

# Anoka County SHIP

2023 Success Stories



## Garden Towers

Fridley's Springbrook Nature Center's "Garden Towers" allowed youth from area summer programs an opportunity to learn how to plant and tend to a garden that maximized space. They tasted a variety of herbs and vegetables, all while expanding their knowledge of where our food comes from. Adult participants and visitors were able to experience these gardens as well!

## School-based Outdoor Winter Fun


Linwood Elementary in Forest Lake partnered with SHIP to provide snowshoes to get the students moving during long Minnesota winters! This multi-age activity allows older students to mentor and guide younger students. Principal Gretchen Mattson said "Teachers and students rave about how fun it was...anytime we take students outside to visit our school forest, they come back refreshed and calmer."




## Workplace Wellness

Connexus Energy partnered with Anoka County SHIP's Workplace Coordinator to innovate on their existing bike library and physical activity programming. Now, with a new electric bike, bike fix-it stations, and bag toss kits, healthy choices are even easier to make for their staff and employees. They're getting in SHIP SHAPE!



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