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
Questions we asked in small groups:

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

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

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