ABOUT THE HFHL INSTITUTE

Founded in 2007, the University of Minnesota’s Healthy Foods, Healthy Lives (HFHL) Institute works to increase and sustain the University’s impact in the interdisciplinary arena of food, agriculture, and health by building the University’s capacity in research, learning, and community engagement. The Institute brings together health sciences and agriculture through four priority areas:

- Food safety
- Prevention of obesity and chronic disease
- Food policy
- Food security

At its core, the HFHL Institute is interdisciplinary. The interdisciplinary nature of the Institute’s work could not be accomplished within a single department or college. Our 25-member Advisory Board is made up of faculty members from the Institute’s founding units including the College of Food, Agricultural and Natural Resource Sciences (CFANS), the School of Public Health (SPH), College of Veterinary Medicine (CVM), the Medical School, and U of M Extension as well as from additional units including the Colleges of Pharmacy, Nursing, Design and Liberal Arts.

CONTACT US

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This publication is available in alternative formats upon request via hfhl@umn.edu
The HFHL Institute addresses complex food problems and strives to improve human health by utilizing and building the strengths and impact of the University of Minnesota—one of the country’s original land-grant research institutions—in the interdisciplinary arena of food, agriculture, and health. The Institute does this by supporting RESEARCH, LEARNING, AND ENGAGEMENT.

OUR PROGRAMS

RESEARCH

> GRANT PROGRAMS: The Institute administers five grant programs to fund interdisciplinary research teams towards the development and implementation of cutting edge, extramurally-funded research and training programs.
  - Faculty Research Grant Program
  - Community-University Partnership Grant Program
  - Graduate and Professional Student Research Grant Program
  - Planning Grants for Faculty Research
  - Planning Grants for Community-University Partnerships

> 25-MEMBER ADVISORY BOARD: Through Board meetings and strategic planning, this interdisciplinary advisory board provides direction to all Institute activities.

LEARNING

> RESEARCH SYMPOSIA: HFHL hosts an annual research symposium to discuss critical and current issues related to food, agriculture, and health. The symposium focuses on new and innovative national research as well as practical application.

> NATIVE AMERICAN NUTRITION CONFERENCE: HFHL partners with the Shakopee Mdewakanton Sioux Community (SMSC), as part of their Seeds of Native Health campaign to convene an annual conference focused on Native nutrition.

> COOKING COURSES FOR STUDENTS AND STAFF: Year-round, multi-disciplinary, and experiential healthy cooking courses offered for students, U of MN Twin Cities employees, and community members:
  - Cooking for Wellness - The Basics
  - Cooking for Wellness - Getting Creative

ENGAGEMENT

> PARTNERING WITH EXTERNAL AND INTERNAL GROUPS ON PROJECTS, EVENTS, AND ACTIVITIES:
  - Supporting food systems networking and participating in statewide convenings like the Food Justice Summit and the Emerging Farmers Conference.
  - Supporting student-led events such as Food Day
  - Partnering with community-based organizations, state agencies, and others to advance the 99 strategies of the Minnesota Food Charter. mnfoodcharter.com