

October 2012 Update

Minneapolis Food Council meeting, October 17

The monthly meeting will be held Wednesday, October 17 at the Kitchen in the Market at the Midtown Global Market, 920 East Lake Street. Directions to the meeting and the agenda can be found at www.minneapolismn.gov/homegrown.

Upcoming grants for urban farmers

NCR-SARE's [Farmer Rancher Grant Program](#) is a competitive grants program for farmers and ranchers who want to explore sustainable solutions to problems through on-farm research, demonstration, and education projects.

Farmer Rancher grants have funded a variety of topics including pest/disease management, crop and livestock production, education/outreach, networking, quality of life issues, marketing, soil quality, energy, and more.

Health department posts videos exploring the relationship between culture and food

The Minneapolis Department of Health and Family Support has posted a series of videos aimed at encouraging more community dialogue about health. The [newly posted videos](#) are part of the VOICE (Valuing Our Individual Cultures through Engagement) Project, which began in June 2011 and will continue through January 2012. VOICE uses storytelling and story-based dialogues to encourage people from various cultural backgrounds to share their insights about how culture is connected to food, healthy weight, and body size. The video dialogues feature people from the American Indian, African American, Latino, Hmong, and Somali communities talking about these seven VOICE themes:

1. Cultural foods are connected to feelings and memories.
2. Family-friendly spaces and social connections make exercise easier.
3. Good eating habits are shaped by mealtime.
4. Cooking together and sharing knowledge increases awareness about healthier food options.
5. Close food should be good food (food that is close by should be good food).
6. Eating habits and food choices should be talked about and can spark change.
7. Cultural foods once associated with sustenance and healing today may harm health.

The videos will be used to continue food-related dialogues and apply the story-sharing method to other public health topics. [Learn more about the VOICE Project](#).

Shout out

- Last month, Minneapolis Public Schools hosted their first ever Farm to School Community BBQ! The event featured delicious local food, hands-on activities for the kids, farmers (with farm animals!) and a V.I.P. Corn-Shucking Contest. The event was an effort to spread the word about some of the exciting changes underway in MPS cafeterias. [Check out these pictures](#) for a glance at how fun and delicious the event was!

Learn more about Homegrown Minneapolis, or send feedback and comments, by visiting our website: www.minneapolismn.gov/homegrown