



# FOOD & FUN HOUR: RECIPES FOR COMMUNITY

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Meeting #4

March 13, 2025

5-6 pm

# Group Expectations

- How to interact and discuss via Zoom
- OAM community: all types of affiliations are welcome!
- Code of Conduct
  - We are all coming from different backgrounds and perspectives. Please interact with mindfulness and respect!



# INTRODUCTIONS

**First name & pronouns**



**Describe your ideal  
dinner party  
scenario.**

# Defining Community



**Shared space:** Communities are often associated with a specific area, be it a neighborhood, a city, or even an online platform.



**Social relationships:** Communities are made up of individuals who interact with one another and form relationships that bind the group together.



**Common life and values:** A shared way of life, including common goals, values, and customs, is essential to the concept of community. Without these shared elements, a group may struggle to function as a true community.



**Interdependence:** Members of a community are interdependent. They rely on one another for support, resources, and social engagement.

Source: <https://sociology.institute/introduction-to-sociology/understanding-community-definitions-sociologists/>

# Community Connections

## Kitchen Coalition through Second Harvest Heartland

Utilizes commercial kitchen spaces and food shelf donations to create meals focused on dietary needs and cultural familiarity.

## The Food Group MN Recipes

## Midwest Food Connection

Teaching seasonally appropriate recipes and cooking lessons in the Twin Cities area!

Pillsbury United Communities: Pay what you can cooking classes at North Market



# Upcoming community events



[Meet and Greet with Sean Sherman](#) and NATIFS

March 19th 5-6pm at Seward Co-op

[Article here](#)



[East African Cooking:](#)

Chef Shegitu Kebede

April 1st @6-7:30 pm

\$15

Look at your local community  
ed booklets for happenings in  
your area!

Contact your local co-op!

Call a pal!

Community Cooks: Appetite for Change

Free classes for culinary skills and community building

[March 19th](#) 5:30-7pm @ Salem Evangelical Lutheran Church

[April 2nd](#) 5-7:30pm @ Salem Evangelical Lutheran Church



# Our kitchen is closed!

## Where do you like to dine out?

- Events and celebrations
- Comfort
- Connection

## Where do you like to get takeout?

## Guides

- [Too Good to Go App](#)
  - Great, low-cost way to try new fares while reducing food waste!
- [Dining Out for Life](#)
  - Dine out while benefitting The Aliveness Project MN
- [Twin Cities Eater](#)
  - Helpful guide for trying new spots!



# Further engagement

Read	Watch	Search
<a href="#"><i>Edible Communities</i></a> Magazine	Open Arms Nutrition Services Video Series: <a href="#">Healthy Meal Cooking Class</a> <a href="#">Tuscan White Bean Skillet Tutorial</a>	<i>Eating Well</i> <a href="#">Recipe Finder</a>
<a href="#">"Long Before Social Networking, Community Cookbooks Ruled the Stove": NPR</a>	<a href="#">Recipes for Accessibility: Cooking Along with Boston University</a>	<a href="#">Open Arms Recipes</a>



# Grocery Bag Feedback Highlights

## Creativity

*"I enjoyed doing my own creative process."*

## Community

*"I've been using my grandma's recipes to cook for friends and family."*

## Variety

*"This provides me things I wouldn't normally think of picking up which helps with the variety."*

## Convenience

*"I saved a lot of money and time on shopping. Didn't have to use my EBT at all. Gave me more variety in what I could buy in its place."*

# Discussion



**What are your favorite dining experiences?**

Places, people, etc.



**What are your favorite ways to engage with cooking?**

If you are able to cook?

If you are not able to cook but enjoy learning?

Sharing in the experience with loved ones

# Future Discussion Topics

What would you like to talk about in future meetings?

Any guests would you like to see?

Do any of you have a food topic you'd like to present on?



# JOIN THE CLIENT ADVISORY COMMITTEE



Are you interested in joining quarterly meetings to share insights about the client experience?



Join us for the CAC! See the flyer in your delivery or reach out to Client Services for the application!



Due by March 28th.



# Contact us!

**Client Services: 612-767-7333**

Mon – Thurs 8:30 am to 4 pm

Friday 8:30 am to 3 pm

[Meals@openarmsmn.org](mailto:Meals@openarmsmn.org)

**Nutrition Services: 612-540-7759**

[Nutrition@openarmsmn.org](mailto:Nutrition@openarmsmn.org)

If we cannot answer your call live, please leave us a detailed message with your name, date of birth, and what we can assist you with!

If we are having a hard time reaching each other, leave a timeframe that would be best for us to call you back.

**THANK YOU FOR JOINING!**