

# Healthy Lifestyle Community Resources



- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

**Carver-Scott SHIP Community Resources for Healthy Eating, Physical Activity and Tobacco Cessation**

<b>Organization</b>	<b>Description</b>	<b>Phone</b>	<b>Address</b>	<b>Website</b>
<b>TOBACCO CESSATION RESOURCES</b>				
Minnesota's Tobacco Helpline	A toll free, confidential program to help people quit using tobacco. Free counseling, information, and referrals to other local support services	1-800-Quit Now	Phone Resource	Phone Resource
American Lung Association in MN	8-session evidence-based behavior change approach online and at various locations	1-800-586-4872 option 2	490 Concordia Avenue, St. Paul, MN, 55103	<a href="http://www.lungusa.org">www.lungusa.org</a>
Quit Plan	Phone and web services that can be individualized into a personal quit plan	1-888-354-PLAN	Phone and Web Resource	<a href="http://www.quitplan.com">www.quitplan.com</a>
Nicotine Anonymous	A free 12-step recovery program offered in a group setting; donations accepted	952-404-1488	Meetings are available in person, online or over the phone	<a href="http://www.nicotine-anonymous.org">www.nicotine-anonymous.org</a>
National Cancer Institute- Smoking Quitline	Access step by step guide to quitting, talk to an expert, find tools to help you quit	1-877-448-7848	Phone and Web resource	<a href="http://www.smokefree.gov">www.smokefree.gov</a>
<b>WEIGHT MANAGEMENT</b>				
Overeaters Anonymous	Support meetings for overeaters using a 12 step program	505-891-2664	Online Resource	To find a local meeting, visit <a href="http://www.aa.org">www.aa.org</a>
I CAN Prevent Diabetes	16 week class curriculum helps prediabetics lose weight, eat healthier and increase physical activity	NA	Times and locations vary. To find a local meeting visit: <a href="http://www.icanpreventdiabetes.org/groups.html">www.icanpreventdiabetes.org/groups.html</a>	<a href="http://www.icanpreventdiabetes.org">www.icanpreventdiabetes.org</a>
Ridgeview Medical Center Classes	Health and wellness events and programs	1-800-967-4620	Ridgeview Medical Center 500 S. Maple Street, Waconia, MN 55387	<a href="http://www.ridgeviewmedical.org/Events/EventList.aspx?EventCategoryId=515">www.ridgeviewmedical.org/Events/EventList.aspx?EventCategoryId=515</a>
Fitness Connect	Web-based directory of certified personal trainers, group fitness instructors, and fitness directors	1-800-999-4332	Online Resource	<a href="http://www.idealife.com/fitnessconnect">www.idealife.com/fitnessconnect</a>

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Weight Watchers	Support for losing and maintaining weight through tools for healthy food choices. Programs available online or in person	Visit Website	Local meetings in Prior Lake, Shakopee, Chaska, Victoria, Waconia, Buffalo, Hutchinson and Howard Lake. Visit website for meeting locations and details.	www.weightwatchers.com
Jenny Craig	Weight loss program	1-800-597-5366	Phone and Web Resource	www.jennycraig.com
Nutrisystem	Weight loss program	1-888-794-2468	Phone and Web Resource	www.nutrisystem.com
Medifast	Weight loss program	1-800-209-0878	Phone and Web Resource	www.medifast1.com
<b>COMMUNITY CENTERS</b>				
Shakopee Community Center	The Shakopee Community Center offers fitness equipment, a gym, a walking track, and fitness classes	952-233-9500	1255 Fuller St. Shakopee, MN	http://www.ci.shakopee.mn.us/community_center.cfm
New Prague Community Center	Ice arena for hockey, figure skating and public skate	952-758-7825	100 12th Street Northwest New Prague, MN 56071-2080	http://www.newpraguearena.com/Default.asp?page=80
Cologne Community Fitness Center	The Cologne Community Fitness Center was designed to be flexible, affordable, comprehensive and easy to use to help you regain or maintain a healthy and fit lifestyle. Open 24 hours- 7 days a week	952-466-2064	1211 Village Parkway, Cologne, MN	http://www.ci.cologne.mn.us/index.asp?Type=B_BASIC&SEC=%7B579896A8-C519-484A-9311-7A54B0AEEE89%7D
Dakotah! Sport and Fitness	Fitness Center	952-445-9400	2100 Trail of Dreams, Prior Lake, MN 55372	www.dokotahsport.com
Safari Island Community Center	Fitness Center	952-442-0695	1600 Community Drive, Waconia, MN 55387	http://www.waconia.org/index.asp?Type=B_BASIC&SEC=%7B39FB507A-4255-436E-8139-1E8E7C23C96B%7D
Chanhassen Recreation Center	The Chanhassen Recreation Center serves the residents of Chanhassen and the surrounding area	952-227-1400	2310 Coulter Boulevard, Chanhassen	http://www.ci.chanhassen.mn.us/parks/recctr.html

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Victoria Community Center	The Victoria Recreation Center amenities include: a fitness center, a gymnasium with 2 full courts, an ice rink, and a walking track	952-443-3140	8475 Kochia Lane Victoria, MN 55386	<a href="http://www.ci.victoria.mn.us/park_rec_fieldhouse.htm">http://www.ci.victoria.mn.us/park_rec_fieldhouse.htm</a>
Chaska Community Center	The walking/running track is free to all members and visitors	952-448-5633	1661 Park Ridge Drive, Chaska	<a href="http://www.chaskacommunitycenter.com/ccenter/">http://www.chaskacommunitycenter.com/ccenter/</a>
Delano Tiger Activity Center	Fitness Center	763-972-3365 ext 2129	700 Elm Ave., Delano	<a href="http://www.delano.k12.mn.us/sitepages/pid177.php">http://www.delano.k12.mn.us/sitepages/pid177.php</a>
Panther Field House in Glencoe	Fitness Center	320-864-2690	1621 16th Street East, Glencoe	<a href="http://www.gsl.k12.mn.us/se3bin/clientgenie.cgi">http://www.gsl.k12.mn.us/se3bin/clientgenie.cgi</a>
Watertown City Community Center	Fitness Center	952-955-2535	309 Lewis Avenue S, Watertown	NA
<b>FITNESS FACILITIES</b>				
Ridgeview Hospital Fitness Classes	Fitness, wellness and sports performance classes	952-442-8083	500 S. Maple Street, Waconia	<a href="http://www.ridgeviewmedical.org/events/SubCategories.aspx?ParentCategoryId=507">www.ridgeviewmedical.org/events/SubCategories.aspx?ParentCategoryId=507</a>
Queen of Peace Hospital Fitness Center	The Fitness Center is New Prague's community health club, featuring equipment, free weights, and group exercise classes.	952-758-8199	504 Sixth Ave NW New Prague, MN 56071	<a href="http://www.queenofpeacehospital.com/fitness">www.queenofpeacehospital.com/fitness</a>
River Valley YMCA in Prior Lake	YMCA fitness center	952-230-9622	3575 North Berens Road N.W., Prior Lake, MN	<a href="http://www.ymcatwincities.org/index.asp?branchID=35&amp;pageID=286">http://www.ymcatwincities.org/index.asp?branchID=35&amp;pageID=286</a>
Club Prior	55+ fitness and activity group	952-447-9820,	Prior Lake, MN 55379	<a href="http://www.cityofpriorlake.com">www.cityofpriorlake.com</a>
Chaska Curves	Women's only exercise club	952-368-9090	2972 N. Chestnut Street, Chaska	<a href="http://www.curves.com">www.curves.com</a>
Chanhassen Curves	Women's only exercise club	952-974-9019	426 Pond Promenade, Chanhassen	<a href="http://www.curves.com">www.curves.com</a>
Waconia Curves	Women's only exercise club	952-442-8281	246 W. First St., Waconia	<a href="http://www.curves.com">www.curves.com</a>
Prior Lake Curves	Women's only exercise club	952-447-2190	6885 Boudin St. NE, #201, Prior Lake	<a href="http://www.curves.com">www.curves.com</a>

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Northeast Prior Lake Curves	Women's only exercise club	952-447-2190	Ste 600, 14162 Commerce Avenue Northeast, Prior Lake	www.curves.com
Shakopee Curves	Women's only exercise club	952-736-1800	3009 Tiflawn Ct, Shakopee	www.curves.com
Chanhassen Lifetime Fitness	Fitness Center	952-380-0303	2901 Corporate Place, Chanhassen	www.lifetimefitness.com
Chaska Snap Fitness	Fitness Center	952-448-6500	700 North Chestnut St., Chaska	www.snapfitness.com
Chanhassen Snap Fitness	Fitness Center	952-474-5422	2411 Galpin Court, Chanhassen	www.snapfitness.com
New Prague Snap Fitness	Fitness Center	952-758-9250	807 1st Street Southeast, New Prague	www.snapfitness.com
Norwood Young America Snap Fitness	Fitness Center	952-467-2680	312 Highway 212 West, Norwood Young America	www.snapfitness.com
Victoria Snap Fitness	Fitness Center	952-368-3004	1772 Steiger Lake Ln, Victoria	www.snapfitness.com
Waconia Snap Fitness	Fitness Center	952-442-3815	120 Vine St. S., Waconia	www.snapfitness.com
Watertown Snap Fitness	Fitness Center	952-955-2888	605 Lewis Ave N, Watertown, MN 55388-8351	www.snapfitness.com
Shakopee Snap Fitness	Fitness Center	952-233-5577	1145 Canterbury Rd, Shakopee, MN 55379	www.snapfitness.com
Savage Snap Fitness	Fitness Center	952-226-3481	7470 South Park Dr, Savage, MN 55378	www.snapfitness.com
Victoria Field House	Fitness Center	952-443-4255	8475 Kochia Lane, Victoria	www.ci.victoria.mn.us/park_rec_fieldhouse.htm
Anytime Fitness- Chaska	Fitness Center	952-361-4300	2980 North Chestnut St, Chaska	www.anytimefitness.com
Anytime Fitness- New Prague	Fitness Center	952-758-9165	221 Chalupsky Ave SE, New Prague	www.anytimefitness.com

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Anytime Fitness Waconia- Oak Ave	Fitness Center	952-442-9077	1309 Oak Ave # 101, Waconia	www.anytimefitness.com
Anytime Fitness Waconia- Elm St	Fitness Center	952-442-9077	36 South Elm Street, Waconia	www.anytimefitness.com
Fitness First of Minnesota, Inc, Chaska	Fitness Center	952-448-4322	115 E 2nd Street Chaska, MN 55318	www.fitness-first.org
Curves of Delano	Women's only exercise club	763-972-9300	100 Bridge Ave, Delano	http://www.delanocurves.com/
Delano Snap Fitness	Fitness Center	763-972-9000	327 13th St S, Delano	http://www.snapfitness.com/delano
Mayer Snap Fitness	Fitness Center	952-373-4084	255 Ash Ave N, Mayer	http://www.snapfitness.com/mayermn
Montrose Snap Fitness	Fitness Center	763-675-6750	185 Nelson Blv, Montrose	http://www.snapfitness.com/montrose
Long Lake Snap Fitness	Fitness Center	952-473-9542	Ste D, 2460 West Industrial Boulevard, Long Lake	NA
<b>RUNNING AND WALKING CLUBS</b>				
Northstar Trail Travelers Walking Club	Dedicated to walking in MN State Parks	Online Resource	Online Resource	www.nstt.org
Running Clubs	Local running club	Online Resource	Online Resource	www.rrca.org to find or start a local club
Twin Cities Bicycling Club	Local biking club	Online Resource	Online Resource	www.biketcbc.org for schedule and locations.
<b>FREE OR LOW COST EXERCISE PROGRAMS AND FACILITIES</b>				
Shakopee Walking track	Provides free access to an indoor walking track, 7 days per week	952-233-9500	1255 Fuller St., Shakopee, MN	http://www.ci.shakopee.mn.us/community_center.cfm
Chaska Community Center- free walking space	The walking/running track is free to all members and visitors	952-448-5633	1661 Park Ridge Drive, Chaska	http://www.chaskacommunitycenter.com/ccenter/

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<b>Organization</b>	<b>Description</b>	<b>Phone</b>	<b>Address</b>	<b>Website</b>
<b>Trails</b>				
GoCarverGo	Provides interactive maps of trails for use in Carver County	Online Resource	Online Resource	<a href="http://www.gocarvergo.org">www.gocarvergo.org</a>
GoScottGo (Will be launched in April 2011)	Provides interactive maps of trails for use in Scott County	Online Resource	Online Resource	<a href="http://www.goscottgo.org">www.goscottgo.org</a>
Three Rivers Park District	Three Rivers Park District is a park system in the west suburban Minneapolis/St. Paul metro area of Minnesota. It includes facilities for picnicking, swimming, play areas, boating, fishing, downhill skiing, snowboarding, golfing, camping, and sledding. It includes an extensive trail system for hiking, biking, in-line skating, horseback riding, cross-country skiing, and snowshoeing.	763-559-9000	Administrative office: 3000 Xenium Lane North Plymouth, MN 55441	<a href="http://www.threeriversparks.org">www.threeriversparks.org</a> for locations and events
<b>ONLINE RESOURCES</b>				
IdeaFit	Online resource that identifies trainers and recreation facilities by city	Online Resource	Online Resource	<a href="http://www.idealife.com/fitnessconnect">http://www.idealife.com/fitnessconnect</a>
Let's Go!	A community-based initiative to promote healthy lifestyle choices for children, youth and families with the goal of increasing physical activity and healthy eating for children and youth - from birth to 18.	Online Resource	Online Resource	<a href="http://www.lets-go.org">www.lets-go.org</a>
Spark People	Online resource for healthy living including personalized diet and fitness plans	Online Resource	Online Resource	<a href="http://www.sparkpeople.com">www.sparkpeople.com</a>
AIM HI- American Academy of Family Physicians	Americans In Motion—Healthy Interventions (AIM-HI) is an AAFP initiative designed to improve the health of all Americans through a multifaceted fitness program addressing physical activity, nutrition and emotional well-being in the individual, family and community.	Online Resource	Online Resource	<a href="http://www.aafp.org/online/en/home/clinical/publichealth/aim/about.html">http://www.aafp.org/online/en/home/clinical/publichealth/aim/about.html</a>

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American Diabetes Association	Information about what to eat if you are diabetic as well as resources around menu planning, ideas for exercise and fitness management	Online Resource	Online Resource	<a href="http://www.diabetes.org">http://www.diabetes.org</a> (visit the Food and Fitness page)
American Heart Association	Information about nutrition, physical activity, weight loss and stress management	Online Resource	Online Resource	<a href="http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp">http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp</a>
American Academy of Pediatrics	Provides information specifically for children around nutrition, fitness, sports and emotional wellness	Online Resource	Online Resource	<a href="http://www.aap.org">http://www.aap.org</a>
USDA My Pyramid	MyPyramid offers personalized eating plans and interactive tools to help you plan/ assess your food choices based on the Dietary Guidelines for Americans.	Online Resource	Online Resource	<a href="http://www.mypyramid.gov">http://www.mypyramid.gov</a>
Let's Move	This campaign, started by First Lady Michelle Obama provides resource around eating healthy and getting active	Online Resource	Online Resource	<a href="http://www.letsmove.gov">http://www.letsmove.gov</a>
American Cancer Society	Information about the health impacts of tobacco and guides to help people quit smoking or using smokeless tobacco products	1-800-227-2345	Phone and Web Resource	<a href="http://www.cancer.org/Healthy/StayAwayfromTobacco">http://www.cancer.org/Healthy/StayAwayfromTobacco</a>
<b>BREASTFEEDING AND INFANT NUTRITION</b>				
LeLeche League	Provides help to mothers through mother-to-mother support, encouragement, information, and education	1-877-452-5324	NA	<a href="http://www.llusa.org/web/MNDak.html">www.llusa.org/web/MNDak.html</a>

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Ridgeview Medical Center Lactation Line and Classes	Provides support and education for mothers interested in breastfeeding	952-442-2191 x5265	Breastfeeding is a unique experience for each mother. This class is beneficial whether you choose to breastfeed for many months or just a few weeks. Visit the website to see upcoming class dates.	<a href="http://www.ridgeviewmedical.org/Events/EventList.aspx?EventCategoryId=24">www.ridgeviewmedical.org/Events/EventList.aspx?EventCategoryId=24</a>
St. Francis Breastfeeding Support Services and Classes	This class includes both an introduction to the basics of breastfeeding and resources for ongoing support.	952-403-2064	St. Francis Regional Medical Center, 1455 St. Francis Ave., Shakopee, MN 55379	<a href="http://sfrmc.netreturns.biz/calendar/CalendarItemDetail.aspx?Id=18585225-1d60-488f-9cae-6f835869d664">http://sfrmc.netreturns.biz/calendar/CalendarItemDetail.aspx?Id=18585225-1d60-488f-9cae-6f835869d664</a>
Carver-Scott Breastfeeding Coalition	Information and resources about breastfeeding	NA	NA	<a href="http://www.carverscottbreastfeedingcoalition.org">www.carverscottbreastfeedingcoalition.org</a>
<b>LOW-INCOME NUTRITION PROGRAMS</b>				
<b>The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)</b>				
Carver County WIC	CAP Agency WIC (Women, Infants & Children) provides nutrition education and supplemental food vouchers to promote good health for pregnant and postpartum women, infants and children. <i>Available to residents of Scott and Carver Counties</i>	952-496-2125	Scott-Carver-Dakota CAP Agency, Inc. 712 Canterbury Road S, Shakopee	<a href="http://www.capagency.org/">http://www.capagency.org/</a>
McLeod County WIC	Women, Infants, and Children (WIC) Clinic is a supplemental food program for income eligible pregnant and breastfeeding women and children birth to 5 years. A Public Health Nurse staffs all WIC clinics and is available to provide information in the areas of nutrition and health. Appointments are made by contacting our office.	1-800-450-3185 or (320) 864-3185	Public Health Nursing Service 1805 Ford Avenue North, Suite 200 Glencoe, MN 55336	<a href="http://www.co.mcleod.mn.us/mcleodco.cfm?pageID=50&amp;sub=yes">http://www.co.mcleod.mn.us/mcleodco.cfm?pageID=50&amp;sub=yes</a>

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Scott County WIC	CAP Agency WIC (Women, Infants & Children) provides nutrition education and supplemental food vouchers to promote good health for pregnant and postpartum women, infants and children. <i>Available to residents of Scott and Carver Counties</i>	952-496-2125	Scott-Carver-Dakota CAP Agency, Inc. 712 Canterbury Road S, Shakopee	<a href="http://www.capagency.org/">http://www.capagency.org/</a>
<b>Food Shelves</b>	Shakopee, MN 55379			
Friends for Life Food Shelf	hours M 6:30-7:30 pm; T,F 9:30-11:30	952-955-1980	309 S. Lewis Ave, Watertown, MN 55388	NA
Waconia United Food Shelf	hours M, F, Sat 9-12; T, Th 4-7	952-442-3878	11 S. Elm St, Waconia, MN 55387	NA
Scott-Carver-Dakota CAP Agency, Inc	A private non-profit organization providing services to residents of Scott, Carver and Dakota Counties.	952-496-2125	712 Canturbury Rd S, Shakopee, MN 55379	<a href="http://www.capagency.org">www.capagency.org</a>
Peace Center in New Prague	NA	952-758-4688 or 952-758-8190	313 Columbus Ave N, New Prague, MN 56071	NA
Southwest Carver County Food shelf	NA	952-467-1870	101 First Ave. NE, Norwood Young America, MN 55397	NA
People Reaching Out to People (PROP)- Food Shelf	Volunteer-driven agency serving the residents of Chanhassen and Eden Prairie.	NA	NA	<a href="http://www.propfood.org">www.propfood.org</a>
Holy Trinity Ministries in Savage	Food shelf- for emergencies only	612-749-0050	NA	NA
Jordan Area Food Shelf	Food shelf available for Jordan residents	952-564-4718	NA	NA
Second Harvest Heartland (2 <sup>nd</sup> Thurs.of month) In Prior Lake - Call for more information	NA	952-447-8282	NA	NA
Oasis Church Food Shelf	NA	NA	NA	<a href="http://www.oasispeople.org/events/cfs.html">www.oasispeople.org/events/ cfs.html</a>
Delano Helping Hands	Food Shelf	763-972-3723	140 Elm Avenue, Delano	NA
Wright: Clothing Center Food Shelf	Food Shelf	763-658-4414	411 Elm Ave, Waverly	NA
<b>Meals on Wheels</b>				
Waconia Meals on Wheels	Program that serves daily meals to seniors.	952-442-5478	233 Olive Street, Waconia	<a href="http://meals-on-wheels.com">http://meals-on-wheels.com</a>

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Chanhasen Meals on Wheels	Program that serves daily meals to seniors.	952-227-1127	7600 Market Blvd, Chanhasen, MN	<a href="http://meals-on-wheels.com">http://meals-on-wheels.com</a>
Chaska Meals on Wheels	Program that serves daily meals to seniors.	952-448-9303	407 Oak St. N., Chaska, MN	<a href="http://meals-on-wheels.com">http://meals-on-wheels.com</a>
Jordan Meals on Wheels	Program that serves daily meals to seniors.	952-492-2208	100 4 <sup>th</sup> St, Jordan, MN	<a href="http://meals-on-wheels.com">http://meals-on-wheels.com</a>
Watertown Meals on Wheels				
New Prague Meals on Wheels	Program that serves daily meals to seniors.	952-758-2652	118 Central Ave. N, New Prague, MN	<a href="http://meals-on-wheels.com">http://meals-on-wheels.com</a>
<b>Senior Dining</b>				
Belle Plaine	Home-delivered meals and congregate dining services.	952-873-6311	Cardinal Ridge 200 W. State St., Belle Plaine, MN	NA
New Prague	Home-delivered meals and congregate dining services.	952-758-2652	New Prague City Hall 118 Central Ave. New Prague, MN	NA
Jordan	Home-delivered meals and congregate dining services.	952-492-2208	Schule House, 100 4th Street, Jordan, MN	NA
Prior Lake	Home-delivered meals and congregate dining services.	952-447-8895	Prior Manor, 16049 Franklin Trail SE, Prior Lake, MN	NA
Shakopee	This site temporarily relocated due to kitchen renovations.	NA	NA	NA
Chanhasen	Home-delivered meals and congregate dining services.	952-447-8895	Chanhasen City Hall, 7600 Market Blvd, Chanhasen, MN	NA
Waconia	Home-delivered meals and congregate dining services.	952-442-5478	Waconia Legion, 233 Olive Street, Waconia, MN	NA
Watertown	Home-delivered meals and congregate dining services.	952-955-3793	Elim Home, 409 Jefferson Ave. SW, Watertown, MN	NA

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Chaska	Home-delivered meals and congregate dining services.	952-448-9303	Talheim Apartment, 407 Oak St. N., Chaska, MN	NA
<b>Food Support Programs</b>				
Supplemental Nutrition Assistance Program (also known as Food Stamps or Food Support) Carver County Community Social Services	Helps people with low income get access to nutritious food by using an electronic benefit card to buy food at local stores.	General Information 952-361-1600	602 E Fourth Street, Chaska, MN 55318-2102	NA
McLeod County Food Support Program	Helps people with low income get access to nutritious food by using an electronic benefit card to buy food at local stores.	(320) 864-3144	McLeod Social Service Center, 1805 Ford Avenue North, Glencoe, MN 55336.	<a href="http://www.co.mcleod.mn.us/mcleodco.cfm?pageID=868&amp;sub=yes3">http://www.co.mcleod.mn.us/mcleodco.cfm?pageID=868&amp;sub=yes3</a>
Supplemental Nutrition Assistance Program (also known as Food Stamps or Food Support) Scott County Human Services	Helps people with low income get access to nutritious food by using an electronic benefit card to buy food at local stores.	General Information 952-445-7751	Scott County Government Center, 200 4th Avenue West, Rm 300, Shakopee	NA
Food Support Outreach Mothers and Children	MAC provides a nutritious, balanced food package for children up to age 6, women with a baby under 1 year who are not breastfeeding, and pregnant women or breastfeeding infants not served by WIC	1-800-365-0270	200 4th Avenue West, Shakopee, MN 55379-1375	NA
Nutrition Assistance Program for Seniors	NAPS is a nutritious, balanced monthly food package for qualifying men and women aged 60+.	1-800-365-0270	NA	NA
<b>Fare For All</b>				
Fare for All - 1-800-582-4291	Packages of fresh produce and frozen meat at 40% savings, packages from \$10-\$25 for pre-order or cash/carry, pick up 1x/month, several locations	1-800-582-4291	To find a location near you, visit <a href="http://www.emergencyfoodshelf.org/ourfamilyofprograms/ffa/index.aspx">www.emergencyfoodshelf.org/ourfamilyofprograms/ffa/index.aspx</a>	<a href="http://www.emergencyfoodshelf.org/ourfamilyofprograms/ffa/index.aspx">www.emergencyfoodshelf.org/ourfamilyofprograms/ffa/index.aspx</a>

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<b>LIBRARIES</b>				
Libraries in Carver County	Access healthy resources through the library or online through the computers available on-site	NA	NA	<a href="http://www.carverlib.org/locations">www.carverlib.org/locations</a>
Libraries in Scott County	Access healthy resources through the library or online through the computers available on-site	NA	NA	<a href="http://www.scott.lib.mn.us/open_hours.html">www.scott.lib.mn.us/open_hours.html</a>
<b>Public Health Departments</b>				
Scott County Public Health	Breastfeeding classes will be held the 2nd Monday of the month for first time breastfeeding moms at 10 am at Scott County CAP, the class is FREE and lasts one hour.	952-496-8556	792 Canterbury Rd S, Shakopee	<a href="http://www.co.scott.mn.us">www.co.scott.mn.us</a>
Carver County Public Health and Environment	Public Health Agency providing resources around active living, worksite wellness and other health issues	952-361-1329	600 East 4th Street, Chaska, MN 55318	<a href="http://www.co.carver.mn.us">www.co.carver.mn.us</a>
<b>Farmers' Markets</b>				
Delano Farmers' Market	Seasonal farmers' market, typically starts in May and runs from 2-6pm on Wednesdays.	NA	Flippin Bills in Delano	NA
Buffalo Farmers' Market	Seasonal farmers' market, typically starts in May and is open Saturday mornings.	NA	Buffalo downtown near theatre	NA
Excelsior Farmers' Market	Seasonal farmers' market, typically starts in May and runs from 2-6pm on Thursdays.	NA	Water Street in Excelsior	NA
Watertown Farmers' Market	Seasonal farmers' market, typically starts in May and runs from 3-7pm on Fridays.	NA	Pavilion by the River	NA



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