

APPETITE
FOR CHANGE

IMPACT REPORT

2023

2023 IMPACT SNAPSHOT

28 Paid Youth completed the
Workforce Training &
Opportunities Program

18 Community Cooks
Workshop Events

96,500 Meals Served

400 Meal Boxes Delivered
Weekly

7,700 lbs of Food Grown

A YEAR WITH UNIQUE CHALLENGES

Appetite For Change has embarked on a new chapter in our organization's history, one that will recenter our efforts on youth to provide higher-impact programming, streamline our operating model, and increase the effectiveness of our team while maintaining our organizational and financial health.

This shift will allow us to make a more significant impact on the black youth of our community.

It takes courage to make bold changes, and we did just that. As a result, we closed Breaking Bread Catering after the closure of Breaking Bread Cafe, but our commitment to our mission, vision, and values remains unwavering. We are determined to uphold a supportive, safe, and educational environment where young people can develop skills, learn, and thrive in the Northside.

At AFC, we understand that real change is rooted in empowering individuals and communities to be the architects of their futures. **We go beyond advocacy, translating our commitment into tangible actions and community-driven solutions where black youth can grow, learn, and lead.**

**A message
from AFC's
Co-founder &
President,
Tasha Powell:**



Dear Partners and Supporters,

I am filled with gratitude for your continued support of Appetite for Change and all that we stand for. Your contribution has been instrumental in helping us bring awareness to food instability in North Minneapolis. We look forward to continuing this journey with you.

As we look ahead, we see an opportunity to make an even greater impact by recalibrating our efforts on youth-centered initiatives. By prioritizing our paid Youth Training and Opportunities Program (YTOP), Urban Agriculture Program, and Community Cooks Program, we can empower the next generation to lead the way toward a more equitable food system.

The retirement of Co-founder and previous Executive Director Michelle Horovitz from AFC is also significant. Her contribution to AFC's mission of creating a food system that works for all cannot be overstated. But we are excited to navigate this new future with innovative approaches while remaining dedicated to our collaborative, community-led programming in North Minneapolis.

We are proud of all we have accomplished in the past thirteen years, but we know there is still so much more to be done. That's why we are counting on you to continue being part of this movement. Together, we can build health, wealth, and social change in North Minneapolis and beyond.

Thank you for your support and for being a part of our growing movement.

HIGHLIGHTS FROM 2023:



YTOP

In 2023, YTOP youth were given an amazing opportunity to participate in a series of tours and presentations throughout the Twin Cities, thanks to a collaboration between 3M, the University of Minnesota, the Vikings, and the Metropolitan Wastewater Treatment Plant. These tours and presentations provided a unique perspective into various industries, and allowed the AFC youth to observe on-the-job trainings, engage in conversations with mentors, and get hands-on experiences. By being able to witness real-world applications of various skills and concepts, the YTOP youth were able to expand their knowledge and gain a better understanding of what they can expect in the workforce.



COMMUNITY COOKS

As we look back at 2023, we are proud to have organized 18 workshops for our community. The participants were able to learn new cooking skills and explore their interests in a safe and welcoming environment. Discovering new things is an exciting and transformative experience. One of our proudest moments was when a participant, who had never been a fan of mushrooms, tried our AFC fan-favorite Mushroom Philly cheese steak during our workshop. The participant enjoyed it and were surprised by their own reaction. This experience was a powerful reminder of the benefits of stepping out of our comfort zones and exploring new things. We're grateful for the opportunity to have been a part of so many inspiring stories this year.



URBAN AGRICULTURE

The Deep Winter Greenhouse and Rain Garden initiatives are truly inspiring, producing an impressive 7,700 lbs of produce. The Rain Garden is thriving with over 60 plants, filtering and capturing rainwater and excess runoff, and will have colorful blooms throughout the year. It is the commitment and dedication of the volunteers that have made these initiatives possible. Their hard work in spreading compost and controlling weeds has contributed to the overall success of the initiatives. The flourishing gardens have produced an amazing amount of high quality veggies this past growing season! We had countless harvests of beautiful collards, kale, tomatoes, carrots, beets, peas, bush beans, lettuce, squash, turnips, and peppers.



MEAL BOXES

From June to December, AFC, in partnership with The Sanneh Foundation, delivered 96,000 meals to 400 households at no cost - containing ingredients to prepare two nourishing meals for a family of six across the Twin Cities. These households received recipes, local foods, and cooking tips that nourish their bodies and inspire them to explore different cultures and traditions. With fresh products from local vendors and culturally relevant recipes from Community Cooks, these meals are a testament to the power of community, diversity, and good food.

NORTHSIDE FRESH SEED & PLANT DISTRIBUTION EVENT:



The 13th annual event was organized by AFC and our Northside Fresh Coalition partners at the Sanctuary Covenant Church. **We successfully celebrated the joys of organic farming and community gardening by offering a diverse range of 1,200 fresh plant starts and over 4,000 seeds.** The event saw the participation of around 200 people, including both gardening enthusiasts and beginners from the Northside. AFC, as a part of the Northside Fresh Coalition, participated in the distribution of seedlings and provided valuable gardening tips and tricks to all the attendees. **The event showcased more than 45 types of fresh, organic fruits and vegetable seedlings, and a pay-what-you-can model made the event accessible to all.** The Northside Fresh seed & plant event occurs every mid-May; we hope to see you at the 2024 event to contribute to building a healthier, greener, and more sustainable future.

VOLUNTEER SPOTLIGHT: General Mills & HandsOn Twin Cities



In early 2023, General Mills continued its partnership with Appetite for Change by collaborating to construct fresh raised garden beds on one of AFC's **Urban Agriculture sites on 8th and Queens Ave N.** With the help of 20 dedicated General Mill team members and countless hours of hard work, they were able to move a whopping total of 24 cubic yards of soil!

AFC expresses gratitude towards General Mills for spending a day with us during their Global Volunteer Week and their monthly employee giving program, which provides a consistent and reliable funding source, allowing us to focus more on our mission and run our programs with certainty and efficiency—additional thanks to **HandsOn Twin Cities**, who work to ensure that these custom-tailored volunteer opportunities become a reality.

Interested in volunteering with AFC? Contact volunteer@afcmn.org

FILLED WITH PRIDE:

CO-FOUNDER MICHELLE HOROVITZ RETIRES FROM AFC

The end-of-year retirement of Co-founder and previous Executive Director Michelle Horovitz from AFC is a significant event that marks the end of an era. Her contribution to AFC's mission of creating a food system that works for all cannot be overstated. Michelle's vision and dedication to engaging with and listening to the community set the stage for AFC's work and will continue to inspire us for years to come. Despite her departure, Michelle will still support AFC through her work at Metro Food Justice Network (MFJN), which is a testament to her unwavering commitment to the cause.

Focusing on the perennials that AFC has planted together, the organization is poised to navigate this new future with innovative approaches while remaining dedicated to its collaborative, community-led programming in North Minneapolis. Although AFC has closed a chapter in its history by no longer operating Social Enterprise and by Michelle's departure, we are embarking on a new era by prioritizing youth-centered initiatives. By focusing on the internal environment, AFC can positively impact external systems and landscapes in a meaningful way.



"I am so proud of AFC's impact in North Minneapolis and beyond. Thinking about the meals we've cooked together, the jobs created, and the smiles, connections, new beliefs, and behaviors AFC has brought to this world fills me with joy."

AFC's YOUTH LEADERS: Hunger Day on the Hill



Four youths from YTOP had the opportunity to participate in Hunger Day on the Hill, held on Wednesday, March 8th, 2023. The event, put on by **Hunger Solutions and supported by Partners to End Hunger**, aimed to bring awareness to food insecurity issues and discuss legislation that could make a difference in the lives of thousands of people in need across Minnesota.

The YTOP participants heard from several speakers, including Lieutenant Governor Peggy Flanagan, and took a tour of the State Capitol. During the meeting, the youth advocated for passing legislation that would help alleviate food insecurity, such as universal school meals, support for food shelves, and child tax credit.

The young advocates hard work paid off as they got the chance to speak directly with Minnesota Senate President Bobby Joe Champion. The Senator, a Northsider himself, was impressed with the youth's dedication and commitment to their cause and encouraged them to continue fighting for their community. The youth expressed their interest in investing in hunger-free schools, expanding market bucks, building a permanent state child tax credit, and addressing issues such as homelessness and lack of access to healthy food in their community.

AFC is proud of these young advocates for making their voices heard and bringing attention to Minnesota's pressing issue of food insecurity. Their dedication and passion for their cause is a testament to the power of youth advocacy.

TABLE TALK: NORTHSIDE STORIES

North Minneapolis is home to a vibrant and diverse community full of individuals who have dedicated their lives to making a positive impact on their neighbors. Table Talk: The Northside Stories project from AFC, supported by the **Minnesota Legacy Fund**, aims to shine a spotlight on these Northside leaders.

Season One of AFC's project included interviews with a variety of influential figures, such as community activist Spike Moss, artist Charles Caldwell, and author Tan'et Boudah. These individuals shared their personal stories and insights, offering a glimpse into the rich history and culture of North Minneapolis.

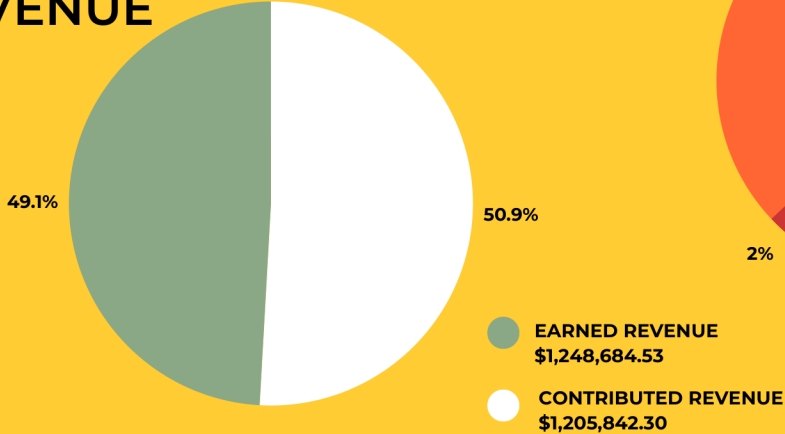
Now, as we move into Season Two, the project will continue to explore the Northside, highlighting the important work of farmers, journalists, teachers, and other community members. These individuals play a vital role in shaping the future of North Minneapolis, and their stories are a testament to their resilience and strength. Through the Table Talk: The Northside Stories, we hope to inspire and empower individuals to get involved in and make a positive difference.

By celebrating the accomplishments and contributions of these community leaders, we can build a stronger, more connected, and more vibrant North Minneapolis for all. So be sure to tune in, and join us in celebrating the real stories of the Northside community legends.



FINANACIALS 2023

REVENUE



EXPENSES

