



## Fargo-Moorhead Metropolitan Council of Governments

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Fargo, North Dakota 58102-4807  
Phone: 701.232.3242  
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**To:** Cass Clay Food Commission  
**From:** Cass Clay Food Partners  
Fargo-Moorhead Metropolitan Council of Governments (Metro COG)  
**Date:** January 5, 2018  
**RE:** Cass Clay Food Commission Agenda and Correspondence

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### 18<sup>th</sup> Meeting of the Cass Clay Food Commission

January 10, 2018 10:30 am – 12:00 pm  
Location: Fargo City Commission Chambers

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|----------|---|
| 10:30 am | 1. Welcome <ul style="list-style-type: none"><li>a. Approve Order &amp; Contents of the Overall Agenda</li><li>b. Review &amp; Action on Minutes from November 8, 2017<br/><b>(Attachment 1)</b></li><li>c. Welcome to New City of Horace Commission Member, Sharon May</li></ul>                                       |
| 10:35 am | 2. Commission Check-In – Chair Rasmussen  |
| 10:40 am | 3. Certificates of Appreciation for Jon Evert & Dana Rieth – Kim Lipetzky   |
| 10:45 am | 4. Approve Appointments of New At-Large Members – Bukola Bakare & Nancy Cariveau <b>(Attachment 2)</b> – Adam Altenburg   |
| 10:50 am | 5. Healthy Corner Store Initiative Blueprint Discussion & Vote for Approval – Whitney Oxendahl <b>(Attachment 3)</b>  |
| 11:10 am | 6. Cass Clay Food Partners Activities & Takeaways <ul style="list-style-type: none"><li>a. Food Access Discussion Summary <b>(Attachment 4)</b> – Noelle Harden</li><li>b. Future of Food Event Summary <b>(Attachment 5)</b> – Noelle Harden</li><li>c. Recap from First Fridays at Theatre B – Megan Myrdal</li></ul> |
| 11:25 am | 7. Food Access Policy Themes & Next Steps <b>(Attachment 6)</b> – Noelle Harden   |
| 11:45 am | 8. Public Comment Opportunity – Chair Rasmussen   |
| 11:50 am | 9. Commission & Steering Committee Roundtable – Chair Rasmussen   |
| 11:55 am | 10. Commission Action Steps <ul style="list-style-type: none"><li>a. Next First Fridays at Theatre B – February 2, 2018</li><li>b. Next Commission Meeting – March 14, 2018</li></ul>   |
| 12:00 pm | 11. Adjournment   |

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Cass Clay Food Commission meetings are taped and rebroadcast on cable channel TV Fargo 56 each Friday at 11:00 am. People with disabilities who plan to attend this meeting and need special accommodations should contact Savanna Leach at Metro COG at 701.232.3242. Please contact us at least 48 hours before the meeting to give our staff adequate time to make arrangements. Meeting minutes are available on the Cass Clay Food Partners website at [www.cassclayfoodpartners.org](http://www.cassclayfoodpartners.org) and Metro COG's website at [www.fmmetrocog.org](http://www.fmmetrocog.org).

A PLANNING ORGANIZATION SERVING

FARGO, WEST FARGO, HORACE, CASS COUNTY, NORTH DAKOTA AND MOORHEAD, DILWORTH, CLAY COUNTY, MINNESOTA

# Attachment 1

**17<sup>th</sup> Meeting of the  
Cass Clay Food Commission  
November 8<sup>th</sup>, 2017  
Fargo Commission Chambers**

**Members Present:**

Arland Rasmussen, Cass County Commission, Chair  
Mike Thorstad, West Fargo City Commission  
Jim Aasness, Dilworth City Council  
John Strand, Fargo City Commission  
Jon Evert, At-Large Member  
Kayla Pridmore, At-Large Member

**Members Absent:**

Jenny Mongeau, Clay County Commission  
Heidi Durand, Moorhead City Council  
Mindy Grant, At-Large Member  
Chris Olson, At-Large Member  
Dana Rieth, At-Large Member

**Others Present:**

Kim Lipetzky, Fargo Cass Public Health  
Gina Nolte, Clay County Public Health  
Hali Durand, Cass County Planning  
Megan Myrdal, NDSU Extension  
Noelle Harden, U of M Extension  
Nikki Johnson, U of M and NDSU Extension  
Deb Haugen, Cass Clay Food Partners  
Bard Witteman, Cass Clay Food Partners  
Whitney Oxendahl, Cass Clay Food Partners  
Adam Altenburg, Fargo-Moorhead Metropolitan Council of Governments

Chair Rasmussen called the meeting to order at 10:30 AM.

**1(a). Approve Order and Contents of the Overall Agenda**

Chair Rasmussen welcomed Barb Witteman from Concordia College to the Steering Committee. Ms. Witteman explained that two of her classes work on hunger issues with area schools in the Fargo-Moorhead area, including Washington Elementary and Carl Ben Eielson Middle School.

A motion to approve the order and contents of the overall agenda was made by Mr. Evert and seconded by Mr. Aasness. The motion was voted on and unanimously approved.

Kim Lipetzky arrived at 10:31 AM.

**1(b). Review and Action on Minutes from September 13, 2017**

A motion to approve the minutes was made by Mr. Thorstad and seconded by Ms. Witteman. The motion was voted on and unanimously approved.

### **1(c). Commission Check-In**

Chair Rasmussen stated that Commission members had an opportunity to provide updates on news or events happening in the community.

Whitney Oxendahl arrived at 10:35 AM.

Mr. Aasness informed the Commission of the new Aldi's food market that opened in Dilworth. He explained that future markets are planned for Fargo and West Fargo.

Mr. Altenburg stated that he had spoken to the Horace City Council on October 2 about the possibility of the city appointing a member to the Food Commission. He explained that council members were receptive but that, since only three of the five city council members were present, the city would revisit the issue at their meeting on November 20.

Ms. Myrdal informed the Commission that the Red River Market concluded its third season on October 28. She explained that the market saw over 50,000 attendees during its 17 weeks and that vendors earned over \$500,000 in direct sales. She also informed the Commission about the Future of Food event on November 20 at the Bluestem Center for the Arts. She stated that this event will look at the growth and evolution of food systems issues in the community as well as the development of a food action network in early 2018. She also provided additional information on her role as an extension agent for Cass County and as a SNAP educator focusing on food skills and food education classes for low-income residents.

Ms. Lipetzky stated that the next Heart-n-Soul Community Café will be held at Fargo Cass Public Health on November 15 from 11:30 AM to 1:00 PM.

### **2. Ruby's Pantry**

Marisa Gonzalez from M|State provided information on the Ruby's Pantry program.

Ms. Gonzalez stated that Ruby's Pantry is a non-profit organization that collects and distributes surplus food items to members in the community. She explained that the program started in response to an M|State survey which found that up to 30 percent of students face food insecurity or have difficulties being able to afford food. She stated that the program is open to both students and the public.

Gina Nolte arrived at 10:42 AM

### **3(a). Food Access: Introduction and Survey Discussion**

Mr. Altenburg provided an introduction to food access issues. He explained that food access was one of the six original implementation areas included in the Metropolitan Food Systems Plan and that priorities in the plan included: supporting and promoting charitable food programs, removing barriers to SNAP and soliciting funds for bonus bucks programs, developing incentives for farmers to sell to low-income markets, and implementing healthy food service guidelines for public institutions. He also touched base on survey results from the previous Commission meeting which asked members their current understanding of food access issues and practices and the importance of food access issues to policy makers and fellow community members.

### **3(b). Video: Minnesota Food Charter**

Commission members watched a video produced by the Minnesota Food Charter describing food access strategies and potential implementation areas.

### **3(c). Food Access Facilitation Activity**

Ms. Harden facilitated a group activity with Commission and Steering Committee members on sections included in the Minnesota Food Charter. She asked members to form groups and to pick one of five charter sections including: food access, food skills, food availability, food affordability, and food infrastructure. She asked member to record specific challenges and strategies for their selected topic and to share their views on what it would look like to address a selected issue in the community. She also asked Commission and Steering Committee members what they thought their roles may be in making progress on each of the charter sections.

### **3(d). Healthy Corner Store Initiative Blueprint**

Ms. Oxendahl informed the Commission that the Steering Committee had developed a new food access blueprint examining healthy corner store initiatives. She explained that a corner store, or convenience store, is typically less than 2,000 square feet, with up to four aisles and one cash register. She stated that some municipalities such as the City of Minneapolis had begun to pass ordinances aimed at requiring retail stores to carry a certain amount of produce and other staple foods such as whole grains, meat, beans, and dairy. She explained that, because of convenience stores failing to meet requirement standards, municipalities have turned to healthy corner store programs that can assist with education and marketing campaigns which promote the benefits of healthier foods at smaller stores.

Ms. Oxendahl explained the framework for evaluating healthy corner store initiatives including health, environment, social, and economic aspects. She explained several benefits of healthy corner store initiatives including: better access and availability of fresh produce and whole grains, opportunities for in-store nutrition lessons, enhanced customer and community health, and increased profits from healthy foods. She stated that concerns include availability of funds to invest in programs to ensure that they are successful as well as concerns from store owners that customers may not purchase fresh produce.

### **4. Public Comment Opportunity**

Chair Rasmussen informed the Commission that time would be allotted for public comments.

Mara Solberg of Solberg Farms shared several stories with the Commission about groups she had the opportunity to work with and being able to share her knowledge of healthy, local foods in the Fargo-Moorhead area.

### **5. Commission and Steering Committee Roundtable**

Chair Rasmussen asked for the Commission and the steering committee to share any additional updates.

### **6. Commission Action Steps**

Chair Rasmussen stated that the next meeting would be held on January 10, 2018.

Chair Rasmussen adjourned the meeting at 11:52 AM.

## Attachment 2

**To:** Cass Clay Food Commission  
**From:** Adam Altenburg, Metro COG  
**Date:** January 5, 2018  
**Re:** ***Approve Appointments of New At-Large Commission Members***

In addition to members from each of the seven jurisdictions in the Fargo-Moorhead metropolitan area, there is provision for an additional five at-large members to serve on the Food Commission. It is the intent that at-large members will bring additional and varied expertise to the Commission as it may relate to food systems issues. At-large members are initially vetted by the Steering Committee before being brought to a vote by the Commission. Each at-large member serves a two-year term.

With Jon Evert and Dana Rieth concluding their terms, the Steering Committee sought applicants for two new at-large members from December 1 through December 22. In that time, the Steering Committee received four applications and resumes. Following the deadline, candidates were ranked according to expertise, how they would fill potential gaps as they relate to food systems issues, time commitment, and additional advocacy efforts.

With the completion of this process, the Steering Committee recommends the appointment of Bukola Bakare and Nancy Carriveau as new at-large members to the Food Commission.

**Requested Action:**

**Approve the appointments of Bukola Bakare and Nancy Carriveau to the Food Commission**

APPLICATION FOR CASS CLAY FOOD SYSTEMS ADVISORY COMMISSION		
APPLICANT INFORMATION		
Name: <b>Bukola Bakare</b>		
Phone: <b>770-905-6050</b>		
Email: <b>bukola.bakare@ndus.edu</b>		
Preferred mailing address: <b>bukola.bakare@ndus.edu</b>		
City: <b>Fargo</b>	State: <b>ND</b>	ZIP Code: <b>58102</b>
EMPLOYMENT INFORMATION		
Current employer: <b>North Dakota State University</b>		
Employer address: <b>1320 Albrecht Blvd. Dept. 2880</b>		
Phone: <b>701-231-1945</b>	E-mail:	Fax: <b>701-238-8819</b>
City: <b>Fargo</b>	State: <b>ND</b>	Zip: <b>58108-6050</b>
Position:		
WHAT SKILLS, TRAINING, OR EXPERIENCE DO YOU HAVE RELATED TO THE WORK OF THE COMMISSION?		
<p>As a PhD student in Transportation and Logistics doctoral program, I am interested in investigating disruptive innovation and effective research- and community-based approaches to providing low-income households and senior citizens with logistical access to locally grown produce and active transportation. In addition, through training from the Health Policy Research Scholars program, I have been a part of a</p>		
REASON FOR YOUR INTEREST TO SERVE ON THIS COMMISSION:		
<p>Access to healthier food sources is limited to most members of our community, not withstanding local farmers producing. An unhealthy diet and lack of exercise contribute to approximately 678,000 deaths each year. Costs of nutrition related illnesses is astronomically high.</p> <p>I enjoy serving in my community and have been involved in projects that invite</p>		
PLEASE PROVIDE A BRIEF BIO (200 WORDS OR LESS): NOTE: THIS MAY BE USED FOR PUBLICATION TO DESCRIBE THE COMMISSION.		
<p>Bukola Bakare is a PhD student in Transportation and Logistics at North Dakota State University and a Robert Wood Johnson Foundation Health Policy Research Scholar. Her research interest focuses on active transportation and innovative logistics of locally grown produce. She received Bachelor of Business Administration Accounting from Georgia State University, Master of Accounting from Kennesaw State University, taught undergraduate accounting courses in the University System of Georgia six</p>		
Signature: <i>Bukola Bakare</i>		Date: <b>12/21/2017</b>
<p>Please return this form to Megan Myrdal – <a href="mailto:meganmyrdal@gmail.com">meganmyrdal@gmail.com</a></p> <p>Or mail to:</p> <p><b>Fargo Cass Public Health</b>  Attn: Kim Lipetzky  1240 25<sup>th</sup> Street South  Fargo, ND 58103-2367</p>		

# Bukola Bakare

1770 10th Street North #227 Fargo, ND 58102

Cell: (770) 905-6050

bukola.bakare@ndsu.edu

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## **EDUCATION**

**North Dakota State University**, College of Business  
Ph.D. Transportation and Logistics

Fargo, ND  
Second year

**Kennesaw State University**, Coles College of Business  
Master of Accounting

Kennesaw, GA  
Jul. 2010

**Georgia State University**, J. Mack Robinson College of Business  
Bachelor of Business Administration, Accounting

Atlanta, GA  
May 2009

## **PROFESSIONAL CERTIFICATE**

**Georgia Institute of Technology**, Health and Humanitarian Supply Chain Mgmt. May 2016

## **GRANTS**

**Robert Wood Johnson Foundation - Health Policy Research Scholars**  
National Leadership Program Center (NLPC) at Johns Hopkins University

Baltimore, MD  
2016 - 2020

## **TEACHING EXPERIENCE**

**Georgia State University (GSU), Adjunct Professor**

08/2013 - 07/2016

- Taught online undergraduate Principles of Accounting courses
- Blackboard and Desire2Learn (D2L)

**Gwinnett Technical College, Adjunct Professor**

08/2013 – 05/2016

- Taught Dual Enrollment accounting at Johns Creek High School
- Taught evening accounting classes face-to-face in Financial Accounting and Business Taxation
- Mentorship and student follow-ups
- Prepared dual enrolled students for the National Occupational Competency Testing Institute (NOCTI) Pathway testing

**Strayer University, Adjunct Professor**

06/2012 – 6/2015

- Taught face-to-face, hybrid, and independent study in Accounting Principles, Cost Accounting, Intermediate Accounting and Fund Accounting using Blackboard
- Academic advising
- Mentorship, tutoring, and student follow-up

**Kennesaw State University, Adjunct Professor**

08/2011 – 05/2013

- Taught Hybrid, online, and face-to-face Principles of Accounting classes
- Participated in the Teaching Academy for Distance Learning (TADL) 2012
- Develop fully online Auditing course for undergraduate students
- Attended various professional development and training programs toward career advancement
- Prior Learning Assessment (PLA)
- Board member Accounting club

**Becker Professional Education – Campus Ambassador**

06/2010 – 05/2011

- Educated CPA students about the CPA exam and Becker financing opportunity
- Conducted presentations for CPA instructors highlighting update and enhancements to Becker CPA and other materials
- Conducted surveys to report feedback to Becker program directors

## **PROFESSIONAL EXPERIENCE**

**Distinct Core, LLC – Owner/Accountant**

01/2011 - 06/2015

Entrepreneurial: Assisting startup and small businesses with accounting, bookkeeping, corporate taxes, and payroll

- Established, maintained, coordinated implementation of accounting records, control procedures, healthcare billing procedures
- Educated clients on billing invoices, accounting policies, and resolving accounting discrepancies
- Performed financial auditing, accounting, bookkeeping, taxes using Intuit QuickBooks and Intuit ProSeries
- Performed quarterly bank reconciliation, cash reconciliation and bank deposits
- Clients included Brazilian American Chamber of Commerce, Tetra Consult, Law firm of Monica S. Kinene, Solnect Consulting Group, Gold Star Medical Transportation, and Health-Chex

**Language Line LLC, Contract Interpreter**

10/2007 – 05/2012

- Interpreted second language for court sessions, police departments, emergency room/hospital patients, companies, and schools
- Professionally communicate with difficult Limited English Proficiency (LEP) clients

**VITA/TCE - Goodwill of North Georgia, Duluth**

01/2010 – 04/2011

- Quality Reviewer/Vita Site Coordinator – Duluth Career Center
- Prepared state and federal individual income tax return
- Performed quality review, intake, and interview for paper and e-file tax returns
- Researched tax information using Publication 4012 and other tax resource guides
- Contributed 40% of the total annual returns filed in 2010 for the center toward increase of 83% in the overall returns filed

**Captain Planet Foundation, Inc. Atlanta, GA – Accounting Intern**

09/2009 – 08/2010

- Implemented daily inventory and quarterly assets updates which helped reduce shrinkage
- Assisted with processing weekly checks for vendors and independent contractors QuickBooks
- Event accounting: assisted with event ticket distribution directly correlated to the donations received and submitted reports to ticketing agent and ensure timely collection cash and like-kind donations
- Prepared 1099 forms and other tax reports

**VOLUNTEER ACTIVITY**

**Brazilian American Chamber of Commerce of Southeast (BACC), Treasurer** 04/2011 – 07/2013

- Manage the financial team
- Oversee day-to-day operations and quarterly budgeting and forecasting
- Bi-annual corporate statements and prepare the BACC tax return
- Ensure IRS requirements are met
- Provide Finance team professional development and mentoring

**Hope World Wide Africa**

04/1997- 08/2003

- Pioneered the HIV/AIDS counseling in Africa with an average of 5 HIV/AIDS clients per week
- Certified to instruct client on medication, nutrition, psychology and environmental effect of living with HIV/AIDS disease
- Taught one-on-one and small group class
- Led all-day campaign in more than three cities to help raise funds, food, and awareness
- Educated clients in the HIV/AIDS clinic in screening for HIV/AIDS
- Transportation, delivery, and procurement of equipment and medical supplies

**AWARDS AND ORGANIZATION**

- **Award:** Ph.D Project; Becker CPA Review Scholarship - Becker Professional Education; Volunteer Income Tax Assistance (VITA); Student Leadership Awards; Academic Award of Merit; Deans' List – Georgia State University, Georgia Association of Accounting Educators (GAEE)
- **Organization & Conference:** PhD. Project; Becker Professional Education Campus Ambassador 2010 – 2011; National Association of Black Accountant (NABA), Georgia Society of CPAs – student member; Brazilian-American Chamber of Commerce, African-United States Chamber of Commerce, and 3PL Summit and Chief Supply Chain Officer Forum, Chicago 2016.



APPLICATION FOR THE CASS CLAY FOOD COMMISSION		
APPLICANT INFORMATION		
Name: Nancy E. Carriveau		
Phone: 701.238.0432 (c) 701.476.9126 (w)		
Email: ncarriveau@greatplainsfoodbank.org		
Preferred mailing address: 1720 3rd Ave North (I do live in Dilworth, MN; this is my work address)		
City: Fargo	State: ND	ZIP Code: 58102
EMPLOYMENT INFORMATION		
Current employer: Great Plains Food Bank		
Employer address: 1720 3rd Ave N		
Phone: 701.476.9126	E-mail: ncarriveau@greatplainsfoodbank.org	Fax: 701.232.3871
City: Fargo	State: ND	Zip: 58102
Position: Food Resource Manager		
WHAT SKILLS, TRAINING, OR EXPERIENCE DO YOU HAVE RELATED TO THE WORK OF THE COMMISSION?		
<p>As a commissioner, I would bring a wealth of knowledge and experience from the food service, hospitality and human services sector. I have worked and managed in hospitality and food service for over 15 years in a variety of environments. I excel in guest service, relationship building, and process and program management. I enjoy being out in my community and exploring communities and cultures I am unfamiliar with. I am trained as a doula and have a passion for maternal health. I believe my experience as a birth doula providing information, support, and advocacy carries over into every aspect of my life. I utilize these skills in my current work providing education, support and advocacy for our most vulnerable populations. I have been on both SNAP and WIC and can speak to the importance of these programs as well as the challenges they pose.</p> <p>At the Great Plains Food Bank (GPFB), I have built a Food Sourcing program and have grown our relationships with food industry partners by routinely visiting with them and sharing the food bank story, mission and vision. We have grown our engagement in communities and local foods sectors by my continued presence and relationship building. With the GPFB, I have also been able to practice and enhance both my written and verbal communication through grant writing and public speaking. I enjoy grant writing and have successfully written and been awarded local, state and federal funding. Public speaking engagements challenge me and I look forward to opportunities to continue this path.</p>		
REASON FOR YOUR INTEREST TO SERVE ON THIS COMMISSION:		
<p>I believe in the mission and beliefs of the Cass Clay Food Partners to support and enhance the quality of life for all. A food system that is inclusive, integrated and equitable can have great impact on our most vulnerable populations. I would be honored to serve on this commission and be an advocate for the most vulnerable community members as well as bringing them into the conversation. My experience as an HIV Educator and community doula provided me with some of the most impactful experiences of both my professional and personal life. It was here that I really began to understand the full circle of cause and effect within communities. Many of the young women I worked with were homeless, pregnant, and struggling to keep a job or unemployed. There were many cyclical obstacles in their lives that kept them in a cycle of being poor, homeless and at great risk. The minute they were empowered with education to make informed decisions and had an advocate to support them, they were able to take steps to remove themselves from this cycle. I strive to be this person for others.</p> <p>Since moving back to Fargo, I have been consumed with building my family and professional life and have not found this niche of service to give back to my community until now. Being a commissioner would provide me the opportunity to intersect my passion with my work and integrate myself into this vibrant and growing community of local foods.</p>		
PLEASE PROVIDE A BRIEF BIO (200 WORDS OR LESS): NOTE: THIS MAY BE USED FOR PUBLICATION TO DESCRIBE THE COMMISSION.		
<p>Nancy Carriveau, Food Resource Manager with the Great Plains Food Bank and community doula, has spent the last 15 years in grocery, hospitality, food service management and human services. Nancy was born and raised in North Dakota, and earned her Bachelor of Arts from the University of Minnesota, Duluth. Following her two years as a youth life skills educator and doula for young women in Duluth, she relocated to North Dakota to set roots with her family. She has a strong commitment to maternal and child health, community and service. From years in hospitality and restaurant management, there was a natural transition to a nonprofit service organization dedicated to ending hunger.</p> <p>She has a deep understanding of retail and food service management as well as the need for reducing waste within operations. This created the perfect combination for sourcing food donations from the agricultural, grocery, food service and manufacturing partners of North Dakota and Clay County, Minnesota in order to get it in on the dinner tables of our neighbors in need.</p>		
Signature: <i>Nancy E. Carriveau</i>		Date: 12/21/2017
<p>Please return this form to Kim Lipetzky – <a href="mailto:klipetzky@fargond.gov">klipetzky@fargond.gov</a> or Noelle Harden – <a href="mailto:harde073@umn.edu">harde073@umn.edu</a></p> <p>Or mail to:</p> <p><b>Fargo Cass Public Health</b>          Attn: Kim Lipetzky          1240 25<sup>th</sup> Street South          Fargo, ND 58103-2367</p>		



311 1<sup>ST</sup> Ave SW  
Dilworth, MN 56529  
December 21, 2017

Cass Clay Food Partners  
Fargo Cass Public Health  
1240 25th Street South  
Fargo, ND 58103

Dear Selection Committee,

I would be honored to serve on the Cass Clay Food Commission with the other members that are dedicated to building a strong, healthy and vibrant food system. I am committed to the Fargo – Moorhead community and the great work that is being done on both sides of the river to create a food system that benefits all members of their communities.

Within the application, I show my expertise within multiple sectors of the food service and hospitality industry as well as my passion for work in human services makes me an excellent candidate to serve on the commission. I will bring an important perspective to the conversation and building of our food systems. My ability and eagerness to engage in public speaking and community events strengthens my belief that I would be a great asset to the commission.

Thank you for this opportunity to apply and I look forward to working beside you in the future.

Sincerely,

A handwritten signature in black ink that reads "Nancy E. Carriveau". The signature is fluid and cursive, with the first name "Nancy" being the most prominent.

Nancy Carriveau

## QUALIFICATIONS

Highly motivated, creative and experienced leader with excellent people management, communication and listening skills. Especially versed and committed to creatively connecting with individuals, teams and communities through innovative strategies while creating inspiring environments.

## ACCOMPLISHMENTS AND SKILLS

- Passionately executes role of management and leadership through coaching, mentoring and collaboration within teams
- Excels at developing and implementing repeatable process within organizations
- Strong written and verbal communication skills utilized through writing company policy and process, article publications, along with frequent public speaking engagements
- Worked extensively with Native American, LGBT and African American, and homeless youth for multiple years within rural community acting as an advocate and mentor for while assisting them in enhancing life skills and utilizing community resources
- Extensive large and small event planning and execution experience
- Collaborated in researching, writing and submitting private, state and federal grants for future funding
- Trained in the art of education, advocacy and support for women as a doula through Doulas of North America (DONA)

## EXPERIENCE

### Great Plains Food Bank | Fargo, ND

Food Resource Manager | March 2016—Present

*Collaborates to create and implement the organizational strategy related to the identification and acquisition of food sources while cultivating relationships.*

- Collaborates with the leadership team to refine and implement annual plans in alignment with program strategy and standards; and Cultivates strong and transparent working relationships with employees, supervisors, Agency employees, and externally to ensure open communication regarding programmatic measurements.
- Assumes and maintains responsibility for the development, implementation, and maintenance of processes and procedures affecting the food resource department
- Maintains and utilizes data and statistics and monitors for improved outcomes; Ensures donors are educated on Food Safety standards; and Ensures proper reporting to food donors, Feeding America and management is completed.
- Identify donor prospects and solicit food donations as well as collaborate with current growers and industry partners to identify needs and coordinate donations;
- Plan, coordinate and implement processes related to food donations on a local, regional and national level.
- Engage with community members to cultivate relationships to partner on ending hunger through addressing the root causes of hunger in our communities.
- Engage community in outreach opportunities related to food bank needs

## Hotel Donaldson | Fargo, ND

*Mission based organization dedicated to excellence in service, creating memorable experiences for guests and teammates, and deep roots in community engagement*

### Service and Organizational Excellence Manager | March 2010 – December 2015

*Primary emphasis on developing internal capacity by developing programs that inspire highly professional, efficient and motivated team members*

- Supported Management team to translate the vision of the company into action
- Enhanced business performance through a focus on organizational design, alignment, and accountability; culture shift; senior team effectiveness; collaboration; and core process improvement
- Oversaw talent management strategies such as hiring and termination processes, annual reviews, performance management, and succession planning and employee development
- Maintained and enhanced the organization's human resources by planning, implementing, and evaluating employee relations and human resources policies, programs, and practices
- Create professional and technical knowledge educational opportunities for the team such as mentorships, internships, apprenticeships, and learning groups

## Lutheran Social Services | Duluth, MN

*Mission based organization dedicated to service that inspires hope, changes lives, and builds community.*

### HIV Outreach Educator | April 2008—March 2010

*Primary emphasis as youth advocate and mentor through education and empowerment*

- Connect with youth through organization serving rural Northeastern Minnesota while raising awareness of HIV, the stigma attached to HIV and how to utilize harm reduction methods through education and outreach
- Co-facilitate quarterly, *Street Smart*, Centers for Disease Control and Prevention (CDC) scientifically based 10-session intervention designed for street-involved youth in rural communities that uses skill-building to reduce HIV risk(s) while building basic life skills
- Conduct HIV counseling, testing and referral services at the *Wellness Center*, a teen clinic
- Quarterly report organization's statistics of populations reached for the CDC
- Tailor education and outreach to meet needs of diverse cultures in community
- Network and create strong relationships with community organizations by linking services

## EDUCATION & TRAINING

*University of Minnesota, Duluth College of Liberal Arts, BA May 2007*  
Communication Studies  
Emphasis on Cultural and Women's Studies

*University of Mauritius, Reduit UMD Study Abroad Program 2006*

*Compassionate Communication* practice by Marshall Rosenberg 2011-2015

*A woman is full circle. she has the power to create, nurture, and transform. —Diane Mariechild*

## Healthy Corner Store Initiative

This issue brief will provide background information related to healthy corner store initiatives and food access and will address the common concerns and benefits from a health, environmental, social, and economic standpoint. Appendices have been provided to share how regional jurisdictions are addressing this issue and give example policy language from another jurisdiction. The appendices also includes health indicators and a food access map for the F-M (Fargo-Moorhead) area.

### Background

Living in Cass and Clay Counties is unlike living in most areas of the country. Residents survive in extreme climates with hot, humid summers and frigidly cold winters. With increasing populations, the cities in Cass and Clay have spread out and both urban and rural communities must be considered when implementing policy or programs. For people without access to a vehicle or public transportation, it is challenging to navigate this environment of sprawl, especially in the winter. Lack of transportation and other barriers directly impact how residents access healthy foods.

The Emergency Food Pantry is a vital service in the F-M area, providing hungry families and individuals with wholesome food to tide them over during times of emergency. While this emergency food option is an invaluable community resource, some individuals not only struggle with hunger, but also have difficulty getting to the Pantry when they are in need.

Stacie Loergering, Executive Director of the Emergency Food Pantry, shared a story about an older gentleman who is food insecure and relies on the Pantry when he falls short on SNAP (Supplemental Nutrition Assistance Program) benefits some months. He struggles to get to the Pantry because he does not have a vehicle and cannot use public transportation to haul food due to a physical disability. A local Uber driver gives this older man free rides to the pantry, and also helps him to load and unload his groceries. This is a lovely example of a person in need finding a caring individual to help them with this challenge. However, for every person who receives such help, how many people do not and must go without food?

This question is essential when addressing food access issues. How can we make healthy food easily available to all members of our community, especially those who are most vulnerable? The vulnerable can be those without transportation, housing, or money for food, or elderly citizens, children, refugees, single parents, or people with disabilities. These people and more can struggle accessing healthy foods. One way to address these disparities is through an initiative called **healthy corner stores**.

The movement for healthy food retailers in the United States began in Philadelphia through an organization called The Food Trust, which worked to improve food access in low-income neighborhoods without a nearby grocery store. The easiest food to secure in those neighborhoods came from corner stores or fast food restaurants, which often lacked healthy options. The healthy retail programs brought fresh produce and other healthy options **near to consumers** (key to addressing food access) and opened up new retail development for the community bringing with it an economic windfall.

For low-income neighborhoods like these, the benefits of increasing healthy food options are especially profound. With the USDA reporting 25 to 30 million people without adequate access to grocery stores or



other healthy food retailers<sup>1</sup> (also known as a *food desert*), addressing food access would impact the lives of numerous Americans.

### What is a Healthy Corner Store?

The Food Trust defines a corner store as a retail store with less than 2,000 square feet, four aisles or fewer, and only one cash register, but others simply call it a convenience store.<sup>2</sup> A local policy or program can choose the parameters to define a corner store that best fit the local retail environment. Healthy Corner Store Initiatives aim to increase the amount of healthy foods in these kinds of stores.

Many cities focus on programs instead of policies, because it can be challenging to achieve a successful policy without program support. In 2008, the City of Minneapolis passed an ordinance (Appendix B) requiring retail stores to carry a certain amount of produce and other staple foods, like whole grains, meat, beans, and dairy. A year later, the Minneapolis Health Department assessed a sampling of stores, and a vast majority did not meet the ordinance's requirements. They found that the greatest need was to support store owners in making the store changes needed to fulfill the requirements, so they started a Healthy Corner Store Program.

Not only should a program support store owners in increasing the **supply** of healthy foods in a community, it should also work to increase the **demand** for healthy foods. Educating community members on how to prepare foods, marketing to the community, holding events at the store, and partnering with local community organizations are all ways to boost demand in the community and are crucial to a successful, long-lasting program.

Below are more keys to a successful Healthy Corner Store Program:

1. Select stores strategically. Look for store owners who are willing to make changes, examine the makeup of the surrounding neighborhoods, and note the distance from other grocery retailers.
2. Build relationships with store owners and provide support. Marketing, technical assistance, and signage are essential.
3. Incentivize with funding. Provide loans or grants to store owners to update their equipment (e.g. coolers for fresh produce).
4. Enlist the help of a grocery specialist. Beautiful displays can increase sales of healthy foods.
5. Continue to check in with store owners and maintain the relationships.
6. Create tools to evaluate the program's or policy's success.

There can also be barriers for store owners implementing the program. They may:

1. Lack the skills required to handle or display healthy foods.
2. Struggle to find a distributor that will deliver small enough orders of produce a few times per week.
3. Have to overcome the perception that there is a lack of customer demand for healthy foods.
4. Need assistance with infrastructure limits (e.g. no refrigerator).

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<sup>1</sup> Ver Ploeg, M. et al. Access to Affordable and Nutritious Food: Updated Estimates of Distance to Supermarkets Using 2010 Data. [Report No. 143.] Washington, D.C.: United States Department of Agriculture, Economic Research Service, 2012.

<sup>2</sup> The Food Trust. Healthy Corner Store Initiative: Overview (online). 2014. available at: [http://thefoodtrust.org/uploads/media\\_items/healthy-corner-store-overview.original.pdf](http://thefoodtrust.org/uploads/media_items/healthy-corner-store-overview.original.pdf)

## Health Impacts in the F-M Area

Healthy food retailers bring fresh produce, whole grains, and other healthy foods closer to residents and increase the chance they will choose healthier options. Increasing these foods can affect diet-related diseases and obesity rates and could directly impact the F-M community. In 2011, the CDC reported more than **one-third of adults** in the F-M area were overweight, **one quarter** were obese, and **nearly one in ten** had diabetes. (See Appendix C for these and more community health indicators.) Focusing on healthy retailers can create a food environment where making healthy food choices takes less time and effort for local residents.

## Strategic Stores in Cass and Clay Counties

Implementing a Healthy Corner Store Program in the F-M area calls for strategic planning. Located 10 miles north of Fargo, the city of Harwood boasts a population of more than 700 people, with many local services for their residents. They have one Cenex gas station but no grocery store. If this gas station converted to a healthy food retailer, the residents would have easier access to healthy foods and they would not have to make a trip into Fargo for all of their grocery needs.

In urban areas, strategically evaluating the existing convenience stores could help increase access to groceries in food deserts (Appendix C). Alternatively, evaluating convenience stores near schools could affect the youth population, since children and teenagers tend to walk nearby to purchase food and drinks. In Moorhead, the high school sits across the street from a Casey's General Store. Access to convenience foods is plentiful, but a store conversion to a healthy retailer could change consumption patterns for the city's youth.

## City and County Government Response

Minneapolis took a bold step when the City passed its Staple Foods Ordinance (SFO) requiring retailers to carry a certain amount of healthy foods (Appendix B). Other cities have considered incentive-based policy, such as discounts off of retail license applications for offering fresh produce.

If a jurisdiction would like to support a Healthy Corner Store Program without delving into policy, the greatest need would be in funding. Funding a program or offering grants through the local public health department demonstrates the importance a community places on the health and wellness of its residents.

## Conclusion

Reducing food access issues in a community tends to bring forth creative solutions. How can we make healthy food available to all members of our community? Many cities have begun using healthy corners stores as one of those solutions. When a community contemplates healthy corner stores, it should consider programs or policies in other jurisdictions, but implementation will be unique to that community's own needs and neighborhood composition. The F-M area would need to consider its convenience stores strategically, understanding its urban and rural store landscape.

Table 1. Summary of Healthy Corner Store ordinances in local jurisdictions (as of September 2017)

Moorhead	Dilworth	Clay County	Fargo	West Fargo	Cass County
Not addressed	Not addressed	Not addressed	Not addressed*	Not addressed	Not addressed**

\*Fargo's comprehensive plan GO2030 addresses food access. In the Health section, 03: *Healthy Food* initiative strives to "Ensure all neighborhoods have access to healthy foods."

See page 137: <http://go2030.net/wp-content/uploads/2012/04/120524-FargoComprehensivePlan-download.pdf>

\*\*Cass County is currently updating their comprehensive plan to include food access; however, corner stores would come from the township's authority to adopt or regulate, and at this time, the townships do not have specific language forbidding it and control would be as per their discretion.

Table 2. Framework for evaluating healthy corner store policies and initiatives

Domain	Benefit	Concern
Health	<p>Households within 100 meters of a store selling fresh vegetables increase their vegetable consumption<sup>3</sup></p> <p>Area residents have better diets as retail shelf space for fresh produce and other healthy food items increases<sup>4</sup></p> <p>Availability and consumption of healthier foods, like fresh produce and whole grains, can decrease the risk of obesity and diet-related diseases</p> <p>Children and young adults frequent corner stores where they tend to make unhealthy choices of salty or sugary snacks<sup>5</sup>; changing the retail environment can positively impact their food choices</p> <p>Offering increased varieties of fresh produce at small food stores leads to increased purchases of produce and decreased purchases of sugary drinks<sup>6</sup></p> <p>Stores enrolled in the Philadelphia Healthy Corner Store Network have hosted more than 200 in-store nutrition</p>	None

<sup>3</sup> Nicholas Bodor et al., Neighbourhood Fruit and Vegetable Availability and Consumption: The Role of Small Food Stores in an Urban Environment. 2007. 11 Pub. Health Nutrition 413, 413. available at [http://prc.tulane.edu/uploads/Neighbourhood%20F%20and%20V%20availability%20and%20consumption\\_Role%20of%20small%20food%20stores%20in%20urban%20env.pdf](http://prc.tulane.edu/uploads/Neighbourhood%20F%20and%20V%20availability%20and%20consumption_Role%20of%20small%20food%20stores%20in%20urban%20env.pdf).

<sup>4</sup> Ibid

<sup>5</sup> Sean C Lucan, Allison Karpyn, and Sandy Sherman. Storing Empty Calories and Chronic Disease Risk: Snack-Food Products, Nutritive Content, and Manufacturers in Philadelphia Corner Stores. 2010. Journal of Urban Health: Bulletin of the New York Academy of Medicine. Vol 87 No 3.

<sup>6</sup> Ruff RR, Akhund A, Adjoian T. Small Convenience Stores and the Local Food Environment: An Analysis of Resident Shopping Behavior Using Multilevel Modeling. 2016. Am J Health Promot. 30:172–80.



	lessons and health screenings <sup>7</sup> so corner store programs have the potential to increase community health and awareness	
Environment	Possibility of increasing local foods in retail spaces comes with the benefits that come from shopping local, including food travelling fewer miles to reach a consumer's plate	None
Social	<p>The urban food environment frames how people eat, and consumers have the ability to re-shape the food environment.<sup>8</sup> (Consumer demand for healthy food may increase the healthy food for purchase)</p> <p>High-minority, low-income neighborhoods often have less access to healthy foods and greater density of corner stores, which in turn affects what residents eat and the area food culture<sup>9</sup></p> <p>Corner store programs are increasing their community involvement by offering cooking demos, nutrition education, and health screenings</p> <p>Store owners involved in corner store programs have shown increased interest in community and customer health<sup>10</sup></p>	None
Economic	<p>A study in Philadelphia and Pennsylvania from 2010-2012 estimated that the Healthy Corner Store Initiative supported 38 jobs, \$1.1 million in earnings and \$140,000 in additional tax revenue<sup>11</sup></p> <p>Increased profits from healthy foods can allow store owners to invest in their business. Profit margins for staple foods, like produce, meat and bread, can run anywhere between 25 to 50 percent and even greater margins for prepared healthy choices like salads<sup>12</sup></p>	<p>A concern is the availability of funds to invest in a program to make it successful. Marketing and technical support for store owners is essential and requires funding</p> <p>Store owners may be concerned that customers will not purchase fresh produce. Education and</p>

<sup>7</sup> Healthier Corner Stores: Positive Impacts and Profitable Changes. 2014. available at

[http://thefoodtrust.org/uploads/media\\_items/healthier-corner-stores-positive-impacts-and-profitable-changes.original.pdf](http://thefoodtrust.org/uploads/media_items/healthier-corner-stores-positive-impacts-and-profitable-changes.original.pdf)

<sup>8</sup> Carolyn C Cannuscio, Eve E Weiss, and David A Asch. The Contribution of Urban Foodways to Health Disparities. 2010. Journal of Urban Health: Bulletin of the New York Academy of Medicine. Vol 87, No 3.

<sup>9</sup> Robin S DeWeese et al. Healthy store programs and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), but not the Supplemental Nutrition Assistance Program (SNAP), are associated with corner store healthfulness. 2016. Preventive Medicine Reports vol 4: 256-261.

<sup>10</sup> Healthier Corner Stores: Positive Impacts and Profitable Changes. 2014. Available at

[http://thefoodtrust.org/uploads/media\\_items/healthier-corner-stores-positive-impacts-and-profitable-changes.original.pdf](http://thefoodtrust.org/uploads/media_items/healthier-corner-stores-positive-impacts-and-profitable-changes.original.pdf)

<sup>11</sup> Ibid

<sup>12</sup> Siedenbarg, K. et al. Healthy Corner Stores Q&A. 2010. A report published by the Healthy Corner Stores Network.

	<p>Offering healthy foods can diversify a store owner's customer base and lead to longevity</p> <p>A Healthy Corner Store Program could increase revenues for local farmers who may be better suited to a corner store's needs for smaller orders. For every dollar in produce purchased, up to 82 cents goes to those in the distribution chain<sup>13</sup></p>	support can help alleviate apprehension
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## Resources

Change Lab Solutions <http://www.changelabsolutions.org/childhood-obesity/healthy-food-retail>

[http://www.changelabsolutions.org/sites/default/files/Health\\_on\\_the\\_Shelf\\_FINAL\\_20130322-web.pdf](http://www.changelabsolutions.org/sites/default/files/Health_on_the_Shelf_FINAL_20130322-web.pdf)

[http://www.changelabsolutions.org/sites/default/files/Licensing\\_for\\_Lettuce\\_FINAL\\_20130212\\_0.pdf](http://www.changelabsolutions.org/sites/default/files/Licensing_for_Lettuce_FINAL_20130212_0.pdf)

Cook County, IL Toolkit <http://cookcountypublichealth.org/files/pdf/healthy-hotspot/corner-stores/corner-store-toolkit-body-6F.pdf>

The Food Trust <http://thefoodtrust.org/what-we-do/corner-store>

New York City - especially their Adopt a Shop Guide <http://www1.nyc.gov/site/doh/health/neighborhood-health/shop-health.page>

San Francisco <http://www.healthyretailsf.org/>

West Oakland, CA Toolkit <http://healthyfoodaccess.org/sites/default/files/MMPlace-healthy-neighborhood-store-alliance-toolkit.pdf>

If you have questions, please contact Kim Lipetzky with the Fargo Cass Public Health Office at 701-241-8195 or [klipetzky@cityoffargo.com](mailto:klipetzky@cityoffargo.com).

<sup>13</sup> LocalHarvest. Why Buy Local. <http://www.localharvest.org/buylocal.jsp>.

## Appendix A: Healthy Corner Store Initiatives in Regional Jurisdictions

### **Bismarck, ND**

The city does not have any policies about healthy corner stores or increasing access to healthy foods. The Community Development Department has recently mapped all locations of grocery stores and retailers that accept SNAP benefits, but no further changes have been proposed for the time being based on the findings of that exercise.

The recently adopted Infill and Redevelopment Plan mentions some design guidelines that speak to “The formation and Growth of Complete Neighborhoods” in which one of the design objectives is: “Basic amenities, especially healthy foods, are within walking distance of residences in urban neighborhoods.” This plan primarily sets a vision and strategies in support of infill and redevelopment in Bismarck and does not prescribe any policy or ordinances. (see pg. 17: <http://www.bismarcknd.gov/DocumentCenter/View/27473>).

### **Douglas County, NE**

The Douglas County Health Department and Live Well Omaha - a collaboration of local organizations with the goal of improving the health residents - strategically recruited ten stores to participate in their Healthy Neighborhood Store program. The program received support from the Nebraska Grocers Association to work effectively with store owners. Store owners were provided resources to display and handle healthy food options, and the University of Nebraska Lincoln - Extension conducted on-site cooking demos and tasting events. Program awareness has led to increased sales for these stores.

<http://www.behealthyomaha.org/programs/healthy-neighborhood-stores>

### **Minneapolis, MN**

In 2008, the City passed a Staple Foods Ordinance (SFO) policy, and due to lack of compliance the Minneapolis Health Department (MHD) added a Healthy Corner Store Program 2010-2015. The City revised the SFO (Appendix B) and MHD now runs a modified program to help non-compliant stores become compliant.

MHD's funding for this work has mostly come from SHIP (Statewide Health Improvement Partnership) grant funding. When they ran the full program, they had .5 FTE (Full-time Equivalent) or more devoted to the work plus \$500 for each store to help with merchandising and stipends. Under the new SFO, MHD dedicates .3 FTE and some money to print materials.

They received some pushback from store owners when passing the SFO, but now there are rarely complaints, especially when store owners realize the many resources to help them comply. Through the SFO, non-compliant store receive an initial violation then a formal citation along with a \$200 fine, but this has been challenging to implement and enforce.

### **State of Minnesota**

The MN Statewide Health Improvement Partnership (SHIP) has a new pilot program called Good Food Small Stores. It is funded by SHIP, which works with communities to prevent chronic diseases before they start. This program will work with rural health departments and extension offices to recruit 30-40 stores to implement healthy corner store efforts. They have a rigorous assessment planned after six months to evaluate the effectiveness of store changes.

The MN Department of Agriculture also provides funding for store owners through its Good Food Access Program. The Program's Advisory Committee has allocated \$250,000 for healthy food retail efforts. Store owners can apply for technical assistance and loans linked to healthy foods. In the most recent awarding of grant money, half of the funds went to store owners purchasing produce coolers.

### **State of North Dakota**

The ND Rural Electric Cooperatives formed the Rural Grocers Initiative because distributors are becoming more reluctant to deliver to rural grocers. North Dakota State University Extension Services has been involved because of their network of people across the state who are able to help distribute the surveys. The Initiative is surveying rural grocers and consumers and interviewing food distributors to understand food distribution logistics and how they affect

store owners and consumer satisfaction. Data from the surveys will be used to try to determine a better distribution system to rural grocery stores.

<https://www.ndarec.com/ruralgrocery>

### **Sioux Falls, SD**

The Public Health Department has completed audits of their convenience stores to get a baseline of the availability of healthy food choices. Due to lack of financial resources, they have not been able to implement a healthy corner store initiative or give incentives to retailers who offer healthier options. The health department would gladly implement a healthy food retailer program given the opportunity.

### **Federal**

The USDA Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) retailer guidelines were recently updated and establish minimum stocking requirements across a variety of food categories. While nutrition criteria are not as central to these as they are for WIC, they nevertheless present a significant increase in the varieties of foods stores must carry. While the guideline changes are currently on hold, should they go into effect as planned in January 2018, it would mean significant changes to the inventory of all stores that accept SNAP. This could make it challenging for rural grocery retailers to accept SNAP due to stocking and demand challenges.

## Appendix B: Example Ordinance

### Minneapolis, MN

#### CHAPTER 203. - GROCERY STORES<sup>[11]</sup>

##### 203.05. - Findings.

The council finds that it is in the interest of the public health, safety and welfare to ensure that grocery stores in the City of Minneapolis provide a certain minimum level of healthy food. (2014-Or-092, § 2, 10-31-14)

##### 203.10. - Definitions.

As used in this chapter, the following words and phrases shall mean:

*Accessory food items.* Non-staple food items, such as coffee, tea, cocoa, carbonated and un-carbonated drinks, candy, condiments, and spices.

*Accessory use grocery.* A retail establishment that sells staple foods as an accessory use to its primary business, or sells only specialized types or classes of staple foods and accessory foods, including, but not limited to, such establishments as imported food stores and gift shops. The definition of accessory use grocery does not include stores that accept government supplemental nutrition programs.

*Grocery store.* A retail establishment that sells such products as staple foods, accessory food items, and household goods.

*Staple foods.* Those food items intended for home preparation and consumption, including meat, poultry, fish, bread, and breadstuffs, cereals, vegetables, fruits, fruit and vegetable juices, and dairy products. All grocery stores licensed under this chapter must offer for sale food for home preparation and consumption, on a continuous basis. The following items and quantities are required:

- (a) *Milk:* Five (5) gallons of unsweetened, unflavored, fluid cow's milk in up to a gallon or half-gallon containers in any combination of at least two (2) of the following varieties: skim or nonfat, one (1) percent, or two (2) percent, or "plain" or "original" soy milk or other milk alternatives.
- (b) *Cheese:* Six (6) pounds of cheese in packages of at least one-half (½) pound (eight (8) ounces) each, in any combination of at least three (3) varieties, not including processed cheese products.
- (c) *Eggs:* Six (6) one dozen (twelve (12)) containers of fresh large-size eggs.
- (d) *Meat and vegetable protein sources:* At least three (3) varieties of meat, poultry, canned fish packed in water, or vegetable proteins such as nut butter and/or tofu. Nut butters can be up to eighteen (18) ounces in size and are not to contain any other food product such as jelly, jam, chocolate or honey.
- (e) *Fruits and vegetables:* Thirty (30) pounds or fifty (50) items total of fresh and/or frozen fruits and vegetables that do not contain added ingredients including sweeteners, salt, sauces, or seasonings, in at least seven (7) varieties, with at least five (5) varieties that are fresh and perishable, and with no more than fifty (50) percent of the total selection being from a single variety.
- (f) *Juice:* Six (6) containers of any combination of the following, as long as at least two (2) containers are one hundred (100) percent citrus juice, (orange, grapefruit or orange/grapefruit) in any combination of the following types:
  - (i) Eleven and one-half (11½) to twelve (12) ounce containers of pure and unsweetened frozen or non-frozen concentrate one hundred (100) percent juice; or
  - (ii) Fifty-nine (59) ounce or larger containers of pure and unsweetened one hundred (100) percent juice.
- (g) *Whole grain cereal:* Four (4) boxes or bags twelve (12) ounces or larger of whole grain cereal or cereal grains in any combination of at least three (3) varieties.
- (h) *Whole grains:* Five (5) pounds of whole grains of at least three (3) varieties such as bread, corn tortillas, brown rice or oatmeal.
- (i) *Canned beans:* One hundred ninety-two (192) ounces of canned beans or legumes in any combination of at least three (3) varieties.

- (j) *Dried peas, beans, lentils*: Four (4) packages, up to sixteen (16) ounces in size, of dried beans, peas or lentils without any added ingredients. (96-Or-005, § 1, 2-9-96; 2008-Or-015, § 1, 2-29-08; 2009-Or-185, § 1, 12-4-09; 2014-Or-092, § 3, 10-31-14)

#### 203.20. - Requirements.

Grocery stores and accessory use grocery stores are subject to the requirements of [chapter 188](#). A grocery store that does not possess a grocery license as of February 9, 1996 must meet the requirements of subsection (a). All grocery stores licensed under this chapter except those exempted pursuant to [section 203.30](#) must meet the requirements of subsection (b).

- (a) All grocery stores not located on a commercial corridor shall provide and maintain a sales floor area of two thousand (2,000) square feet unless granted a waiver by the city council.
- (b) All grocery stores licensed under this chapter must offer for sale food for home preparation and consumption on a continuous basis staple foods as defined in [section 203.10](#). Food shall be non-expired or spoiled and maintained according to established industry standards for food safety. To count towards the staple food standards perishable items, including fresh fruits and vegetables, shall be offered in good condition, not overripe or seriously deformed and free from decay, discoloration, bruising and surface damage. (96-Or-005, § 1, 2-9-96; 2008-Or-015, § 2, 2-29-08; 2009-Or-185, § 2, 12-4-09; 2014-Or-092, § 4, 10-31-14; 2014-Or-126, § 1, 12-12-14)

#### 203.30. - Exemptions.

The following are exempt from the requirements of sections [203.20](#)(a) and [203.20](#)(b):

- (a) Accessory use groceries.
- (b) Gasoline filling stations, licensed under [Chapter 287](#) of this Code, and having not more than three hundred (300) square feet of retail sales floor area.
- (c) Grocery stores located in the central commercial district, as defined in [section 360.10](#).

Additionally, a grocery store located in a shopping center as defined in [section 520.160](#) is exempt from the requirements of [section 203.20](#)(a). (96-Or-005, § 1, 2-9-96; 2008-Or-015, § 3, 2-29-08; 2009-Or-185, § 3, 12-4-09; 2014-Or-092, § 5, 10-31-14; 2014-Or-126, § 2, 12-12-14)

## Appendix C: Health Indicators in the F-M Metropolitan Region

Metropolitan Food Systems Plan, pages 19-21

[http://download.cityoffargo.com/0/metropolitan\\_food\\_systems\\_plan\\_final\\_november\\_2013-1.pdf](http://download.cityoffargo.com/0/metropolitan_food_systems_plan_final_november_2013-1.pdf)

Table 4. Percentage of adults reporting overweight, obese, or diabetes by geography: 2010-2011

Health risks	Percentage of adults*			
	Fargo/Moorhead Metropolitan Statistical Area	North Dakota	Minnesota	Nationwide
Overweight (2011) (BMI 25.0-29.9)	36.8	36.0	36.8	35.7
Obese (2011) (BMI 30.0-99.8)	25.4	27.8	25.7	27.8
Diabetes (2010)	8.5	7.4	6.7	8.7
Exercise (2010)**	26.6	24.8	19.1	23.9

\*Source: Centers for Disease Control Behavioral Risk Factor Surveillance System (BRFSS); 2010 and 2011

\*\*No leisure time exercise or physical activity in the past 30 days.

Table 5. Percentage of youth grades (9-12) in North Dakota overweight or obese: 2011

Health risks	Percentage of youth		
	Region V Fargo Area*	North Dakota	Nationwide
Overweight (BMI 25.0-29.9)	13.2	14.5	15.2
Obese (BMI 30.0-99.8)	10.0	11.0	13.0

Source: Centers for Disease Control Youth Risk Behavior Survey (YRBS); 2011

\*Region V Fargo Area includes the following counties: Cass, Steele, Traill, Ransom, Sargent, Richland

Table 6. Percentage of youth (grades 9 and 12) in Minnesota overweight or obese: 2010

Grade	Percentage of youth			
	Clay County		Minnesota	
	Overweight	Obese	Overweight	Obese
9 <sup>th</sup> grade	14.0	9.0	13.0	9.0
12 <sup>th</sup> grade	14.0	12.0	12.0	9.0

Source: Minnesota Department of Health; Minnesota Student Survey 2010

Table 7. Percentage of overweight and obese children in clinic service area by age group

Age in years	Percentage of children*		
	Overweight ( $>85^{\text{th}}$ percentile and $<95^{\text{th}}$ percentile BMI)	Obese ( $\geq 95^{\text{th}}$ percentile of BMI)	Total Overweight and Obese
2-5 years	16.3	11.6	27.9
6-8 years	14.1	18.4	32.5
9-12 years	15.0	20.3	35.3
13-18 years	14.2	19.0	33.2

Source: Minnesota Department of Health; Minnesota Student Survey 2010

Table 8. Percentage of youth, grades 6, 9, and 12, in Minnesota by health behaviors: 2010

Health behavior	Percentage of youth		
	6 <sup>th</sup> grade	9 <sup>th</sup> grade	12 <sup>th</sup> grade
<i>Clay County</i>			
Ate 5 or more servings of fruits, fruit juices, or vegetables yesterday	18.0	17.0	14.0
Were physically active for at least 30 minutes on at least 5 of the last 7 days	56.0	58.0	47.0
<i>State of Minnesota</i>			
Ate 5 or more servings of fruits, fruit juices, or vegetables yesterday	21.0	18.0	17.0

Were physically active for at least 30 minutes on at least 5 of the last 7 days	48.0	56.0	44.0
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Source: Minnesota Department of Health, Minnesota Student Survey: 2010

Table 9. Percent of students grades 9-12 who ate fruits and vegetables five or more times per day, during the last seven days by location and year

Geography	Percentage of students by year		
	2007	2009	2011
Fargo*	18.3	17.2	17.9
Region 5**	17.7	15.6	16.1
North Dakota	16.6	13.7	17.4
United States	21.4	22.3	NA

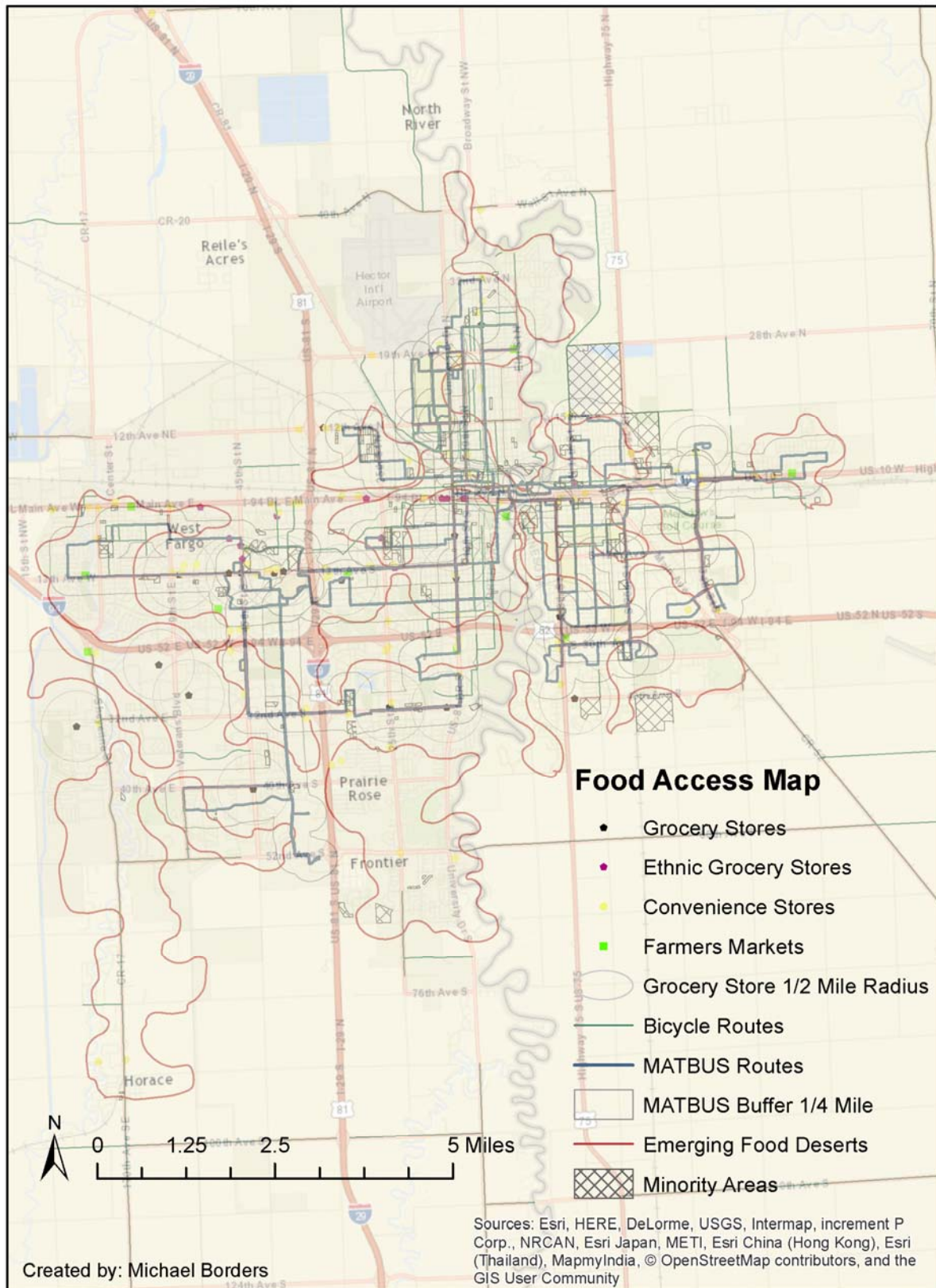
Source: Snap Shot (CDC YRBSS - Fargo Public Schools, ND DPI)

\*Raw data is not weighted by age or gender for Fargo

\*\*Region 5 includes the following North Dakota counties: Cass, Ransom, Richland, Sargent, Steele and Trail.



## Appendix D: Food Access Map for the F-M Area



## **Cass Clay Food Commission, 11/8/2017 Food Access Discussion Summary**

### **WORDS THAT STOOD OUT**

Prefer taste	Negativity	Support	Hunger Relief	Lack	Subsidies
Unaware	Unwilling	Education	Unused Crops	Market	Incentives
Access	Repetition	Zoning	Stereotyping	Price	Fast Food

### **CHALLENGES**

- Many people prefer the taste of unhealthy food
- Citizens lack healthy food skills, no longer teaching them at home, schools, program
- Also, not knowing about food like raw vegetables and what to do with them
- Lack of basic skills
- Hunger relief programs offer too many unhealthy foods and not enough healthy foods
- Institutions offer too many unhealthy choices
- Food Affordability
- Not having enough money
- Stereotyping individuals as lazy
- SNAP approved at multiple levels
- 9 year old said “tell lazy people to get a job”
- Cost of season extension strategies
- Market solutions vs government intervention

### **STRATEGIES**

- Train teachers, coaches, and other staff to guide children of all ages to make healthy choices
- Support school gardens as a way to incorporate into school programs, cafeteria, education
- Repeated visibility and exposure – like demos at FM, community garden in neighborhood, seeing it everywhere
- Community café, shows raw product on table and uses it in the meal
- Knowing basic food skills: Rural – teach to grow / Urban – make use of vacant space
- Distribute unused crops
- Gleaning to schools and food banks
- Permit hunger relief programs to choose to accept or redistribute food supplied by food banks to meet healthy food guidelines
- Provide support to produce, process, serve and sell healthier food items
- SNAP – focus on healthier food
- Accelerate providing healthier food in schools
- Workplace access to healthy lunch, etc
- Incentives for growing, processing, sale of organic food
- Healthy option for concession stands
- Policies and incentives to encourage retailers to offer more healthy options
- Food Skills could drive demand for healthy food

# Future of Food – Event Summary

## Why We Gathered

Leaders, growers, and eaters from the Fargo Moorhead food community gathered on November 20<sup>th</sup> at Trollwood Performing Arts School for an evening of conversation, delicious food, and celebration of our successful community food system. The goals of this gathering included:

- Celebrate the growth and accomplishments of our local food community
- Engage with one another in meaningful, action-oriented conversations
- Present the Cass Clay Food Champion award
- Launch the Cass Clay Food Action Network, a platform for connecting, sharing ideas, and taking action

**Save the Date!**  
Continue the food  
conversation at  
First Fridays at B,  
launching January 5<sup>th</sup>

## Activities and Local Food

Attendees of the event were greeted with several interactive activities, learning stations, and delicious locally sourced food catered by Everest Tikka House.





## Celebrate our Progress



Megan Myrdal gave an uplifting presentation eluding to recent successes in our community's food system:

- [The Red River Market](#)
- [Prairie Roots Food Co-op](#)
- [Growing Together](#)
- [Cass Clay Food Commission](#)
- F/M New Farmer Task Force
- [Heart-n-Soul Community Café](#)
- [International Potluck](#)
- [Ugly Food of the North](#)

## Be Part of Our Future

Attendees engaged with one another in table discussions framed around the five values of the Cass Clay Food Partners, which are:

We believe in a food system that

- 1) is inclusive, integrated and equitable,
- 2) is economically and ecologically resilient,
- 3) respects all cultures,
- 4) supports and enhances quality of life for all,
- 5) and fosters successful entrepreneurship and sustainable innovation.



During the 90 minute facilitated discussion, attendees chose three of the five core values to delve into further. Everyone was encouraged to participate. We focused on three overarching questions:

- Why does this core value MATTER?
- What SPECIFIC ACTIONS could move this forward in our community?
- Who is MISSING from this conversation?

## Conversations Sparking Action

The planning team designed the event to encourage attendees to strategize about actions that can be taken at the individual and community level to create positive change in the food system. Participants generated many ideas during the facilitated discussion. Here are a few examples:

Invest in technology to support food production in winter months (greenhouses) - look to Canada's progressive leadership, they support their farmers.

Make sure foods needed for "soul nourishment" are available in a community.

Improve local food laws for independence.

Education programs accessible to all sectors so that we are not speaking to ourselves (include bankers, industry).

Faster or increased incentives for new farmers (example of the new tax incentive in MN).

Leverage the attitude that we pride ourselves on being innovative.

Continue conversations about SNAP and offer more support for those who use it: incentives for healthy options.



## Commitments to Making Change

At the end of the event, individuals completed postcards committing to individual action steps and sharing their hopes for the Cass Clay Food Action Network. Example include:



Encourage more dialogue between conventional and sustainable growers.

Increase interest in winter growing by using microsystems and hosting hands-on demonstrations.

Ask my kids at Thanksgiving if they will garden more.

Advocate for better local policies to the Moorhead City Council.

I will go to a food commission meeting!

Educate more people about food availability and the need for sustainable, nutritious food.

Bring one of the "missing voices" to an Action Network meeting.

Make sure to swing by local co-op weekly.

Start my own urban micro-farm - "Food Forest."

Create community dinners at Concordia with local ingredients.

Continue to buy local.



## Cass Clay Food Champion

The Cass Clay Food Champion award was presented to Kim Lipetzky from Fargo-Cass Public Health. Kim helped to launch the Cass Clay Food Systems Initiative in 2010 and has led the network as it has evolved into the Cass Clay Food Commission and now Cass Clay Food Partners.

Check out the [blog post about Kim](#) published by Ugly Food of the North!



## By the Numbers

**120** attendees including farmers, elected officials, families, youth, and food advocates.

**85** percent of the food served at the event was locally sourced.

**46** posters were completed with ideas and strategies for changing the food system.

**48** people committed to taking specific action steps to support the work.

## Help Launch the Cass Clay Food Action Network

The Cass Clay Food Action Network is a new and exciting component of the Cass Clay Food Partners. The Action Network will meet the first Fridays of every month at Theatre B in Moorhead starting on January 5<sup>th</sup>, 2018. Meetings will be held at 7:30 AM.

Address for Theatre B: [215 10th St N.](#)

Follow Ugly Food of the North for more info:

[www.fmuglyfood.com](http://www.fmuglyfood.com) | [facebook.com/fmuglyfood](https://facebook.com/fmuglyfood)

WE LOOK FORWARD TO SEEING YOU THERE!



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*The Future of Food was part of the [Minnesota Food Charter in Action](#) event series. It was a collaborative effort between University of Minnesota Extension, Ugly Food of the North, and Cass Clay Food Partners, sponsored by the Center for Prevention at Blue Cross Blue Shield, the Minnesota Food Charter Network, and the Minnesota Department of Health.*

# Cass Clay Food Commission

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*January 10<sup>th</sup>, 2018*







# **Cass Clay Food Partners:** Recent Activities and Takeaways



# Nov 8<sup>th</sup> Commission Meeting

- Minnesota Food Charter framework
- Food Skills & Availability
- Programs & Policy



**Minnesota**  
**FOOD CHARTER**  
For Our Healthy Future

# Future of Food, Nov 20th



# FIRST FRIDAYS @ B.

Jan 5<sup>th</sup> 2018

*Growing Together: A  
Community Garden Ministry*



# **Food Access Themes and Next Steps**



**What stands out?**

# Food Skills

- Build more **awareness** of existing opportunities.
- Fill **gaps** in existing educational programs and increase participation.



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# Food Exploration

- Not just about know how
- Attitudes, assumptions
- Food curiosity and culture
- Visibility and exposure
- **LOCAL FOOD CULTURE**



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# True or False?

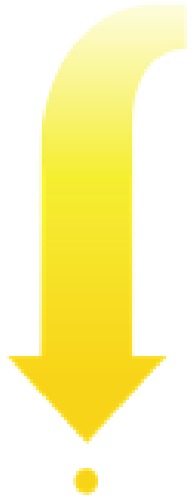
Low income families prepare less than 20 percent of meals at home from scratch.



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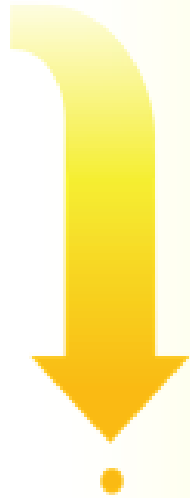
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Cass Clay  
Food  
Commission



Cass Clay Food  
Partners  
Steering  
Committee



Cass Clay  
Food Action  
Network

**What does our  
Commission work  
look like in the area  
of food skills?**



# Division of Food and Nutrition

## Jersey City, NJ

Provision establishes the Division of Food and Nutrition within the city's department of human services to provide education and training related to food preparation, administer food related programs, and supervise all farmer's markets authorized by the city.



# Annual Food System Report

**New York, NY**

Requires the Office of Long-Term Planning and Sustainability to produce an annual report regarding the production, processing, distribution and consumption of food in and for the city.



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# Hunger and Food Security

- Supplemental Nutrition Assistance Program (SNAP)
- Emergency food
- Gleaning & food waste

# Comprehensive hunger policy

## **San Francisco, CA**

The City and County of San Francisco Board of Supervisors adopted a food security resolution aimed at abolishing hunger by 2020. The resolution committee the city to work collaboratively with the private sector and federal nutrition programs on a number of projects, such as increasing food preparation ability in single-room occupancy hotels, analyzing and developing strategies to minimize food insecurity, speed up service provision to homebound senior citizens, and create a city-wide home-delivery grocery service, among other things.

# Emergency food / food waste

## **St Joseph Co, Indiana**

Incorporates state law protections from liability for donors of food. Encourages donation of food that is still safe to eat, but warns food can sometimes go bad.



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# Healthy Food Environments

- Multiple channels – childcare, schools, worksites, government, mobile food
- Procurement policies
- Standards and incentives



# Healthy Food Standards

- Albany, NY – Healthy Meetings and Special Events Policy requiring healthy food and beverage options at activities and special events supported by or sponsored by the city.
- Suffolk Co, NY – healthy food standards for concession, cafeterias and vending machines on county property. Required posting of caloric information and advertising of healthy options.

# Procurement Policy

## Albany, NY

“Local Food Purchasing Policy” requires the county’s purchasing agent to consult with the Commissioner of Agriculture and Markets to set a percentage of foods that qualify as “locally produced” for foods purchased by county residential healthcare and correctional facilities.

# Healthy Food Policies for Childcare Settings

- **Anchorage AK:** Provides nutrition standards for regulated childcare facilities.
- **Fargo / W. Fargo:** Restricts beverages with added sweeteners, juice, and requires that water be available and accessible all day.



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# Beverage standards and Incentives

- **Davis, CA:** Default beverages for children's meals in restaurants must be water or milk.
- **Philadelphia, PA:** Provides tax credit of up to \$2000 per year for merchants who purchase healthy beverages to sell in their stores.



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# MANY Possible Topics for 2018

- Comprehensive food access planning and structures
- Emergency Food Settings
- Food Waste
- Nutrition standards and incentives
- Healthy concession and vending policies
- Mobile groceries and food trucks
- Federal food programs (SNAP, WIC) and how they connect with local food purchasing
- Food infrastructure: distribution and processing (commercial kitchens, food hubs)
- WHAT ELSE?

# What stood out to you?



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