

Minneapolis Healthy Food Shelf Network

Facilitated by the Minneapolis Health Department

Thursday, May 21, 2015

10:00 – 11:30am

Location: UROC

(2001 Plymouth Ave N, Minneapolis)



Meeting Notes

Announcements and updates

- North Point started their summer produce distributions which will run every other Friday from May-September. They served about 190 people at their first one and had a nutritionist on site to do a cooking demo for clients.
- Salvation Army North is hosting a dinner in the fall (October/November, exact date tbd) to promote their new building addition and food shelf remodel.
- Salvation Army Central will offer a summer food program (lunch) that is open to kids and adults, starting the second week of June.
- Salvation Army South currently offers a lunch meal from 12-1pm which is open to all.

Increasing client awareness of, and demand for, healthy foods

Presentation on Promising Practices for Creating a Healthy Food Shelf (specifically how to increasing client awareness of, and demand, for, healthy foods)

- The PowerPoint presentation can be found on the Minneapolis Health Department website: http://www.minneapolismn.gov/health/living/Increasing_Demand
- The group discussed strategies to increase client awareness of and demand for healthy foods. Many food shelves in the Network have already tried or are interested in trying various strategies. For example:
 - Brian Coyle has offered food demos to help clients learn how to use unfamiliar foods, posted nutrition education signage in the food shelf, sponsored Cooking Matters classes, started a community garden for clients, and has provided healthy recipes in multiple languages.
 - The Senior Food Shelf has worked with SNAP-Education educators to do nutrition education classes and a grocery store tour with senior meal program participants. Having a client-choice model helps them promote healthy foods to their regular clients, but they could use additional assistance in creating demos or educational opportunities to help seniors learn what to do with items they might not want (e.g. canned carrots).
 - North Point has purchased large banners with healthy messages and images to cover their storage shelves in a colorful way. They have also offered cooking demos to clients to help them learn how to use food shelf items and fresh

produce and provided recipe cards. They are interested in doing a client survey to learn about what healthy food items should be stocked on their mobile food shelf and doing a volunteer training.

- Salvation Army Central is putting fresh produce into nice containers which helps it move quickly and they are partnering with a church to do a community garden where the produce is donated to the food shelf. They are interested in having Master Gardeners come out to teach at the garden with the kids.

Presentation by Laura Bohlen, SNAP-Ed Regional Supervisor

- Extension’s Health and Nutrition Programs include SNAP-Ed, Expanded Food and Nutrition Education Program (EFNEP), Cooking Matters, and I Can Prevent Diabetes
- The structure of classes has changed from previous years – Extension will now partner with organizations to run a series of educational opportunities instead of one-time events (minimum of 6 hours of time with 8 people, typically over a 6-week period).
- Extension educators are very excited about working with food shelves to help provide nutrition education and cooking classes). They can offer trainings led by Educators who speak Somali, Spanish, Hmong, Ethiopian, and Karen.
- Educators can help food shelves implement Promising Practices and train staff or volunteers on healthy food “nudging” techniques and how to talk to clients about healthy food choices.
- Learn more about partnering with Extension Health and Nutrition programs by visiting their website: <http://www.extension.umn.edu/family/health-and-nutrition/partner-with-us/>

Evaluating changes in healthy food options at food shelves

- Presentation and discussion facilitated by Jake Tanumihardjo, University of Minnesota School of Public Health masters student
- The PowerPoint presentation can be found on the Minneapolis Health Department website: <http://www.minneapolismn.gov/health/living/eating/foodshelf>
- If you have any feedback on the draft evaluation survey that was shared, please email Jake (Jake.Tanumihardjo@Minneapolismn.gov).

Tour of UROC education kitchen

