



Our mission

We use 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.



How Did Appetite For Change Start?

- **SHARED LEADERSHIP**

Co-founders Princess Haley, LaTasha Powell, and Michelle Horovitz

- **CO-CREATION WITH COMMUNITY**

The vision for our work was laid out by the people we serve.

- 400 North Minneapolis residents brought together
- Cooked, ate, dialogued, listened, and learned
- Heard from the community what change the people want to see in themselves, their families, and the community







HEALTH

WEALTH

SOCIAL CHANGE

Eat more fresh and local food

**Increase people's ability to earn
more money**

More social connectedness

1. Amount of fresh & local food served to community

2. Number of people trained/employed

3. \$ invested into community

4. Number of people engaged

5. Number of hours engaged





Real Food for Real People



What We Do We Grow Food, Leaders, and Community

Local Food Meal Boxes

- 30 weeks
- 600 + families
- Local Growers
- AFC Produce
- Youth training
- Food insecurity



I just want to tell you how amazing this program has been. We have not had to worry about food security for weeks, while also eating healthy and learning new recipes. Thank you so much for this program!



Tips, Tricks, and Terms

~PERFECT~ KALE CHIP TIPS

Baking kale leaves with a little oil and salt can transform this dark leafy veggie into a crunchy, salty delight! Here's how to cook up a perfectly crispy batch!

- Make sure your kale leaves are totally dry! Any leftover water from washing will "steam" the chips and leave them soggy.
- Spread the kale chips in a single layer so they bake evenly and crisply.
- Let your kale chips cool a few minutes after baking so they "set up" and crisp up even more.
- Watch carefully! Kale chips don't take too long to bake and can quickly go from crispy and golden brown to burnt and falling apart.



Love these cool box meals from AFC! Delivered right to your door and feeds a family of 6! The kids really loved the kale chips! And they can read the recipe cards, which is great!