The fix-it station serves as a convenient spot for addressing minor bike repairs before or after exploring the route around Lake Ripley.

Community Gardens

In 2023, community gardens were established or enhanced in Meeker, McLeod, and Sibley counties. Brownton, Plato, and Grove City were particularly successful locations, fostering community engagement in a fruitful growing season. Participants united to cultivate, discover, and enjoy nutritious foods.



Bike Fix-it Station
Lake Ripley-Litchfield



Healthy Eating Curriculum
MN New Country School



Learn to Ride Bike Fleet
Sibley East Elementary



Brownton
Community Garden

Schools

In 2023, schools in the three counties collaborated actively with SHIP staff. Litchfield Middle School, Minnesota New Country School (Henderson), First Lutheran School (Glencoe), Atwater-Cosmos-Grove City Elementary, and Sibley East Elementary closely partnered with SHIP. Various projects were implemented, such as active recess, healthy snacks, hydroponics stations, physical education curriculum, hydration stations, school garden enhancements, mental well-being resources, and vaping education curriculum.

Learn to Ride Bike Fleet

The Learn to Ride Bike Fleet, spanning schools in the three-county area, enabled 2,400 students to embrace cycling in the Spring and Fall seasons. Catering to both experienced riders and beginners, it proved invaluable for schools. The demand for the fleet persists as schools eagerly anticipate its services in the upcoming Spring season, prompting requests for the addition for more bikes to meet the growing interest. The fleet is getting noticed, even appearing in the *Independent Review*.



SHIP Projects 2023

- Brownton Community Garden
- Plato Community Garden
- GFW Breastfeeding Space
- Bike Fleet-2,400 students, 8 schools
- Hydration Station
- Badminton in Physical Education
- Active Recess (jump ropes, outdoor games, basketball hoop)
- Healthy Eating Curriculum
- Tobacco/Vaping Curriculum
- Healthy Snack Cart
- Tchoukball for Physical Education
- Yoga Mats for Physical Education
- Glencoe in Motion active living improvement discussions
- Bike Fix it Station Lake Ripley-Litchfield
- School Student Vaping Survey
- Grove City Sharing Garden
- Meeker County Fairgrounds Breastfeeding Space
- Hydroponics Stations for schools
- Dassel Summer Feeding Program for youth
- ACGC Youth Mental Health First Aid
- 988 promotion-Mobile Crisis Unit
- Meeker Workplace Wellness Business Partnerships
- Meeker County Food Shelves Backpack Program
- Mobile Food Shelf (Meeker)
- McLeod Fairground Breastfeeding Space (in progress)
- Hutchinson Farmers Market-POP program
- MAPP Meetings-Summer Scavenger Hunt (Meeker)
- Gaylord Community Garden (in progress)
- Michael Foods Workplace Wellness (in progress)
- Data Metalcraft Workplace Wellness(in progress)
- Ridgeview- increasing accessibility to Spanish-speakers
- and many more already in progress for 2024

MN Moves

MN Eats

MN Commercial Tobacco Free

MN Well-being

OUR TEAM

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