



Press Kit
Midwest Food Connection
www.midwestfoodconnection.org

Topics for Interviews, Articles & Speaking Engagements

- Helping Kids Make Healthy Food Choices
- Benefits of Eating Locally Grown, Organic Foods
- Sustainable Farming in Minnesota & Surrounding Areas

About Midwest Food Connection

Midwest Food Connection, a non-profit educational organization based in Minneapolis, Minnesota, seeks to empower elementary school children to make healthy and responsible food choices. The organization has developed a curriculum that provides children with opportunities to study and taste natural, local, and organic foods, as well as learn about the benefits and methods of sustainable agriculture.

Teachers from the Midwest Food Connection go into the elementary school classroom and inspire children through stories, hands-on activities, and food preparation. In addition, Midwest Food Connection organizes and helps lead field trips to local organic farms.

Our organization grew out of an outreach education program started in 1993, by two natural foods co-ops, the Mississippi Market in St. Paul and The Wedge in Minneapolis. Current sponsors include The Wedge, Mississippi Market, Seward and Linden Hills Co-ops in Minneapolis, and Valley Natural Foods in Apple Valley. Over the course of a school year, Midwest Food Connection staff teaches about 1,000 lessons at about 60 different schools, reaching approximately 7,000 students.

Our Educators

Midwest Food Connection's teachers have degrees in elementary education and a wide array of expertise about children and food.



Uli Koester taught in the Minneapolis Public School system for six years. Uli's work with the Midwest Food Connection has been covered in the Minneapolis Star Tribune, St. Paul Pioneer Press, and the national trade journal, "Cooperative Grocer". His manual "Giving Children a Role in Sustainable Agriculture" was developed via a grant program of the Minnesota Department of Agriculture.

Uli enjoys speaking about how to teach children to eat well, how to connect schools with local farms, and what kids' favorite fresh foods are.

Ginger Pearson has been an educator for many years. She's taught in the public schools, in social services, birth and breastfeeding, and cooking classes. Over her extensive career, Ginger has taken as her focus the teaching of healthy lifestyle habits.

Contact Information

Please call (651) 373-9878 if you have any questions about Midwest Food Connection. Our staff would be happy to speak with you about our programs.

Midwest Food Connection

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