

Healthy Foods, Healthy Lives Institute Spring 2011 Grants Awarded

“Harvesting Healthier Food: A Program of Safe Food Handling Practices for Immigrant Farmers”

Amount Awarded: \$49,991

Co-PI: **Hli Xyooj**, Staff Attorney, JD, MBA, Farmers' Legal Action Group, Inc. (FLAG)

Co-PI: **Ly Vang**, Executive Director, Association for the Advancement of Hmong Women in Minnesota (AAHWM)

Co-PI: **Michele Schermann**, RN, MS, Agricultural Health and Safety Research Fellow, UMN Bioproducts & Biosystems Engineering Department

Co-PI: **Annalisa Hultberg**, MS, Research Fellow, UMN Bioproducts & Biosystems Engineering Department

Abstract:

This community-university collaboration requests \$49,991 from The University of Minnesota Healthy Food, Healthy Lives (HFHL) Institute's Community Engagement Grant Program to create a sustainable, on-farm safe food handling practices program for increasingly prominent immigrant farmers in the Twin Cities region. These farmers, by the hundreds, have created one of the healthiest additions to our region's diet, growing and selling fresh fruits, vegetables, roots, herbs, and traditional crops at markets across the region. But they can use education and information about safe food handling practices to help their operations be safer, and to help them to market to broader commercial markets. This project, with the guidance of a farmer advisory panel, will draw on Good Agricultural Practices (GAPs) to create a sustainable training program to introduce and institutionalize safe food handling and recordkeeping practices for Hmong American in the Twin Cities metro region, and conduct an initial round of workshops and work with individuals implementing safe production and handling practices.

“Good Heart Grocery and Eat Right Deli Community Assessment & Strategic Plan: Ihanktonwan Dakota community, SD”

Amount Awarded: \$50,000

Co-PI: **Faith Spotted Eagle**, Brave Heart Society

Co-PI: **Tiffany Beckman**, Assistant Professor, UMN Department of Medicine and College of Food, Agricultural and Natural Resource Sciences

Abstract:

Brave Heart Society seeks alternative ways to offer healthier and more humane food access and choices for under-served community members it serves in the Ihanktonwan (Yankton Sioux) community. Brave Heart Society with the assistance of partner Tiffany Beckman from University of Minnesota, Department of Medicine and College of Food, Agricultural and Natural Resource Sciences propose to be Co-PIs to conduct community-based participatory research. The product will be a community assessment and strategic plan for a healthy Native-owned retail grocery store (“Good Heart Grocery”) and deli (“Eat Right Deli”) in Lake Andes, South Dakota within the traditional boundary of the Yankton Indian Reservation. Through the assessment, the community partner will be able to determine the potential retail trade area, consumer demand, health and nutrition spending characteristics. In addition, the strategic plan for the

retail venture will include outreach with area agencies in order to propose models for integrating health and nutrition services. The team will also establish a community coalition toward these activities. This grocery store and deli will be beneficial to the people (819) in Lake Andes, Charles Mix County (9,350), and especially to the 6,500 tribal members on Yankton Indian Reservation.ⁱ More than 54% of the population are American Indian.

“Restoring Our Traditional Foods: An Anishinaabeg Farm and Garden Curriculum”

Amount Awarded: \$49,674

Co-PI: **Winona LaDuke**, MA, Executive Director, White Earth Land Recovery Project, Member of the Mississippi Band Anishinaabeg (Ojibwe)

Co-PI: **Sandy Olson-Loy**, MA, University of Minnesota Morris Vice Chancellor for Student Affairs

Co-Investigators:

- Lauren Scott, Community Coordinator, White Earth Land Recovery Project
- Mary Jo Forbord, Morris Healthy Eating Coordinator
- Margaret Kuchenreuther, Associate Professor, UMM Biology
- Sheri Breen, Assistant Professor, UMM Political Science

Abstract:

This project seeks to develop an integrated Anishinaabeg curriculum addressing the intersections of culture, history, economics, and health with Native foodways, including the application of gardening, farming and forest based harvesting systems to foster forest and agrobiodiversity and build healthy, sustainable communities. Curriculum modules will be piloted at the University of Minnesota Morris (UMM) during the 2012 summer session. This shared curriculum development project will explore and advance the positive health outcomes cited when Native people move away from processed foods and return to a more traditional diet of locally sourced, nutrient dense whole foods. This project serves as an opportunity to engage University of Minnesota Morris students with the White Earth Community in a new partnership to foster greater Native engagement in farming, gardening, and tribal food systems. UMM is the only college in the upper Midwest eligible for designation as a Native American Serving Non-Tribal Institution; 220 Native students comprise 12% of the student body. Over half of UMM’s Native students are Ojibwe, including 63 White Earth Band members and descendants.

Community-University Grants Co-Sponsored by the Senior Vice President for System Academic Administration, Robert J. Jones

“Body and Soul for Kwanzaa’s Northside Community”

Amount Awarded: \$50,000

Co-PI: **Kevin L. Gilliam II**, M.D., NorthPoint Health and Wellness Center

Co-PI: **Jennifer A. Linde**, Ph.D, Assistant Professor, UMN-SPH Division of Epidemiology and Community Health

Abstract:

The prevalence of obesity among adults in the United States is high, at approximately one-third of the population, and showing no signs of meaningful decline in recent years, especially among ethnic minority

subgroups such as African-American women. The purpose of this project is to use culturally sensitive and appropriate methods to create a sustainable intervention delivered under 'real-world circumstances' that supports the north Minneapolis Kwanzaa Church community in their efforts to increase healthy behaviors and decrease obesity and associated risk factors. This proposal will apply a social-ecological framework to a multi-component program to target healthy eating and physical activity behaviors in an African-American church community. Forty families will be recruited to participate in surveys at baseline and 6 months, to engage in a 6-month campaign of programs to increase fruit and vegetable intake and physical activity behaviors, and to deliver healthy messages to the church community using existing church resources and networks. The end result of this project will be a program that is integrated with the Church and its far-reaching community resources, developed and delivered by its members, and sustainable in the long-term within the Church community.

"Good Food, Good Fathering: tending a garden, tending relationships"

Amount Awarded: \$37,424

Co-PI: **Clarence Jones**, Southside Community Health Services, Community Outreach Director

Co-PI: **Shelley Sherman**, UMN Extension Health & Nutrition Educator and Assistant Extension Professor

Team Members:

- Terry Straub, Co-investigator; Hennepin County Extension Master Gardener Coordinator
- Mary Marczak, Ph.D; UMN Extension Family Development, Research Associate & Evaluation Specialist
- Barbara Grossman; Extension Urban Operations Director

Abstract:

Fathers are often not in the loop when it comes to grocery shopping, meal planning and food preparation. Messages about healthy eating have tended to focus on the mother's role in setting an example rather than on the father's. Non-residential fathers face a particular challenge as they may feel squeezed to cater to their children's wants rather than to opt for potentially healthier choices. Research regarding the connections among food, behavior, and family relationships increasingly shows the importance to children of parental guidance in healthy food and activity choices. Bringing the father back to the table, and engaging him in his role of nurturer, is the focus of this project. In order to bring about a change in knowledge and behavior, we propose a series of activities for fathers and their children that focuses on the cycle of the growing season as a practical way to think about the family and that links the experiences of growing, preparing and shopping for healthy food to the development of healthy family relationships and traditions. This will be a process of self-discovery, involving hands-on learning opportunities such as exploring farmers markets, learning about local agriculture through community gardens, shopping economically, menu planning, and safe, healthy food preparation. Healthy foods and dining routines will be made accessible and fun, and as a result, fathers and children will develop new family relationships and traditions around nutritious eating, improving healthy parent-child dynamics.
