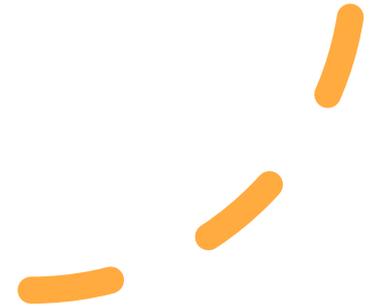




## Our mission

We use food as a tool to build **health, wealth, and social change** in North Minneapolis. We bring people together to learn, cook, eat, and grow food, creating change that lasts.



# How Did Appetite For Change Start?

- **SHARED LEADERSHIP**

*Co-founders Princess Haley, LaTasha Powell, and Michelle Horovitz*

- **CO-CREATION WITH COMMUNITY**

*The vision for our work was laid out by the people we serve.*

- 400 North Minneapolis residents brought together
- Cooked, ate, dialogued, listened, and learned
- Heard from the community what change the people want to see in themselves, their families, and the community







**HEALTH**

**WEALTH**

**SOCIAL CHANGE**

**Eat more fresh and local food**

**Increase people's ability to earn  
more money**

**More social connectedness**

**1. Amount of fresh & local food served to community**

**2. Number of people trained/employed**

**3. \$ invested into community**

**4. Number of people engaged**

**5. Number of hours engaged**



 **APPETITE  
FOR CHANGE**



Real Food for Real People



---

# What We Do We Grow Food, Leaders, and Community

---

# Local Food Meal Boxes

- 30 weeks
- 600 + families
- Local Growers
- AFC Produce
- Youth training
- Food insecurity



## "UN-STUFFED" BELL PEPPER SKILLET

This Unstuffed Bell Pepper Skillet has all the flavors we love in a classic stuffed pepper recipe, but faster and simpler—and vegan! We love all the friendly flavors of a stuffed pepper: bell peppers, rice, beans, and spices but unlike stuffed peppers numerous steps, we've turned it into a one-pot meal!

### Ingredients

- 1 onion
- 2-3 small eggplants
- 1 lb. tomatoes
- 2-3 bell peppers

- 1 - 15 oz can black beans
- 2 tablespoons olive oil
- 2 garlic cloves
- 1/2 cup onion
- 1/2 cup water
- 1/2 cup rice
- 1/2 cup Italian seasoning
- 1/2 cup salt
- 1/2 cup pepper
- 1/2 cup cheese

### Directions

Read through entire recipe before getting started. Wash and dry all produce. Preheat oven to 375 degrees.

1. Dice **onion, eggplant, tomatoes, and bell peppers**. Mince **garlic**. Drain and rinse **black beans**.
2. Heat **olive oil** in a large skillet over medium heat. Add the diced **onion** and **eggplant** and cook until soft and translucent, about 5 minutes. Add **garlic, Italian seasoning**, and a pinch of salt and pepper. Cook for another 1 minute.
3. Stir in tomatoes, bell peppers, black beans, and rice. Add 2 1/2 cups **water** and mix well. Cover tightly with tin foil and fitted lid and bake for about 30 minutes so the cheese melts. Enjoy!

**Gluten-free**  
Note: Chop some onions and use the salad bowl's spiral to grate the cheese into the skillet for water.



Photo from the recipe

***I just want to tell you how amazing this program has been. We have not had to worry about food security for weeks, while also eating healthy and learning new recipes. Thank you so much for this program!***



## Tips, Tricks, and Terms

### ~PERFECT~ KALE CHIP TIPS

Baking kale leaves with a little oil and salt can transform this dark leafy veggie into a crunchy, salty delight! Here's how to cook up a perfectly crispy batch!

- Make sure your kale leaves are *totally dry!* Any leftover water from washing will "steam" the chips and leave them soggy.
- Spread the kale chips in a single layer so they bake evenly and crisply.
- Let your kale chips cool a few minutes after baking so they "set up" and crisp up even more.
- Watch carefully! Kale chips don't take too long to bake and can quickly go from crispy and golden brown to burnt and falling apart.



***Love these cool box meals from AFC! Delivered right to your door and feeds a family of 6! The kids really loved the kale chips! And they can read the recipe cards, which is great!***