Rooting Opportunity Summit

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Washington DC
Region Five – central MN

163,000 in 5 counties. In & Out migration.

10-14% food insecure 9% unemployment 5 unhealthiest counties in state.

Agriculture & Tourism economic drivers.

Resilient Region culture of collaboration
Primary Intermediaries

Beyond hard work.....

Beyond great joy.

No single organization or person....however innovative or influential could accomplish our goals alone.
SPROUT Local Food value chain. Achieving multiple forms of Wealth in Central Minnesota

• Arlene coordination of multiple food hubs in north central MN

“WE” CAN have it all........it’s what “we” do.
SPROUT MN, Building a Resilient Region through the value chain of local foods

Central Minnesota’s Regional Rural Food Hub
The goal of Hunger-Free Minnesota is to increase the number of meals available to food-insecure Minnesotans.

- Doctor-prescribed CSA’s over 50 families w/pre & post health screenings
- CSA’s provided by over 50 LI minority growers
- Public Health, hospital nutritionists, Extension nutrition education.
- Chef cooking demonstrations
- Weekly referral services
- Equity and prejudice addressed
- Cooking utensils and essentials paid by State
- Evaluation, storytelling
- Sustained by hospitals

Data compiled by Dr. Stacey Stockdill, www.ensearchmn.com for Hunger-Free Minnesota
Choose Health = Community
Economic Development = Healthy, Resilient Communities

U of M Extension Educator demonstrating an apple romaine salad

The Choose Health Short video https://www.youtube.com/watch?v=EZ72rPKgOAw

Resilient Region – Local Food video https://www.youtube.com/watch?v=7axBvi1x42I&feature=youtu.be

More on Choose Health http://www.resilientregion.org/healthcare/

SPROUT Growers & Makers Marketplace...
...Built & Individual Capitals

This project alone, filling several forms of rural wealth, intense thought to evaluation.
Regional assets utilized differently........

Solar Thermal High Tunnels from local solar firm: RREAL - to low-income grower farms

Region’s ONLY Food Truck - deployed to food deserts – chef cooking demonstrations with nutrition education
Financial capital......

Microlending with a focus toward ag producers and artisans.

http://regionfive.org/departments/business-financing.html
Political capital

- Policy for small family farms- RSDP and CURA CAP
- Coordination of multiple food hubs in north central MN
- Ag Instructor supported by NJPA – shared by multi-school Districts

Ag Rescue – Gleaning

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.”
Do not be tempted to take full responsibility for impacting conditions over which I have no direct control.

Trust in the distributed leadership model.
Honor your guiding principals.

Being steadfast subservient leaders has served us well.
Stay that course.
QUESTIONS?

THANK YOU,

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