



# FOOD & FUN HOUR: FOOD IS MEDICINE IN COMMUNITY

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Meeting #10

April 30, 2026

4-5 pm



# Group Expectations

How to interact and discuss via Zoom

OAM community: all types of affiliations are welcome!

These are not medical and/or nutritional recommendations. Please speak with your healthcare team and continue research before implementing into your journey.

We are not cultural experts! Please consider this a taste of the incredible knowledge that is out there!!

Code of Conduct

We are all coming from different backgrounds and perspectives. Please interact with mindfulness and respect!

# INTRODUCTIONS

**First name & pronouns**

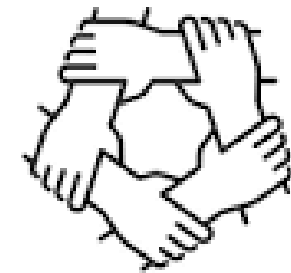


**If you are able to grocery shop, what is your typical route in the store?**

**If you do not grocery shop, what are your fridge organization techniques?**

# Food Is Medicine in Community: Systems, Spaces, & Services

Today, we'll be focusing on how Food is Medicine as a concept shows up in our structures, surroundings, and support services.



# Systems: Local Government

In this context, we are using “systems” to refer to the larger structures that shape and constrain our lived experiences.

- In early 2024, a bill ([HF3469](#)) was proposed to the Minnesota House that would establish SNAP (Supplemental Nutrition Assistance Program) as a medicine pilot program.
  - This bill did not become law, but it jumpstarted conversations across the state about how to solidify food access and nutrition security for Minnesotans.
- The Minnesota Department of Veterans Affairs has also focused on [Food Is Medicine education](#).
- Even more locally, the City of Minneapolis has a food council: [Homegrown Minneapolis](#).
  - This group of 25 community members works to improve the local Minneapolis food system and advises the City Council accordingly.

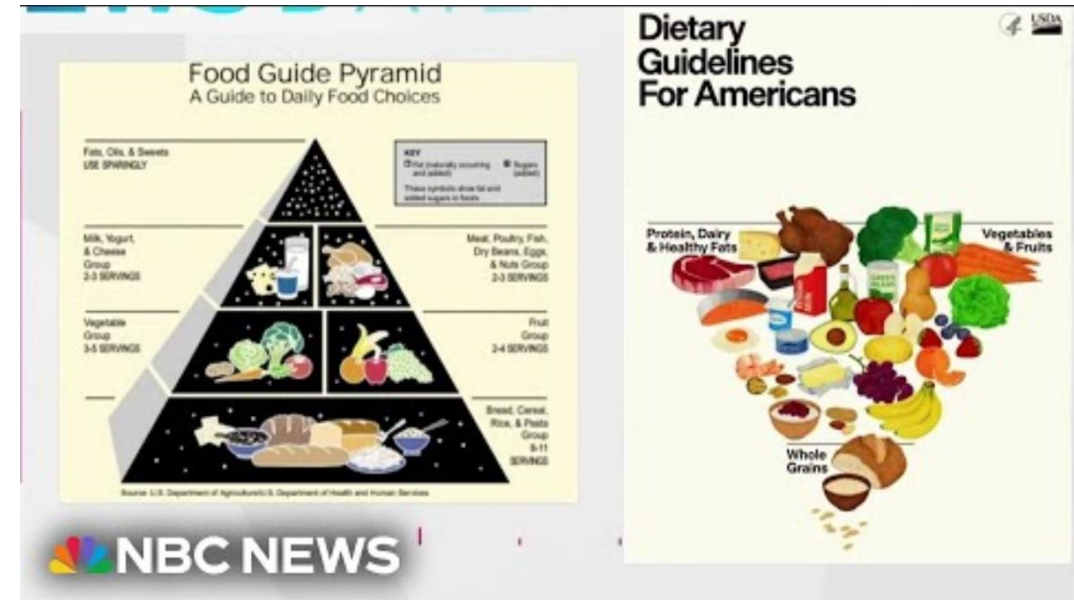


June 2024 Homegrown Minneapolis Press Conference

# Systems: Federal Government

In this context, we are using “systems” to refer to the larger structures that shape and constrain our lived experiences.

- September 2022’s White House Conference on Hunger, Nutrition, and Health included a call to action to end hunger and reduce the prevalence of chronic disease in the US by 2030, renewing national focus on Food Is Medicine.
- Following the conference, Food Is Medicine [pilot programs](#) launched in Oregon and Massachusetts under Medicaid Section 1115 waiver funding.
- In 2023, the Department of Health and Human Services (HHS) began work on developing and implementing a [federal strategy](#) to reduce nutrition-related chronic disease and food insecurity.
- Most recent “Food Is Medicine” initiative taken by the federal administration was releasing new dietary guidelines. This signaled a shift from systems-level work to individual consumption decisions. However, there is specific focus on what is offered to patients at [hospitals](#).



New U.S. Dietary Guidelines Explained

# Systems: Healthcare

In this context, we are using “systems” to refer to the larger structures that shape and constrain our lived experiences.

- Fairview Health Services has led the Minnesota healthcare field in offering and building Food Is Medicine initiatives.
- Their Food Is Medicine program is called [Fair Table](#) which includes fresh food prescriptions, food vouchers, food bags, food resource navigation, and medically tailored meals programming (via Open Arms!).
- Fair Table programming provides a blueprint for integrating holistic programming into a health system. These programs utilize the same referral pathways and procedures as traditional medical care within in the Fairview system.



Fair Table Programming Overview

# Spaces: Community Health

We'll give examples of local spaces or those in which Open Arms participates. What other spaces come to mind for you?

- Elders Brain Health Day
- Cancer Survivorship Conference
- NorthPoint Health Center's Fresh Food Fridays
- Health fairs (medical clinics, neighborhood associations, social services providers, etc.)



**Photos:** <https://www.facebook.com/photo/?fbid=982232517006597>, IHB of Minneapolis, Inc. (left); <https://www.facebook.com/photo/?fbid=1271357171664114> NorthPoint Health & Wellness Center (right)

# Spaces: Urban Agriculture

We'll give examples of local spaces or those in which Open Arms participates. What other spaces come to mind for you?

- Open Farms
- Dream of Wild Health
- Hmong American Farmers Association (HAFA)



Photos: <https://dreamofwildhealth.org/seed-stewardship> (left)  
<https://www.hmongfarmers.com/donate> (right)

# Spaces: Open Arms of MN

We'll give examples of local spaces or those in which Open Arms participates. What other spaces come to mind for you?

- Open Arms kitchens and bakery
- Serving clients in their home
- Open Arms cooking classes (offered pre-pandemic)
- In-person and virtual community events (like Food & Fun Hour!)



Photos: Open Arms of Minnesota website: [openarmsmn.org](https://openarmsmn.org)



# **SERVICES: FOOD IS MEDICINE IN ACTION**

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# FIMC Organizations Across the Country



- 13 FIMC Accredited Agencies across the US
  - [Food & Friends](#) in Washington, DC
  - [Mama's Kitchen](#) in San Diego, CA
  - [Project Angel Food](#) in Los Angeles, CA
  - [Open Arms Minnesota](#) in Minneapolis, MN
  - [God's Love We Deliver](#) in New York, NY
  - [Community Servings](#) in Boston, MA
  - [Project Angel Heart](#) in Denver, CO
  - [Project Open Hand](#) in San Francisco, CA
  - [MANNA](#) in Philadelphia, PA
  - [Moveable Feast](#) in Baltimore, MD
  - [Ceres Community Project](#) in Sebastopol, CA
  - [Open Hand Atlanta](#) in Atlanta, GA
  - [Lifelong](#) in Seattle, WA.



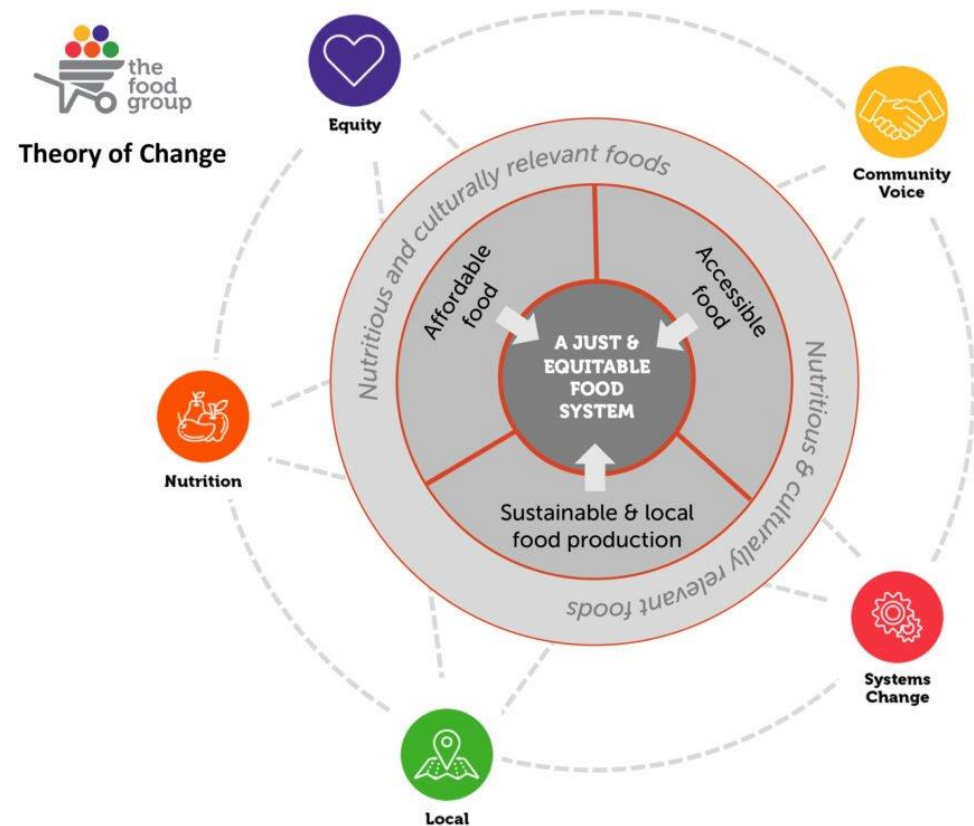
**Mission: Fighting hunger. Nourishing our community.**

Program areas:

- Supporting Hunger Relief
- Selling Affordable Groceries
- Growing Nutritious Food

<https://www.thefoodgroupmn.org/>

<https://www.hungersolutions.org/find-help/>





**Mission:** Urban Roots is a Saint Paul organization whose mission is to cultivate and empower youth through nature, healthy food, and community.



Urban Roots is one of the largest youth employers on the East Side of St. Paul!

**Offered Programs:**

- Market Garden: Youth interns plan and manage small-scale crop production in urban gardens.
- Conservation: Youth interns restore green spaces and connect community with natural resources.
- Cook Fresh: Youth interns learn how to use and process the seasonal produce from Urban Root's gardens.



**Mission:** Appetite For Change is a nonprofit that uses food as a tool to build health, wealth, and social change in North Minneapolis. We bring people together to learn, cook, eat, and grow food, creating change that lasts.

<https://www.afcmn.org/>

Food is a key ingredient to nourishing well-being, but systemic barriers in North Minneapolis make fresh food access a challenge for many. Our programs are all based around a goal of creating health equity and eliminating health disparities in our home community of North Minneapolis and as a model for engaging and elevating all Black communities.



AFC and Northside Fresh's 15th annual Seed and Plant Distribution event will celebrate our 15th year of impact in North Minneapolis!

Celebrate with us on May 23rd 2026!

See the flyer below for more details, or email us at [giving@afcmn.org](mailto:giving@afcmn.org)

This event benefits Appetite For Change's 15 Years of Impact

# Seed & Plant Distribution

**Saturday**  
May 23rd, 2026  
11am-3pm

Sanctuary Covenant Church  
710 W. Broadway Ave N  
North Minneapolis

Join the Northside Fresh Coalition and community partners for a day of gardening and growing together! Kick off spring by picking up a free tote and filling it with donation-based seeds and seedlings to help you grow fresh food at home. Grab a planter box, compost, and helpful gardening resources!

Free and welcoming to all ages.  
Come early—supplies go fast!



Sponsors:



# UPCOMING EVENTS WITH APPETITE FOR CHANGE



**Community Cooks** MAY 6

Join us on Wednesdays | 5pm - 7:30pm

Salem Lutheran Church  
4150 Dupont Ave N

Community Cooks Workshop  
5/6/2026  
May 6, 2026



**Community Cooks** MAY 20

Join us on Wednesdays | 5pm - 7:30pm

Salem Lutheran Church  
4150 Dupont Ave N

Community Cooks Workshop  
5/20/2026  
May 20, 2026



**Community Cooks** JUN 3

Join us on Wednesdays | 5pm - 7:30pm

Salem Lutheran Church  
4150 Dupont Ave N

Community Cooks Workshop  
6/3/2026  
Jun 3, 2026

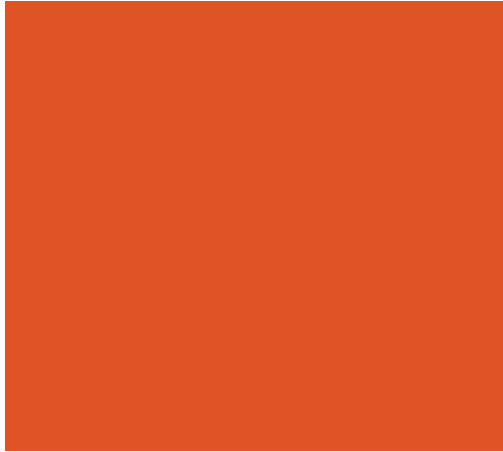
# Discussion

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What is your biggest take away about the different applications of Food is Medicine?

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We can see the throughlines of community in each aspect and application of FIMC— how do you share concepts of FIMC with your community and loved ones?



# Future Discussion Topics

What would you like to talk about in future meetings?

Any guests you would like to see?

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





# 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: 612-540-7760**

[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!**