HEALTHY FOODS SUMMIT 2011
Optimizing Food Systems for Human Health
October 10 & 11, 2011

In an interactive session on Tuesday afternoon, moderated by Margaret Adamek, summit participants committed to individual actions* to help improve the food system.

PRODUCERS

• Give further definition to our sustainable food systems.

• [Create] lending program to benefit local, organic producers.

• I would like to hold community cooking classes on a weekly basis in order to show the community the uses of the various produce grown in the area.

• I’m studying horticulture at the University of Minnesota with the intention of becoming an organic farmer. I am in the process of learning and discovering where I will enter the food system and at what scale I might be most effective in helping this movement along.

• Donate leftover products to the consumer through food shelves and have cooking demonstrations to [make] people aware about healthy foods and a healthy living style.

• Engage more in conversation and understanding with/of food industry.

• Become more familiar with systems thinking

• Continue my role as a small food producer, become better at this role – more informed regarding policy, system work, etc.

• Plant wild fruit trees and bushes.

* Several participants submitted more than one action. Double spacing between lines of text indicates a new participant.
**DISTRIBUTORS**

- Connect with U of M folks to strengthen work for procuring school foods.

- I can take what I have gained from these two days and apply the discussions and questions to my community roundtable discussions and to the internal discussions we have within my work place.

- Working to expand local foods distribution in west central Minnesota for institutions – access to fresh, healthy, local foods to build a sustainable community.

- Meet with the director of food service at our hospital about what they are doing and work to take further steps together.

**PROCESSORS**

- Write to Cargill/GM [General Mills] and express my disappointment that their fix to the food system is to bring more processed food to Africa.

- Change messaging from marketers – hold media as well as processors accountable.

- Be brave enough to reduce sodium in processing and develop better seasoning.

- I will check into Grains for Health and see what I can do to help them.

**CONSUMERS**

- Become better at facilitating cross-sector/-discipline work and communication.

- “Connect the dots” – build bridges – between community organizations and academic institutions to create more awareness, more efficiencies, and greater impact – faster.

- Connect with new ag [extension] agent in Mahnomen County.

- Food systems change community engagement.

- Ask my local school system if they are buying local food from local farms.

- Shop at farmers markets more regularly.
- Consider canning and freezing local produce for use during the gray months.
- Start a garden with a friend or small group, or join a community garden in 2012.
- Keep “preaching” to my children and serving my grandchildren wholesome food.

- Read *Fair Food*.

- Strive to reach 80% organic grocery/food purchases.
• Dig up more yard and be more like the Frogtown neighbors of Patricia.
• Teach a younger person (in their 30s) how to bake/can/cook.

• Do my best to eat something healthy at least every day and shop more on the outer area of the grocery store, rather than on the inner isles of the grocery store.

• I will be more attentive to where my food comes from and shop more at Lakewinds.

• [I am] going to Jamaica to develop a diabetes management center, a community-based approach to developing healthier lifestyles, including healthier ways of preparing and maintaining culture preferences in foods.

• I will continue to support my local coop, CSA and farmers markets.

• Research ways to use the fresh produce available at my farmers market and make a grocery list before I go so it is not so intimidating! Also, bring friends with me as well when I go. 😊

• Pick my squash.

• Promote healthy eating and active involvement in both the food coop organization and our CSA.

• Continue to educate myself on local, regional food systems.
• Support Frogtown Gardens project!

• Begin buying more locally grown products.

• I will buy some grass-fed beef…despite the price!

• Shop at Lakewinds on my way home!

• Try gardening again.

• Teach my kids how to cook and garden.

• Continue to buy more local and educate my friends/family about it.
• Serve on local food policy council – i.e., become a more engaged citizen.

• Buy more produce from farmers markets → increase access to fresh produce!

• I will make it a point to know my farmers who provide my food – it’s one thing to buy local, but it’s another to actually know who/where your food comes from.

• Buy 1/6th of a grass-fed cow.

• Invest in local businesses that support local farmers.
• Eat seasonally.
• Raise more food personally.
• Preserve more food.
• Become a regular consumer at local coop.
• Share information from summit with family, friends and neighbors.

• I would like to encourage my school system to improve the quality of food served to our school children. More local produce and more whole grains should be served.
• Teach a presentation on vegetable gardening.
• Be more of an engaged citizen – get these issues to politicians.
• Demand that my children’s school program include local foods.
• Transition a portion of the Knox College food budget to real food and further action/advocacy about the food movement.
• Convene a meeting of “partners” to see what/if we need each other and how.
• Kids increase of plants – fruit and veggies.