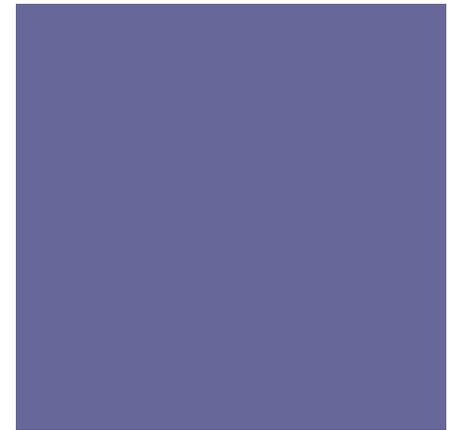




Building Healthy Communities

Pictures from the
2008/2009 Funded
Health Departments

Community Gardens
Farmers' Markets
Grocery Store Initiatives
Parks
Trails

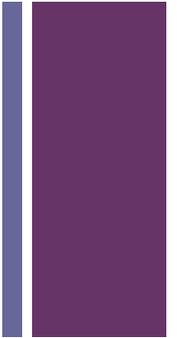


*Michigan Department
of Community Health*





Building Healthy Communities



Community Gardens



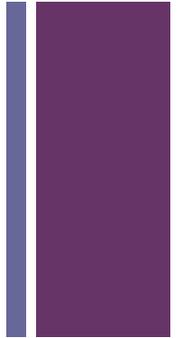
**Ingham County Health Department
Youth Gardening in the Allen St. Neighborhood of Lansing**



Ingham County Health Department
Winter Gardening



Building Healthy Communities Complete Streets



Complete Streets



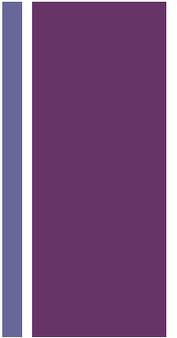
**Kalamazoo County Health Department
New sidewalk**



**Kalamazoo County Health Department
New sidewalk**



Building Healthy Communities Farmers' Markets



Farmers' Markets



Ingham County Health Department



Ingham County Health Department
Allen Street Farmers' Market in Lansing



Ingham County Health Department
Produce from Allen St. Farmers' Market



JACKSON MINE FARMERS MARKET
Featuring
• local growers
• producers
• crafters
• food vendors
Every Wednesday 5-7pm
Mid June thru September

buy & sell! **JACKSON MINE FLEA MARKET**
priceless finds!
Cash in your pocket!
Every Saturday 9am-noon
Mid June thru September

Jackson Mine Park
Downtown Negaunee
corner of Iron & Lake Streets

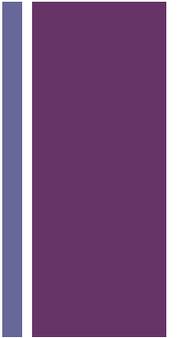
Marquette County
Jackson Mine Farmers' Market



**Marquette County
Jackson Mine Farmers' Market**



Building Healthy Communities



GROCERY STORE INITIATIVES



District Health Department #10



District Health Department #10
Grocery Store Tours in Manistee



District Health Department #10 Shelf Labeling in Manistee





District Health Department #10
Grocery Store Healthy Food Tasting in Manistee



**District Health Department #10
Nutrition Display at a Grocery Store**

***Get to the heart of it all.....look for this tag when making healthy food purchases.**

Per serving: these foods have

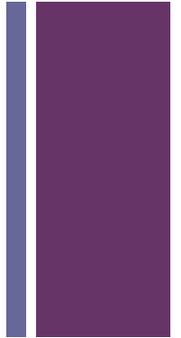
- Total fat - 3 grams or less**
- Saturated fat - 1 gram or less**
- Trans fat - 0.5 grams or less**
- Cholesterol - 20 mg or less**
- Sodium - 480 mg or less**
- 10% or more of 1 of 6 of the following vitamins: Vitamin A, Vitamin E, Iron, Calcium, Fiber or Protein**

* These items meet the American Heart Association's criteria to be low in saturated fat and cholesterol for healthy people over age 2.

**District Health Department #10
Nutrition Signage at a Grocery Store**



Building Healthy Communities Parks



Parks



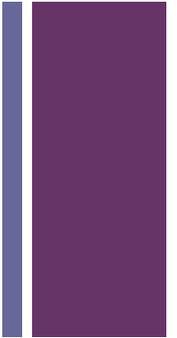
Ingham County Health Department
Hunter Park in Lansing



Ingham County Health Department
Hunter Park in Lansing



Building Healthy Communities



TRAILS



Marquette County Health Department
Negaunee Lion's Club putting down a plank walkway for disabled users



Marquette County Health Department
Trail Grand Opening



**Marquette County Health Department
Trail Grand Opening ribbon cutting**

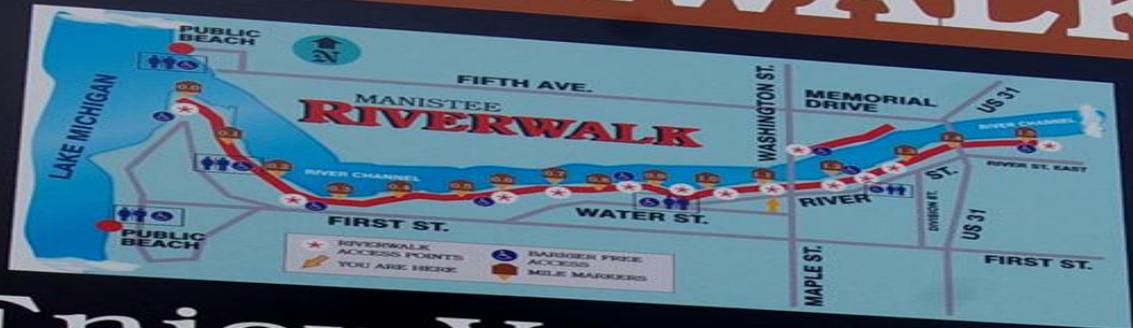


NORTHEND RIVERSIDE PARK 9-2008

District Health Department #10
Trail Signage in Big Rapids

MANISTEE
The Victorian Port City

RIVERWALK



Enjoy Your Walk!

- Pedestrian Traffic Only •
- Pets Are Not Permitted •

Starting at the stub pier on Lake Michigan, the Manistee Riverwalk is marked every 1/10th mile thanks to funding from these organizations that are committed to your good health and fitness.



District Health Department #10
River Walk Map in Manistee