We've offered the Raleigh community space-saving solutions for the past 10 years. We recommend Northwind Traders to anyone who will listen to us. They helped us reclaim over 700 square feet of our house!

- Annie D. Balitmore
Stable Days

Stable Days is a local nonprofit that was established in 2011 with programs that include mentoring, community engagement, gardening and wellness.

Fork’s Well Fed is a new program developed by Stable Days, supported by NDSU Extension Service – Grand Forks County and granted by United Way in 2016 and 2017.

Working with our participants to address the multiple issues surrounding access to fresh and local foods, we plan to increase their consumption of fruits and vegetables by supporting local families in the following areas.

- **Financial:** Each participating family will receive a monthly allotment of produce and produce tokens to assist in providing healthy meals for their families.
- **Educational:** Participants will learn how to make healthy choices and be comfortable and confident in healthy meal preparation.
- **Mentors:** Each class participants will work with staff to set goals, ask questions and evaluate their progress.
- **Giving Back:** Participants will be involved in a day of harvest to be shared with our communities’ food pantries.

Who Can Participate?

Any area resident who is currently receiving either WIC or SNAP benefits would be eligible to apply. We’re looking for folks that are interested in learning how to prepare healthy meals for themselves and those they care for. You can apply if you are...

- A family or an individual
- Currently receiving SNAP or WIC benefits
- Interested in learning more about healthy living
- ND or MN residents

More Information

Classes will be held from 10AM-11AM on the following dates:

- June 28th
- July 19th
- August 2nd and 16th
- September 6th and 20th

Participants will receive produce and produce tokens, set goals and discuss nutrition and the importance of healthy living.

Tokens are redeemed for fresh produce at the Town Square Farmer’s Market and the Forks Mobile Food and Education Trolley.

It is our goal that each participants will have developed a comfort and confidence with healthy meal preparation and have become accustomed to fruits and vegetables being a part of their diet.

Ongoing support will be available through Stable Days Youth Ranch, our web sites and social media pages.

To Sign Up Contact
Jean Noland or Linda Kuster
NDSU Extension Service
701-780-8229

Funds for this project are provided in part by United Way of Grand Forks, East Grand Forks!

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