



Food Environment Action Team

The action team works to develop and support policies and practices that improve the access, availability and identification of healthy foods in venues throughout the community.

2025 Accomplishments

Power of Produce Days

- The team once again offered the Power of Produce Day in New Ulm in August to 100 families and senior citizen households. The Power of Produce Day aims to encourage families with children or senior citizens to visit their local farmers market, support local produce vendors, and encourage them to make healthier food choices by offering them money to purchase their own produce at the market.

Orthopedic Nutrition Performance Presentation for Local Student Athletes

- In November, the team invited middle school and high school athletes and parents to a free presentation on functional fueling from Orthopedic Dietitian Brooke Dummer. She helped break down nutrition basics for athletes so they could better understand their greatest fuel source — food! Her presentation helped attendees understand the basics of nutrition and hydration and learn to maneuver the supplement world so they can empower their performance both during the season and off season.

Partnerships with Local Restaurants for Healthier Team Meals and Game Concessions

- In the fall, the team partnered with Lola Catering of New Ulm to offer student teams a new, healthier option to feed athletes with nutrient-dense food. Coaches from Martin Luther College and parent reps from local school teams are now able to conveniently order boxed meal orders at discounted prices.
- The team also partnered with Gutes Essen Deli & Catering at Oak Hills Living Center of New Ulm to offer schools and athletic associations new, healthier concession options, with groups able to mark up the prices however they choose. Both restaurants are partners in the Heart of New Ulm's Healthy Restaurant Program.

Free presentation for all New Ulm student athletes and parents!

Level Up Your Performance with the Right Nutrition!

Looking to level up your game? Join us for a presentation on functional fueling from Orthopedic Dietitian Brooke Dummer. She will help break down nutrition basics for athletes so they can better understand their greatest fuel source — food! Athletes will better understand the basics of nutrition and hydration and learn to maneuver the supplement world so they can empower their performance both during the season and off season.

Presenter:
Brooke Dummer MS, RDN, LD
Brooke Dummer is a licensed and registered dietitian nutritional from New Ulm who works at Twin Cities Orthopedic Training HALLS. She is passionate about helping teams and individuals learn about general nutrition and overall wellness.

Brooke's previous experience includes working with collegiate athletes at Wake Virginia University, helping them optimize performance and make healthy nutrition practices. She has provided team education and individual counseling to a wide variety of teams on nutrition basics, fueling strategies, injury prevention/recovery, body image and more.

Thursday, Nov. 20, 2025
Who: Intended for middle school and high school athletes and parents, but all athletes are welcome to attend
Time: 6 – 7 p.m.
Location: New Ulm High School Auditorium
Cost: Free

Questions?
Contact Kaitlin Gervach with the Heart of New Ulm at 507-217-5481 or Kaitlin.Gervach@hnu.com

Heart of New Ulm
Supporting a culture of wellness

Food Environment Action Team

A New Healthier Option for Feeding Student Athletes

Great news! The Heart of New Ulm's Food Environment Action Team has partnered with Lola Catering of New Ulm to offer student teams a new, healthier option to feed athletes with nutrient-dense food.

How it works:

- Choose 5-2 small options from the menu below to offer to your team. Ask each athlete to choose one of the 2 options.
- Fill out the order form below and a meal to Lola at lola@lolafoods.com. (Use a photo if needed, they will contact you to confirm the order.)
- Include your name and registered day and time needed. All orders require at least 24-hour advance notice.

Looking for additional options? Contact Lola via email above or text (507) 217-4000.

Lola Catering Boxed Meal Order Form (Group Discount)

Crosscut Sandwich Boxed Meal (cold) — Includes Chips and Fresh Fruit, \$18 each
All sandwiches served on a fresh roll created with spring greens, lettuce, tomato and red onion.

Options:
Turkey & Swiss Cheese _____ Qty: _____
Ham & Cheese with American Cheese _____
BLT _____
Chicken Bacon Ranch _____
Southwest Turkey _____

Quinoa Rice Bowls (cold): \$15 each
Southwest — Quinoa, rice, kale, black bean, corn, salsa, spring greens, tomato, red onion, pomegranate seeds, cilantro, and fresh fruit.
Greek — Quinoa, rice, kale, olive, feta, tomato, cucumber, roasted red pepper, chickpeas, tzatziki, dressing sauce.
Savory — Quinoa, rice, kale, shredded pork, sweet chili, cucumber, olives, pineapples, apple & kiwi sauce.

Wrap Sandwich Boxed Meal (cold) — Includes Chips and Fresh Fruit, \$18 each
(Puff wraps also available for \$2)

Vegetarian Wrap
Cauliflower or mayo, fresh bell peppers, tomato, cucumber, shredded carrots, spring greens, feta cheese
Qty: _____ Full: _____

Chicken Bacon Ranch Wrap
Chicken, bacon, spring greens, tomato, red onion, ranch, four tortilla wrap
Qty: _____ Full: _____

Southwest Turkey Wrap
Turkey, black bean, corn salsa, spring greens, tomato, red onion, southwestern dressing, four tortilla wrap
Qty: _____ Full: _____

Add-on for any order: Peanut butter protein ball (gluten-free): \$2 each Qty: _____

Name: _____
Phone: _____
Email: _____
Date & time needed: _____
Day: _____
Time: _____

Brought to you by **Heart of New Ulm** **Lola**

Food Environment Action Team heart@hnu.com In partnership with **Lola**

NEW! Healthier Options for New Ulm Concessions

Great news! The Heart of New Ulm's Food Environment Action Team has partnered with Gutes Essen Deli & Catering at Oak Hills Living Center of New Ulm to offer schools and athletic associations new, healthier concession options.

How it works:

- Choose the concession options you wish to offer from the menu below and include quantities.
- Fill out the order form below and e-mail to concessions@gutesessen.com.
- Take a photo to email if needed, they will contact you to confirm the order.

Include the name of your group/parents and requested day and time for pickup. All orders require a minimum one week advance notice (more notice preferred).

Looking for additional options? Contact Kaitlin Gervach via email above or text (507) 217-5481.

Gutes Essen Deli & Catering Concessions Order Form

Concession	Price each:	Qty:
Cheese Omelet (comes frozen, requires microwave to heat)	\$1.50	_____
Fruit and Yogurt Parfait	\$3.00	_____
Protein Pack 1 (egg, fruit, protein ball)	\$3.95	_____
Protein Pack 2 (protein ball, fruit, cheese cubes)	\$3.95	_____
Wraps:		
Capprese	\$3.50	_____
Southwest Veggie	\$3.50	_____
Sandwich (Turkey and Cheese)	\$3.95	_____
Veggie Tray with Dip	\$3.00	_____
Fruit Tray with Dip	\$3.00	_____

Pickup person: _____
Phone: _____
Email: _____
Pickup date & time needed: _____
Date: _____ **Time:** _____

Brought to you by **Heart of New Ulm** **Gutes Essen**

Food Environment Action Team heart@hnu.com In partnership with **Gutes Essen** (Deli & Catering)