



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

September 13, 2023 10:30 am – 12:00 pm  
Location: Fargo City Commission Chambers

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| 10:30 am | 1. Welcome  |
|          | a. Approve Order & Contents of the Overall Agenda   |
|          | b. Review & Action on Minutes from May 10, 2023 ( <b>Attachment 1</b> )                                   |
| 10:35 am | 2. Commission Introductions – Chair Nesemeier   |
| 10:40 am | 3. Food of the North Update – Megan Myrdal  |
| 10:50 am | 4. GleaN D Presentation – Janice Tweet  |
| 11:00 am | 5. Cass Clay Food Partners Resource Review – Adam Altenburg<br>( <b>Attachment 2</b> )                    |
| 11:10 am | 6. Steering Committee Updates – Michelle Draxten  |
|          | a. Community of Practice for Regional Food Policy Councils  |
|          | b. USDA Regional Food Business Center Kick-off  |
|          | c. Coffee with the Commission Update  |
|          | d. Cass Clay Food Partners Video  |
|          | i. <a href="#">Eating Fresh and Local on a Budget</a>   |
| 11:25 am | 7. Cass Clay Hunger Coalition: Overview and Invitation to Annual Hunger and Health Summit – Jill Ambuehl  |
| 11:40 am | 8. Kudos & Community Recognition – Michelle Draxten ( <b>Attachment 3</b> )                               |
| 11:45 am | 9. Public Comment Opportunity – Chair Nesemeier ( <b>Attachment 4</b> )                                   |
| 11:50 am | 10. Commission & Steering Committee Roundtable: Community Updates & Meeting Reflections – Chair Nesemeier |
| 11:55 am | 11. Future Meetings & Commission Action Steps   |
|          | a. Next First Fridays – October 6, 2023   |
|          | b. Next Coffee with the Commission Event – TBD  |
|          | c. Next Commission Meeting – November 8, 2023   |
| 12:00 pm | 12. 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 701.532.5100. 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).

# Attachment 1

**44<sup>th</sup> Meeting of the  
Cass Clay Food Commission  
May 10, 2023  
Fargo Commission Chambers**

**Members Present:**

Arlette Preston, Fargo City Commission, Chair  
Heather Nesemeier, Moorhead City Council  
Tony Grindberg, Cass County Commission  
Paul Krabbenhoft, Clay County Commission  
Dave Steichen, Dilworth City Council  
Joan Kopperud, At-Large Member  
Carin Engler, At-Large Member  
Jeff York, At-Large Member

**Members Absent:**

Jace Hellman, Horace City Council (proxy)  
Mandy George, West Fargo City Commission  
Anna Johnson, At-Large Member  
Jeffrey Miller, At-Large Member

**Others Present:**

Michelle Draxten, Fargo Cass Public Health  
Rory Beil, Clay County Public Health  
Noelle Harden, U of M Extension  
Janice Tweet, Great Plains Food Bank  
Erika Franck, Clay County Planning and Zoning  
Chandler Esslinger, Fargo Cass Public Health  
Eric Hegg, Lutheran Immigration and Refugee Service  
Adam Altenburg, Fargo-Moorhead Metropolitan Council of Governments  
Ben Griffith, Fargo-Moorhead Metropolitan Council of Governments

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

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

**1b. Review and Action on Minutes from January 11, 2023 & March 8, 2023.**

A motion to approve the minutes for January and March 2023 was made by Ms. Kopperud and seconded by Ms. Engler. The motion was voted on and unanimously approved.

**2. Commission Introductions**

Chair Preston lead Commission and steering committee members in a brief round of introductions.

**3. Social Determinants of Health**

Chandler Esslinger, Community Liaison with Fargo Cass Public Health, provided Commissioner members with an informational presentation about social determinants of health and their relationship to food insecurity.

Ms. Esslinger explained that social determinants of health are conditions in the environment where people are born, live, and work that affect a wide range of health, functioning, and quality-of-life outcomes and risks. She noted that examples include safe housing, transportation, education, job opportunities, access to nutritious foods and physical activity, language and literacy skills, discrimination, and violence.

Ms. Esslinger informed the Commission that food insecurity is defined as a household-level economic and social condition of limited or uncertain access to adequate food. She noted that, in 2020, 13.8 million households were food insecure at some time during the year. She stated that food insecurity does not necessarily cause hunger, but hunger is a possible outcome of food insecurity. and

Ms. Esslinger explained that some of the root causes of food insecurity are overlapping institutional and systemic disparities like poverty, inequity, racial injustice, lack of affordable housing, social isolation, location, and transportation. She noted that food-insecure adults and children have higher rates of mental health issues, including depression, anxiety, and post-traumatic stress disorder, and are at high risk for chronic diseases. She also noted that hungry children are sick more often and can suffer from physical, developmental, and cognitive impairments, resulting in lower academic achievement than that of their peers. She concluded by noting that food insecurity can be addressed and mitigated through advocacy, political will, and policy interventions.

#### **4. Lutheran Immigration and Refugee Service (LIRS) Garden Initiative**

Eric Hegg, Refugee Agriculture Partnership Program Coordinator for LIRS, provided an overview of their garden initiative program and work to date.

Mr. Hegg stated that the objective of the Refugee Agriculture Partnership Program is to encourage the development of agricultural and food systems and improve the livelihoods of refugee families resettled in the United States. He noted that their primary focus is the production of market fresh produce for consumption or sale but that other focus areas include food safety, food preservation, season extenders, floriculture, and seed saving. He further noted that participants of the program gain access to growing space, technical support, educational opportunities, increased access to fresh produce, and access to culturally significant foods.

Mr. Hegg informed the Commission that LIRS, in partnership with NDSU Extension and Growing Together Community Gardens, had recently acquired a 0.9-acre plot at Village West Park with the help and assistance of the Fargo Park Board and Fargo Parks staff. He also explained that more than \$800 of vegetable seeds had also been donated. He noted that members of the community are welcome to assist with the garden initiative every Sunday from 3:00 to 5:00 PM, and that produce could be found at the GTCG Market on Tuesday from 2:00 to 6:00 PM from August to September.

#### **5. Cass Clay Food Partners Resource Review**

Mr. Altenburg explained that in the past eight years, the Cass Clay Food Partners had developed nearly two dozen resource documents highlighting urban agriculture, food access, sustainability, and other food systems topic areas relevant to the Fargo-Moorhead area. He noted that these documents have included blueprints, which look at food systems from a land development code perspective; and issue briefs and snapshots, which provide more of an overview of an issue the community may have seen locally.

Mr. Altenburg provided a brief overview of two original blueprints, Backyard Composting and Farmers Markets and Produce Stands, and noted how they had been utilized or implemented.

## **6. Steering Committee Updates**

Ms. Draxten provided information to the Commission regarding the Regional Food Policy Council Community of Practice program as well as information regarding the Food Partners video project and its final video on gleaning and food insecurity. She noted that this was the last video in addition to previous videos for The Impact of Pollinators on our Food System, Eating Fresh and Local on a Budget, Backyard Chicken Keeping, and a general informational video on the Cass Clay Food Partners and food systems. She also provided a recap on the Food Partner's Coffee with the Commission event that was held at Roasted Rail Coffee House in Dilworth on April 12.

## **7. Kudos and Community Recognition**

Ms. Draxten highlighted several people and organizations for their work in the community including:

- The 50<sup>th</sup> annual Women of the Year event, which was held on April 24, included nominees with passion, service, and significant achievements. Pastor Megan Tee of West Fargo Eats and Lutheran Church of the Cross was one of this year's nominees. West Fargo Eats is a food share alliance between Lutheran Church of the Cross, Gate City Bank, YWCA Cass Clay, and Great Plains Food Bank, which offers a shopping-style experience bringing empowerment, respect, and dignity to individuals and families experiencing food insecurity. In-person shopping and grocery pick-up options are available with specific information listed on their website. In 2023 alone, West Fargo Eats served over 2,500 individuals, 800 households, and 950 children, and additionally provided over 53,000 meals and 34,000 pounds of food.

## **8. Public Comment Opportunity**

Chair Preston informed the Commission that time would be allotted for public comments. She noted that members of the community may also submit comments via a comment link when Commission packets are emailed out.

## **9. Commission and Steering Committee Roundtable: Community Updates and Meeting Reflections**

Chair Preston asked for the Commission and the steering committee to share any additional updates or meeting reflections.

## **10. Commission Action Steps**

Chair Preston stated that the next Commission meeting would be held on September 13, 2023. She also mentioned that the next First Fridays event would be held at 701 Eateries in Fargo on June 2 at 8:00 AM and that the next Coffee with the Commission event would be held on a date and time to be determined.

Chair Preston adjourned the meeting at 11:50 AM.



**To:** Cass Clay Food Commission  
**From:** Adam Altenburg, Metro COG  
**Date:** September 7, 2023  
**Re:** *Cass Clay Food Partners Resource Review*

Since March 2015, the Cass Clay Food Partners has developed nearly two dozen resource documents highlighting urban agriculture, food access, sustainability, and other food systems topic areas relevant to the Fargo-Moorhead area. These documents have included blueprints, which look at food systems from a land development code perspective; and issue briefs and snapshots, which provide more of an overview of an issue the community may have seen locally.

In May 2023, the steering committee provided a brief overview of two original blueprints; [Backyard Composting](#) and [Farmers Markets & Produce Stands](#). This month, the steering committee will present information from the blueprint for [Backyard Beekeeping](#).

All blueprints, snapshots, and issue briefs can be found at the link below:

<https://fargond.gov/city-government/departments/fargo-cass-public-health/health-promotion/cass-clay-food-partners/blueprints>

**Requested Action:**  
**None**



**To:** Cass Clay Food Commission  
**From:** Michelle Draxten, Fargo Cass Public Health  
**Date:** August 30, 2023  
**Re:** *Kudos and Community Recognition*

Since May 2022, the Cass Clay Food Commission has highlighted individuals and organizations for their work in the Fargo-Moorhead metropolitan area and the broader community. This includes awards and recognitions as well as state and local initiatives that support food systems and the values of the Commission.

In September 2023, the Steering Committee would like to recognize the following:

1. Dilworth-Glyndon-Felton Public Schools Recipient of Farm to School and Early Care Full Tray Grant

The Minnesota Department of Agriculture (MDA) recently awarded funding to schools across Minnesota to increase the amount of healthy local foods through its [Farm to School](#) programs. The programs support Minnesota school districts and early childhood education centers that want to buy and serve agricultural products produced in Minnesota.

Dilworth-Glyndon-Felton (DGF) Public Schools and Shannon Nowak, Director of Nutrition Services, received \$71,000 in grant funding earlier this year to kick start its Farm to Tray program. DGF hopes to work with 10 local farmers for 2023-24 school year. Locally grown food and ingredients include beef, potatoes, whole wheat, honey and vegetables.

Supporting locally grown foods positively impacts local economy, provides education to students, and provides more nutritionally dense foods with lower sugar and sodium contents.

<https://www.inforum.com/news/minnesota/from-farms-to-trays-dgf-students-eating-food-sourced-locally>

2. Recognizing Achievements Beyond Food Systems: Rory Beil

a. UND Letterwinners Association Hall of Fame: Class of 2023

Rory will be inducted into the Hall of Fame on October 12 and honored with the Thomas J. Clifford Award. This award was established to honor former UND President, Thomas J. Clifford, and recognize UND alumni who serve as athletic coaches at the high school or collegiate level, and have been notably successful in their sport. Rory is a former UND sprinter and hurdler, who still holds four spots in the program's all-time top-10 list, has served as the head coach for Fargo Davies High School for the last 10 years and helped his teams win eight state titles,

including four consecutive championship teams from 2016-19. He has also won state coach of the year four times.

- b. United States Track & Field and Cross Country Coaches Association (USTFCCCA) Award  
The USTFCCCA announced its ninth annual 2023 coaches of the year. One boys coach and one girls coach from 50 states were honored for their successes in the spring of this year, as selected by a committee of experts from around the nation. The USTFCCCA awarded Rory Beil from Davies High School as the 2023 High School Track & Field Girls' Coach of the Year in North Dakota.

<https://www.ustfccca.org/2023/07/featured/2023-ustfccca-high-schools-track-field-state-high-school-coaches-of-the-year>

**Requested Action:**

**None.**



**To:** Cass Clay Food Commission  
**From:** Heather Nesemeier, Chair  
**Date:** September 7, 2023  
**Re:** *Public Comment Opportunity*

The public comment opportunity is an open forum for the public to provide comments about specific items on this meeting's agenda, as well as any other issues that may pertain to food systems policies or programs. Members of the public may also submit comments online through the comment form link sent out with the meeting's agenda and packet. People may sign up to receive notices about the Cass Clay Food Commission at <http://fmmetrocog.org/get-involved>.

Comments to the Cass Clay Food Commission will be limited to one minute per individual or at the discretion of the Commission Chair.

**Requested Action:**  
**None**