



FOOD & FUN HOUR: 40 YEARS OF OPEN ARMS

Meeting #12

September 10th, 2026

4-5 pm



Group Expectations

How to interact and discuss via Zoom

OAM community: all types of affiliations are welcome! No need to disclose your specific connection with Open Arms.

We are all here as general Open Arms community members!

Code of Conduct

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

INTRODUCTIONS

First name & pronouns



**How do you like to
celebrate / feel about
birthdays? Other
people's? Your own?**



The History of 40 openarms

1986

Bill Rowe founds Open Arms to serve meals to people in the community living with HIV/AIDS

2005

Expands to serve cancer, ALS, and MS

2010

Open Arms opens Bloomington Ave facility to serve more clients

2011

Open Farms begins

2018

Expands to serve ESRD, CHF, and COPD

2020

Shipping to greater Minnesota

2021

Open Arms celebrates its 35th birthday

2023

St. Paul Kitchen & Campus opens!

2024

Open Arms achieves Accreditation from Food is Medicine Coalition (FIMC)

2026

Open Arms celebrates its 40th anniversary

Priorities Looking Forward

From our New Strategic Plan

01

Expansion

We want to expand our program offerings, geographical reach, and evaluation of our impact.

02

Sustainability

We want to diversify our funding, advocate for Food is Medicine policies, and prepare our facilities to grow.

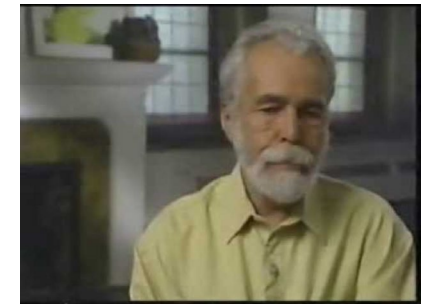
03

Strength

We want to expand volunteer leadership, invest in our staff, and embrace abundance as a working value.

From the archive!

Check out our [YouTube](#) and [subscribe to the weekly DISH](#)



Meal Highlights

- Open Arms has an ongoing commitment to provide meals that nourish, comfort, and improve the wellness of our clients and community.
 - Our history began by providing meals to people living with HIV
 - Open Arms was the first U.S. organization of its kind to provide direct support to communities in sub-Saharan Africa profoundly affected by HIV/AIDS
 - By around the mid-2000's, Open Arms was providing meals to clients living with HIV/AIDS, breast cancer, multiple sclerosis (MS), and amyotrophic lateral sclerosis (ALS).
 - In 2018, Open Arms added service to people living with end stage renal disease (ESRD), congestive heart failure (CHF), and chronic obstructive pulmonary disease (COPD), health conditions that have vastly better outcomes with appropriate nutrition.
 - Open Arms continues to look for partnerships, contracts, and grants that align with our organizational objectives to serve other health needs, such as high-risk pregnancy.

A few meal program highlights, 2020-'26

- Adjustments in the time of COVID
 - Menu simplification and gradual re-expansion
- Shipping meals outside of the Twin Cities metro area
 - Blue Cross Blue Shield contract partnership
 - Ryan White DHS clients (living with HIV in greater Minnesota)
- Grocery Bag & Protein Calorie Pack
 - Ryan White clients
 - Healthy Pregnancy Program, contract partnership with Hennepin Healthcare
 - Current utilization and future opportunities
- Culturally specific menus
 - Hmong
 - East African
 - Latin American (R&D stage)



Discussion

How do you pair food with celebrations in your own life?

What stands out to you about OAM's services?

Are there any areas of OAM that you'd like to know more about?





[RSVP here!](#)

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

Nutrition Services: 612-540-7760

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!