

Building an Inclusive Regional Food Economy: Central Minnesota's Choose Health Program



February 18-19, 2015



Today's Presenters:

- ❖ Cheryal Hills, Executive Director, Region Five Development Commission



- ❖ Arlene Jones, Founder, SPROUT MN Food Hub



- ❖ Ellie Lucas, Chief Campaign Officer, Hunger-Free Minnesota

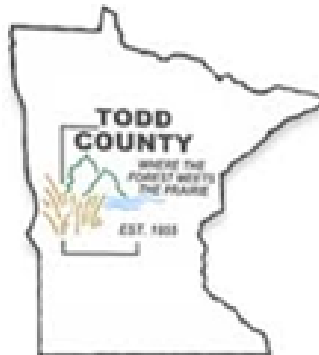




Partners:

The goal of Hunger-Free Minnesota is to increase the number of meals available to food-insecure Minnesotans.

Choose Health is one of the Hunger and Health projects funded by Hunger-Free Minnesota (initial \$25k) It was designed and is implemented by a unique public/private partnership: Region Five Development Commission (R5DC), Lakewood Health System, SPROUT, Todd County, University of Minnesota Extension, Prairie Bay and EnSearch, Inc.




History



Colleen Landkamer

Gus Schumacher
The Hagstrom Report
Tuesday, January 6, 2015 |
Volume 5, Number 1
http://www.hagstromreport.com/2015news_files/2015_0106_irs-nonprofit-hospitals-can-claim-nutrition-access-

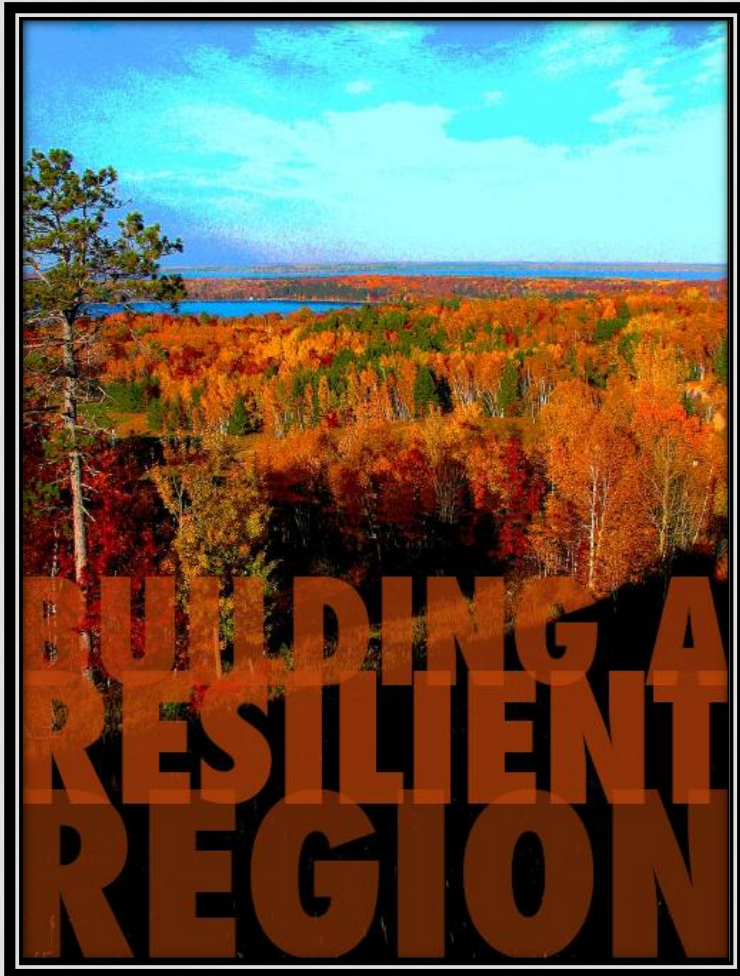


A large, modern multi-story building with a mix of brick and stone facades, featuring large glass windows. It is situated behind a field of tall grasses and a body of water in the foreground. The sky is overcast with soft, grey clouds.

Lakewood Health System is an independent, integrated rural healthcare system. Founded in 1936 and located in Staples, Minnesota, we are a recognized leader in providing innovative, patient-based care including women's specialty services, senior services, surgical and outreach care. We are comprised of a 25-bed Critical Access Hospital, primary care clinics in Staples, Browerville, Eagle Bend, Motley and Pillager, and a dermatology clinic in Sartell.



Resilient Region Plan:



For More
Information:

<http://www.resilientregion.org/>

<http://www.resilientregion.org/plan/>



The Choose Health Short video:

<https://www.youtube.com/watch?v=EZ72rPKgOAw>



✓ Pre and post surveys for participants:

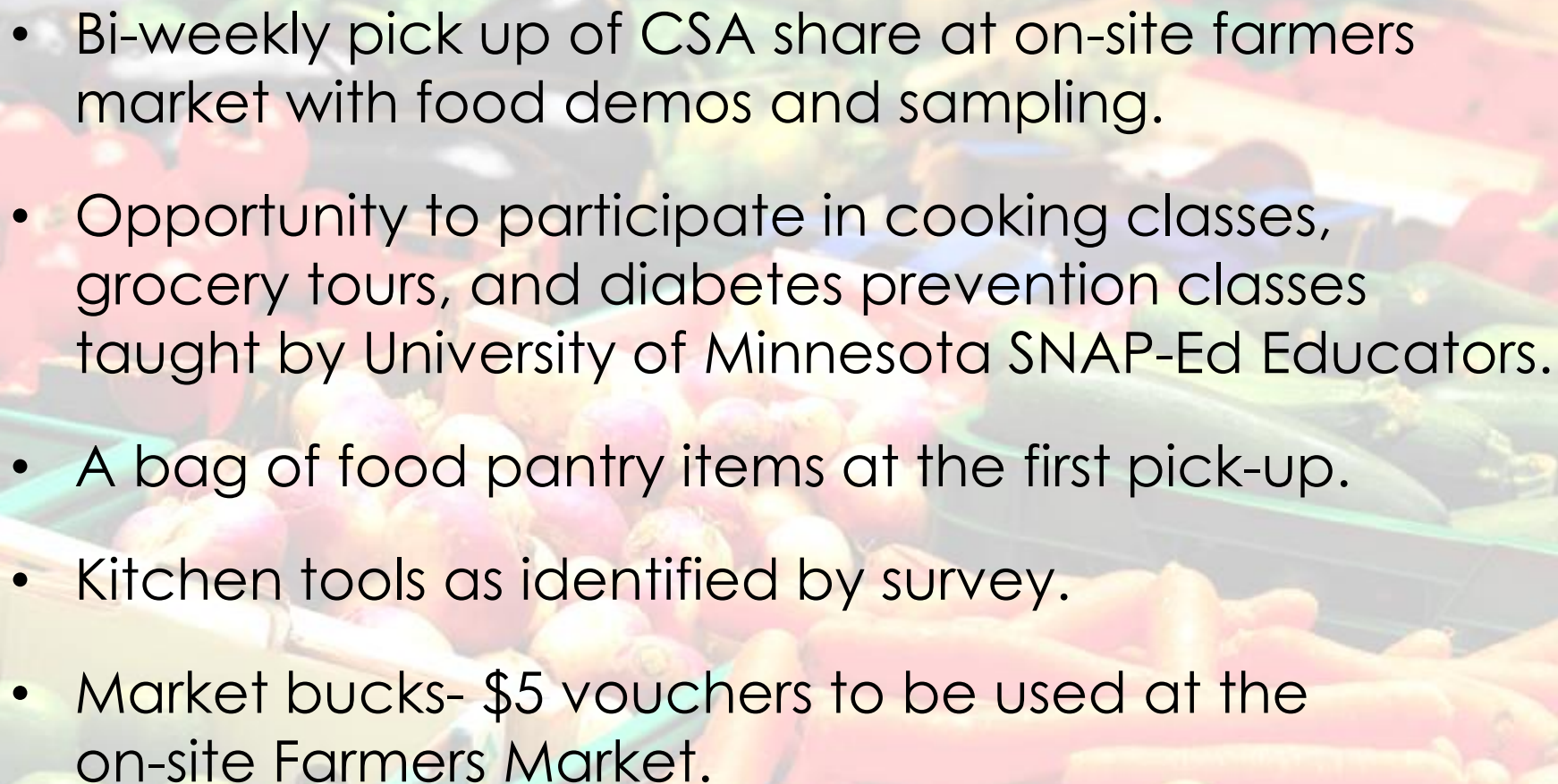
Within the past 12 months we worried about whether our food would run out before we got money to buy more.

Within the past 12 months the food we bought just didn't seem to last and we didn't have enough money to get more.

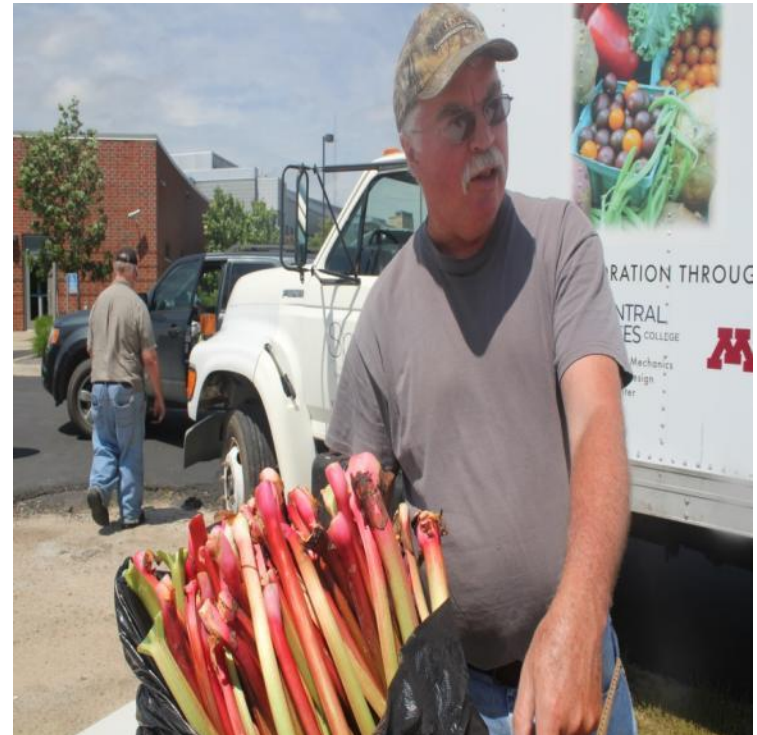
✓ Health screening – blood pressure, height, weight and diabetes risk

✓ Monthly surveys to review successes and barriers of the program

✓ Weekly reminders for CSA pick-up

- 
- Bi-weekly pick up of CSA share at on-site farmers market with food demos and sampling.
 - Opportunity to participate in cooking classes, grocery tours, and diabetes prevention classes taught by University of Minnesota SNAP-Ed Educators.
 - A bag of food pantry items at the first pick-up.
 - Kitchen tools as identified by survey.
 - Market bucks- \$5 vouchers to be used at the on-site Farmers Market.

Choose Health is a success because...



Unique Community Collaboration and Partnerships,
knowing your farmer, telling the story, healthy outcomes,
greater access to healthy food, and strengthening the
economic value chain

**Choose Health = Community
Economic Development =
Healthy, Resilient
Communities**



Arlene showing off the early season
CSA in June



U of M Extension Educator
demonstrating an apple romaine salad

A photograph of a large vegetable garden with rows of plants, a house in the background, and trees. The garden is well-maintained with various green plants and a central path. In the background, there is a house with a grey roof and a white wall, and several large trees. The sky is overcast.

“True healthcare reform starts
in your kitchen, not in
Washington.”

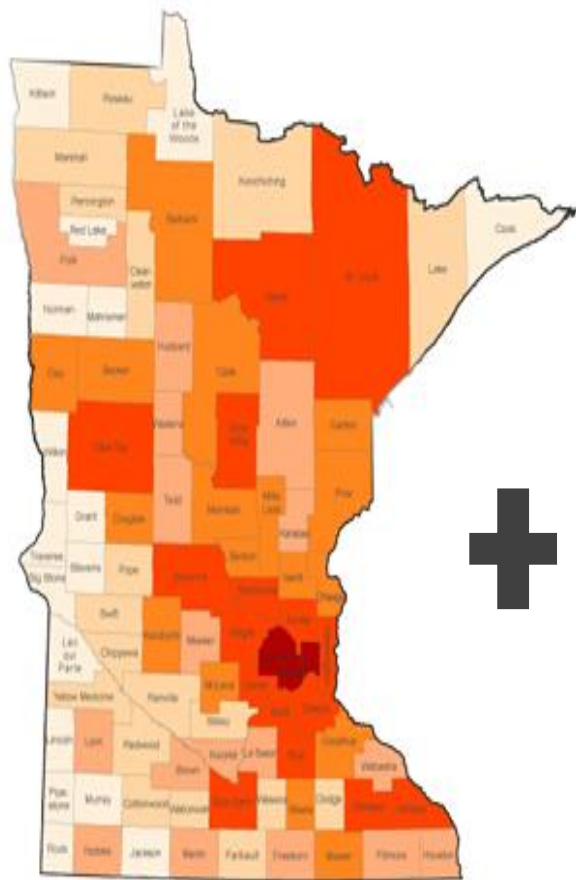
– Anonymous



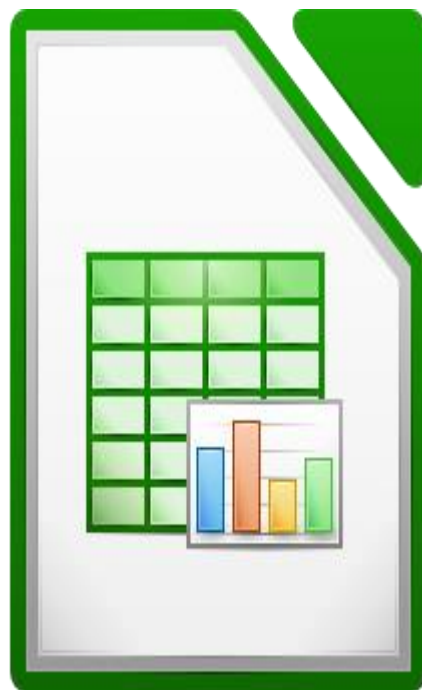
Food security is defined as, “When all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life”.

Hunger-Free Minnesota

A coalition fighting hunger where we live



STATEWIDE



**DATA
for
Strategic Decisions**



Non-for-Profit

- MN Food Banks
- TCHI
- GTCUW & UW Associates
- MPR
- Hunger Solutions Minnesota
- Children's Defense Fund
- Share Our Strength
- Midwest Dairy Council

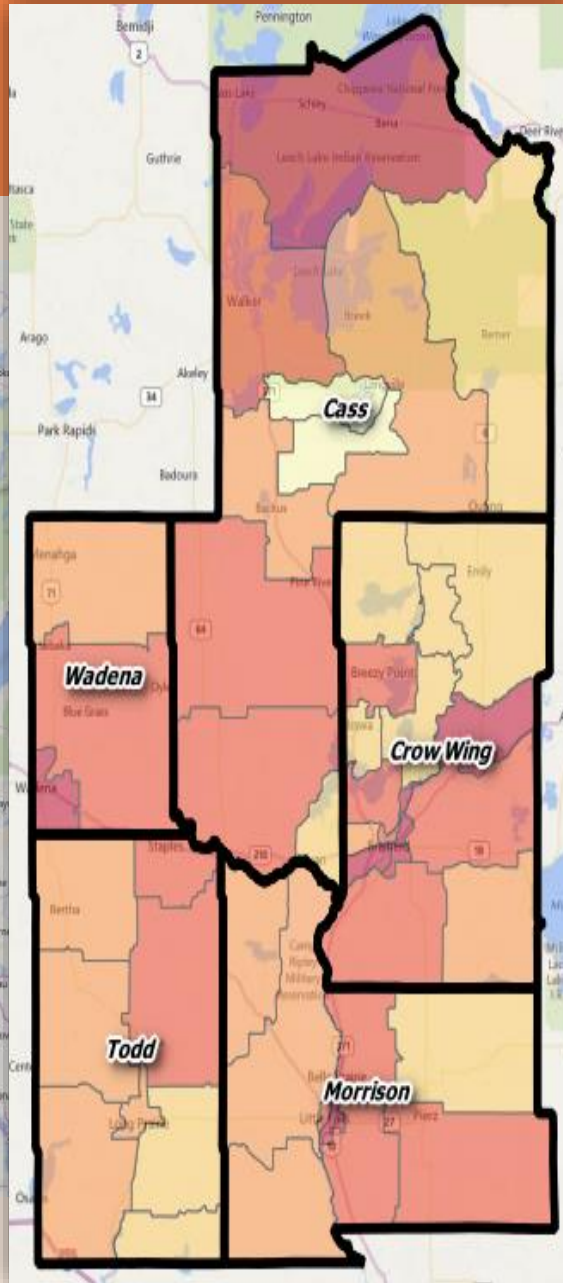
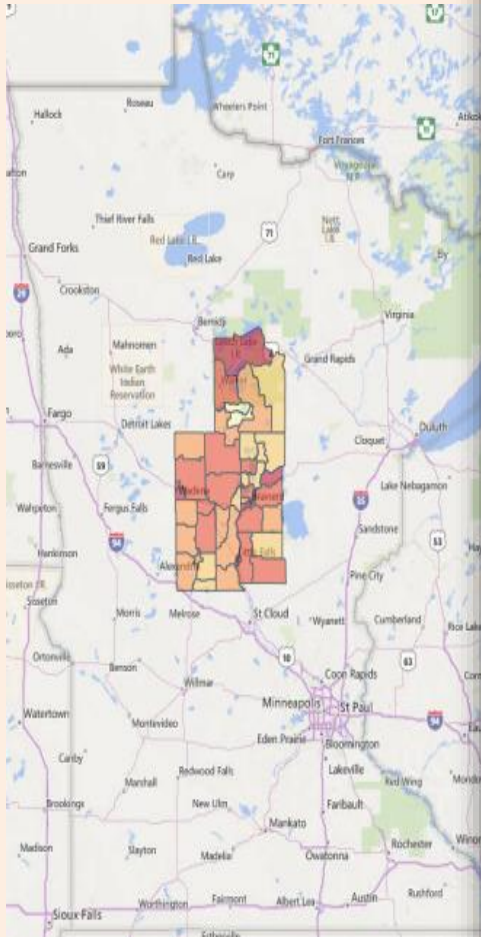
Foundations/Corporations

- General Mills
- Cargill
- UnitedHealth Group
- Boston Consulting Group
- Hormel Foods
- Blue Cross Blue Shield
- Land O'Lakes

Government

- MD Human Services
- MD Health
- MD Education
- MD Agriculture

5 County Map



Hunger-Free Minnesota

	Missing Meals	% Food Insecure
Cass	617,590	12.4%
Crow		
Wing	1,323,430	12.1%
Morrison	645,272	11.1%
Todd	455,957	10.5%
Wadena	278,870	11.5%

Grand Total 3,321,119



Recent report findings



Choose Health: December 2014 Update

A health and hunger project funded by Hunger-Free Minnesota

In partnership with: Region Five Development Commission, Lakewood Health System, SPROUT, Todd County, University of Minnesota Extension, Prairie Bay, and EnSearch

