



# Supporting Health, Wealth & Social Change with AFC

## Mission & Vision

**Founded in 2011 by three women, Appetite For Change (AFC) is a community led nonprofit that uses food as a tool to build health, wealth, and social change in North Minneapolis and beyond.**

Systemic barriers make accessing fresh food on the Northside a challenge for many, distancing younger generations from food growing and preparation practices. Our programs bring community members together to engage with food in ways that strengthen the local economy, nourish generational knowledge, and strengthen social connection.

North Minneapolis is a lively, robust, and beautiful community where 75% of residents identify as BIPOC. The long-lived effects of systemic prejudice also mean many on the Northside experience employment barriers, chronic health disparities, and limited access to fresh food.

Through educational programs, cooking workshops, career development opportunities, policy initiatives, social enterprise, and food-based businesses, Appetite For Change weaves networks and builds community capacity to make lasting change.

## Your Support

AFC requests \$250,000 (FY2022) in Legacy Funds to support Community Cooks programming which will preserve the cultural heritage in growing and cooking food. These Legacy Fund dollars will help community members reconnect with their ancestral ways of producing and preparing nutritious, culturally relevant, and locally grown foods while supporting Minnesota farmers and communities.

## Core Programs:

- Community Cooks Workshops
- Urban Agriculture
- Youth Training and Opportunities Program
- Northside Fresh
- Breaking Bread Cafe & Catering
- West Broadway Farmers Market
- Station 81 Drink & Eatery

### Appetite For Change

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# Executive Summary

## Our Programs

**Community Cooks** | Free weekly cooking workshops designed for youth, families, and mothers. Participants prepare and eat delicious meals together, learn about nutrition, and engage in group discussion about social change. Community Cooks Meal Boxes bring the workshop to participants' doors, delivering locally-sourced ingredients, fresh recipes, and cooking tips to more than 400 households every week.

» [afcmn.org/mealbox](https://afcmn.org/mealbox)

**Urban Agriculture** | Our seven urban farm sites offer space for community members and youth to connect with the land and their food. We grow over 10,000 pounds of chemical-free produce annually, supplying our cafe, meal boxes, farmers market, and other local vendors with fresh fruits and vegetables.

**Youth Training & Opportunities Program** | Youth engage in peer-led activities that aid in the development of leadership, organizing, and advocacy skills. Training takes place in the kitchen, garden, classroom, and even the music studio.

**Northside Fresh** | A network of community members, organizations, and businesses working together for food justice in Minnesota. By building relationships, sharing resources, and advocating for policies, we use the food system to create change in our community and beyond.

» [northsidefresh.org](https://northsidefresh.org)

## Our Food Ventures

**Breaking Bread Cafe & Catering** | A fast-casual neighborhood eatery, the cafe brings an affordable and nourishing restaurant option to North Minneapolis. With from-scratch and plant-based options, the menu celebrates the culinary legacy of Black Americans. Full service catering is available across Minnesota with customizable menus for events of any size.

» [breakingbreadfoods.com](https://breakingbreadfoods.com)

**West Broadway Farmers Market** | A diverse community-led space offering fresh produce, local food, and arts from the Northside as an alternative to conventional food access points in North Minneapolis.

» [afcmn.org/wbfm](https://afcmn.org/wbfm)

**Station 81 Drink & Eatery** | A restaurant and bar with private dining space in downtown St. Paul. This social enterprise offers commuters, residents, and office workers alike local, affordable, and chef-driven food options inside the historic Union Depot. Every meal enjoyed at Station 81 directly supports AFC's mission.