

“These lessons are a strong nutritional message we want children to hear repeatedly. I know many families do not discuss food and food choices. These presentations are a great way to teach about food and not be ‘preaching’ or condescending.” —Teacher, St. Paul



Mission statement

Midwest Food Connection envisions a society in which all people can improve their quality of life by consuming healthful foods and by supporting a local economy of sustainable food producers. Midwest Food Connection will contribute to this vision by empowering elementary school children to make healthy and responsible food choices.

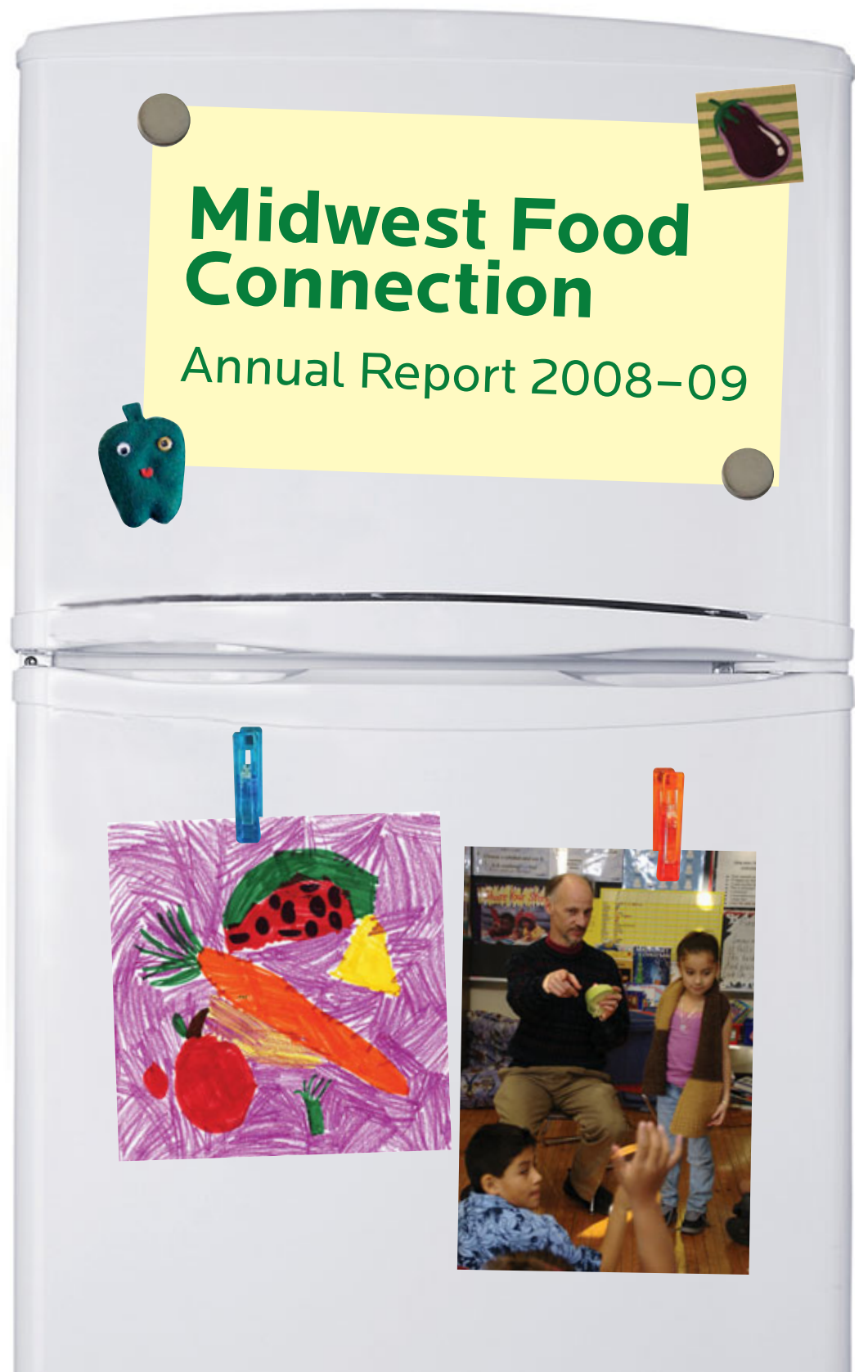
Objectives:

- Provide children with opportunities to study and taste natural and organic foods.
- Create an understanding in children of the origins and traditions of regionally produced foods.
- Teach children about the methods and benefits of sustainable agriculture.



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Photographs on by Chris Bohnhoff, Ginger Pearson and Kari Goodnough



THE REAL DEAL! It's been another non-stop year of bringing school children together with fresh and healthful food! In an age when most children are surrounded by screens, mice, and hand-held electronics, the Midwest Food

Letter from the Executive Director

Connection has stubbornly supported the right for kids to touch, handle, smell and taste the fruits of the field.

Not that we have ignored advances in the on-line world. Our website continues to net complements, teachers are now able to sign up for classes on-line, and our lessons' photo and activities appear on the new electronic screens in classrooms. But our key energy remains focused on food and farming:

- A new curriculum unit, **Urban Farming for Kids**, allowed every child to raise a vegetable plant in the classroom and plan a garden around it at home.
- In its fourth year, our **Gifts from Many Cultures** unit addresses the needs of the ever-new ranks of immigrant children.
- We expanded our **Grown Near Home** lessons to include the burgeoning diversity of local produce and products.



“Thank you so much. The lessons were fabulous and excitement levels were high. This is a great way to broaden students' knowledge of foods.”

—Teacher, Apple Valley

I am happy to report that MFC ended the school year in a solid financial position, and that we plan to expand our work in 2009/10. The support of six metro food co-ops remains strong, and we are benefiting from increased funding from both school PTA's and



foundations. Most significantly, we received a grant from the Bremer Foundation to strengthen our reach into underserved communities in the Twin Cities.

As always, we are grateful to all those—teachers, parents, farmers, retailers, and so many more—who have become allies and friends of the Midwest Food Connection. Together, we can truly make a change in children's relationships with good food and the land.

Uli Koester

Uli Koester

Teaching by the numbers

	2007-08	2008-09
Lessons taught	873	754
Farm trips	6	6
Partnering schools	59	53
Students taught	6,650	6,300

Schools Midwest Food Connection visited during 2008/09

Alice Smith • Anthony Middle • Bancroft • Brimhall • Christina Huddleston • Clara Barton Open • City of Lakes Waldorf • Coronadolet • Dowling Urban Environmental • Emerson Spanish Immersion • Excelsior • Expo for Excellence • Galtier Science Magnet • Gideon Pond • Greenleaf • Groveland • Groveland Park • Hale • Hiawatha Community • Highland Catholic • Highlands • Horace Mann • Jefferson • Jenny Lind • JJ Hill Montessori • Kenny • Kenwood Community/PAM Magnet • Lake Harriet • Lake Marion • Linwood A+/Monroe • Longfellow • Marcy Open • Museum Magnet • Northrop Urban Environmental • Oakridge • Scenic Heights • Seward Montessori • Sky Oaks • St. Anthony Middle • St. Anthony Park • St. Hubert • Sullivan Communication Center • Thomas Lake • Transitions Charter School • Twin Cities German Immersion • Victoria • Washington • Westview • Whittier Community School for the Arts • Wilshire Park • Windom Open School

Midwest Food Connection Financial Statement

	2008	2009	2010
Revenue			
Co-ops	101,766	110,971	117,500
Grants	20,000	10,000	25,000
Other	6,400	7,903	9,200
Total	128,126	128,874	151,700
Expenses			
Salary, benefits	106,174	108,014	
Administration	3,694	5,950	
Staff Training	1,055	359	
Teaching Exps	9,280	9,337	
Outreach	3,637	1,705	
Total	123,834	125,365	



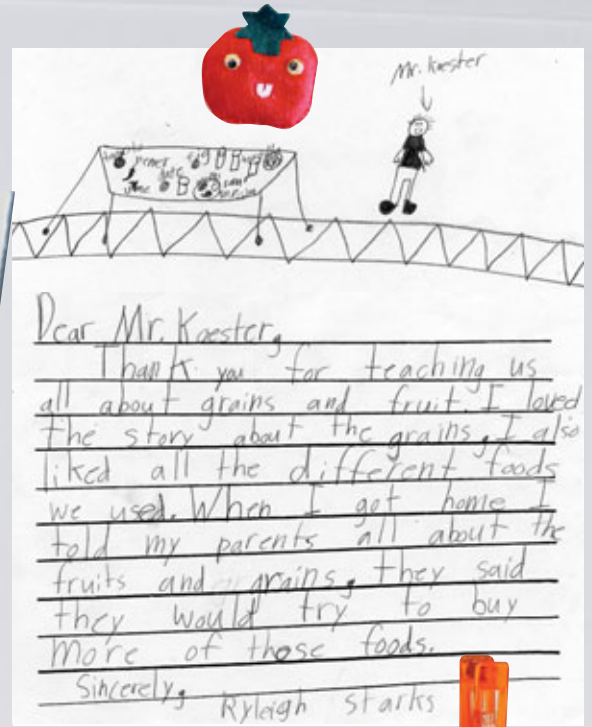
“This was one of the best programs for children. I learned along with them.”

—Teacher, St. Paul



Midwest Food Connection 2008-09

We teach children about healthful and sustainable food.



Districts taught in

- Anoka/Hennepin Schools
- Burnsville/Eagan, ISD 191
- Chaska/Chanhausen Schools
- Edina Public Schools
- Hopkins Public Schools
- Lakeville Public Schools
- Minneapolis Public Schools
- Minnetonka Public Schools
- Rosemount/Apple Valley, ISD 196
- Roseville Public Schools
- St. Anthony/New Brighton, ISD 282
- St. Paul Public Schools



Our Favorite Pasta

Combine:

- 1 1/2 cups semolina flour
- 1 egg
- 1/4 cup water
- 1 tbsp. olive oil

Shape into noodles and boil for 5 minutes.



Cooperating farms

- Riverbend Farm, Delano
- Peterson Produce, Delano
- Garden Farms, Ramsey
- Common Harvest Farm, Osceola, WI
- Big River Foods, Marine-on-St. Croix

Sponsors

- Bremer Foundation
- Carolyn Foundation
- General Mills Foundation
- Lakewinds Natural Foods
- Linden Hills Co-op
- Mississippi Market
- Seward Co-op Grocery and Deli
- Wedge Co-op
- Valley Natural Foods



2008-09 Curriculum Line-Up

- Grown Near Home
- Minnesota's Harvest
- Gifts From Many Cultures
- Urban Farming for Kids

