

Appetite For Change



- Mission: Bring families together and build healthy communities through growing, cooking, and eating fresh food while creating community-led products and services that build stronger family relationships around food.
- Vision: A healthy and vibrant North Minneapolis where families are reconnected around the dinner table, youth are leading a fresh food movement, and every person has access to affordable and healthy foods.

Community Cooks 1.0

- Over 100 families came together to cook healthy and delicious meals
- Small groups had conversations about food justice, health, and community
- Participants went home with recipes and resources for growing and cooking



Community Cooks 2.0 (2013)

- Small groups of families will come together to cook in bulk
- Knowledge is shared in a supportive environment for family learning
- Bring home meals to eat later in the week or freeze for later in the month



Healthy Corner Store Project

- Working with 10 corner stores in North Minneapolis
- Makeovers: stores now feature fresh and affordable fruits and vegetables and highlight healthy food options
- Community Outreach: promote the availability of these foods, recipe and food sample give-aways, partnering with neighborhood associations, churches, and schools to create demand.



Appetite For Growing Garden



- Small community garden in North
- Purpose: To raise awareness in the neighborhood about growing your own food

AND to provide a safe space for children to learn and play

My Role...

Community Cooks:

- Helped set-up events
- Guided groups of youth and adults in preparing healthy foods
- Led small group discussions with teens and adults
- Watched the young children of adults who were cooking



If you could create the ideal place to get food, what would it look like, what would it sell, why would it be so great?

Questions we asked in small groups:

How does eating at home with your family feel compared to eating fast-food?

Do you want to eat
Do you feel like you can
your cooking or eating habits

If you were in charge of the grocery shopping, what would you buy?

What do you think of the food options in your neighborhood?

yes. yes by offering more fruits and

What I Learned From Leading Community Dialogues:

- Knowledge of how youth feel about the food they eat
 - Youth in North prefer to eat at home at the table with their families
 - They want healthier food because they care about their health
 - Youth know that eating differently affects you in school



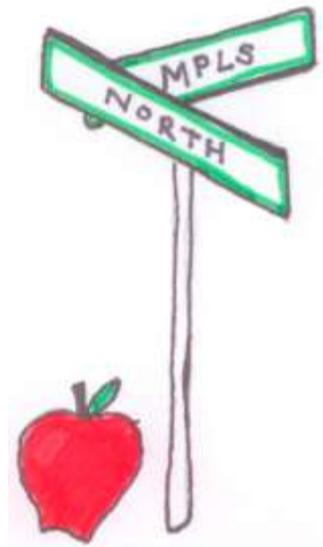
How Community Cooks Affected Me...

- Leadership: Youth looked to me as one of them but also as a leader
- Excitement: I changed youth's opinions about purchasing non-healthy food at corner stores

The experience was great and I am grateful that the youth opened up to me.

My Role In Corner Store Project

- Led youth orientation
- Working with youth at engagement events, including store kick-offs
 - Talk to customers about the program
 - Do customer surveys
 - Prepare and hand-out food samples and recipes
- Will lead youth in door-knocking and canvassing activities in the coming months
AND talk to youth at schools and community organizations about the project



Why am I part of Appetite for Change?

2012 has been a year when everyone around me is seeking change in their lives.

- *First major step to change is changing your appetite*
- If I set the example of eating well, other youth will follow.



Being Part of AFC Has Changed Me.

- Starting as a volunteer, I soon became invested
- Now as a job, it is helping me reach my goals
- My family and I started eating, shopping, and cooking differently
 - I read the ingredients before I cook
 - I hardly eat fast food
 - I know how to cook now and can take the responsibility of feeding my family



Why Having Youth Involved is Important



The youth are the truth! It starts with us!

- If youth change what they eat, the next generation will too
- Youth are the ones affected in the long run if they don't know the pros and cons of healthy eating
- Youth have good ideas and a lot to say

Future Plans For AFC:

- Create a Community Advisory Board. Half will be youth
- Engage youth in Corner Store Project promotion
- Teen only and youth-led Community Cooks group
- Older youth mentors working with preschoolers and their parents in the Fresh Start Garden





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