



Thursday | 19 July 2018 | 9:00 am to 11:00 am
Networking and New Member Orientation at 8:30 am

St. Rafael the Archangel Congregation | 2059 S. 33rd St. | Milwaukee, WI 53215

The Milwaukee Food Council is a coalition of diverse stakeholders committed to building a food system that is healthy, ecologically sustainable, economically vibrant, culturally relevant and socially just. Using collaborative action and collective impact, we bring our stakeholders together to increase the capacity to make real change.

foodcouncilmke@gmail.com | www.milwaukeefoodcouncil.org

- I. Call to Order at 9:00 AM & Welcome—Nya Taryor, Jr.
 - Member Introductions
 - Agenda re-ordered: MKE Health Dept first, Wellspring second, AHA third, then flow as usual

- II. Policy & Advocacy (II) – Milwaukee Health Department | MKE Elevate – Van Le – VANLE@milwaukee.gov
 - <https://city.milwaukee.gov/health/MKE-Elevate.htm>
 - MKE Elevate = Milwaukee’s Community Health Improvement Plan (CHIP)
 - Action Team Meetings were all hosted in June
 - Economic Security (includes food access, affordable housing, etc)
 - Inclusive and fair society
 - Positive Mental Health
 - One goal was chosen within each focus area – action team meetings chose one goal to focus on for the first year of implementation for simplicity instead of spreading selves too thin focusing on several all at once
 - Steering committee will review answers that action team meetings provided (see handout)
 - Still a lot of information that needs to be captured – action team meetings were only an hour and a half long which isn’t really enough time to review everything – but it was a good opportunity to meet everyone involved with each focus area
 - **Q:** Wasn’t the vote for which goal was to be the focus a close one? **A:** Yes – it ended up being 14 to 13 with the majority going to focus on the goal of “improve access to basic human needs, such as safe and affordable housing, & healthy and affordable food.” It was very close, and we’re not telling people working on the other goals to “stop” the work they’re doing, simply hoping to be able to focus more on the underlining goal that was chosen.

- III. Ecological Sustainability – Wellspring Organic Farm – Mary Ann Ihm – wellspring@hnet.net
 - <http://www.wellspringinc.org/>
 - Nonprofit educational organization – they are a teaching farm, not just a production farm, have trained over 100 farmers
 - Certified organic farm
 - Bed & breakfast; educational center; international hostel; WWOOFing host farm
 - Preserve natural habitat around them – lots of space for wildlife, two ponds, they do what they can to preserve the water, air, soil, and food!
 - Steward 55 acres that are not farmed – use cover crops to help nurture and feed the soil
 - With what they do farm, they feed about 120 families every week

*****Our Principles for Creating a Culture of Inclusivity*****

Speaking from personal experience | WAIT (Why am I talking?) | Step up/Step back
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- They are the oldest CSA in Wisconsin (this is their 31st year)! They have 13 different drop off sites, including Outpost stores
- Located at two farmers markets: West Bend on Saturdays and Port Washington Winter Market
- Growing food for taste and nutrition! They have recipes that accompany their CSA
- Working towards making their CSA more available to families who may not be able to afford it
 - “Pay it forward” program for shareholders who pay a little extra to help cover other families
 - Also accept food stamps at farmers markets as well as WIC and SFMNP vouchers
- Taste of Wellspring fundraising event (UEC Washington Park) on Saturday, September 8th – sliding scale dinner ticket of \$15-75
- **Q:** What is the process like to purchase a CSA with food stamps? **A:** It is an application process for families that Wellspring advertised for through their newsletter that it is an option available for shareholders.

IV. Policy & Advocacy (I) – American Heart Association – Ben Van Pelt ben.vanpelt@heart.org; Nicole Hudzinski nicole.hudzinski@heart.org; Oby Nwabuzor oby.nwabuzor@heart.org; Tim Nikolai tim.nikolai@heart.org; Parisa Shirazi parisa.shirazi@heart.org

- <https://www.heart.org/en/affiliates/wisconsin/milwaukee>
- AHA sits on the policy committee of the Milwaukee Food Council
- They are involved with policy locally in Milwaukee that relates to healthy food
- The folks on AHA team with government relations titled work directly with elected officials to pass public policy
- Focus on social determinants of health in minority communities – AHA mission is to build healthier lives, free of cardiovascular diseases and stroke, with nutrition being a huge component of that
- AHA’s Board of Directors are volunteer leaders whose policy work in the past includes helping to pass a policy that it is a requirement in State of WI that high school students learn CPR before they graduate
 - BOD decided in 2016 that new focus was going to be locally in Milwaukee specifically around healthy food access
- Healthy Food Financing Initiative (HFFI)
 - Starts with government and public funding
 - Community Development Financial Institution (CDFI) – such as WWBIC, LISC, nonprofit lending services that can provide loans to entrepreneurs and businesses that really need development would provide oversight and implementation of funding
 - Funding would be used for food retail projects including supermarkets, small grocery stores, co-ops, farmers markets as well as any “nontraditional” formats (this is to say – what does the *community* want or need? A mobile market? A food hub?)
 - Implementation process of funding
 1. Grocery would apply for the financial incentives to build or expand a store in the required “food desert” area
 2. CDFI screening process
 3. CDFI provides customized funding
 - Really tailored for community driven solutions (i.e. doesn’t have to be a big box store)
 - Helps allow for education and outreach – creating demand for these kinds of retail spaces within a community (i.e. through recipes, cooking demos, etc)
 - Initial government funding would come from the City of Milwaukee – and if there is to be an impactful policy, a significant investment needs be made – initial ask = \$2 million

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1. Still currently in the process of getting backing from local representatives to sign on for this kind of funding
 - Money is coming from a local level and AHA is not looking for any of that money
 - High need areas (see darker blue areas in map from PowerPoint presentation)
- **Q:** How can MFC help? **A:** AHA relies on stakeholder partners! But as of right now, MFC bylaws do not have formal procedures and policies to back a policy such as this one, so creating a formal procedure to help sign on and back up this policy is a way to help.
- **Q:** How do you plan to get community members engaged in order to see what they want in their community – what does that process look like? **A:** Since the Healthy Food Financing Initiative is not yet a formal program, step one is still to convince Common Council (after 2.5 years of continued conversation) to implement this kind of funding. Once the higher level is on board, then there will be a strategic plan put in place to actually engage community. Being cautious right now and not necessarily engaging residents in this kind of idea because they don't want to make any promises they can't keep!
- **Q:** How do we keep up to date on what is happening RIGHT NOW on the Farm Bill? **A:** Staying connected with AHA! They lobby on the federal level (the larger organization of AHA as a whole, not the WI branch). Sign up to hear up-to-date advocacy news and action alerts for opportunities for organized lobby days by signing up for their newsletter at <https://www.yourethecure.org/join>
- **Q:** Who is involved in the conversation so far? **A:** Common Council, Mayor's Office, ECO Office, DCD (the folks writing the report on Fresh Food Access) – they want to engage several departments in the City! They are definitely interested in the concept and the conversation has been ongoing, but they are not really able to take an official stance on it at this time.
- **Q:** Where does emergency food assistance fall in this policy? **A:** The policy is designed for a long term solution for having healthy affordable food in communities to get people out of emergency assistance.
- <http://www.heart.org/healthyfoodwi>

V. Economic Vibrancy – Neu-Life – Tracy Hrajnoha – tracy@neu-life.org

- <http://www.neu-life.org/>
- Farm Corps proect is a year round urban agriculture and culinary arts program with classes every week as well as a catering program they're starting!
- Target for catering program is for nonprofit meetings (like Milwaukee Food Council) and starting with a breakfast menu including quiches, muffins, etc! Will eventually expand to dinner options as well
- They work directly with gardens, so their food is fresh!
- Kids come to their site each week to work on a lesson plan and find recipes... the kids hose the cooking workshops
- Want Farm Corps to be a sustainable program, so capital from catering will feed program
- In the process of writing their catering business plan! The youth are involved in this process
- Farm Corps Feast will be an event, a four course meal with food from their garden projects, happening in the 2nd week of October (more info soon!)
 - Hoping for catering business to be launched by then
 - Contact Tracy about tickets for this event!
- ServSafe certification process completed with their commercial grade kitchen – they just need to be approved by health inspector

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- Food competitions encourages creativity and trying to make things that one would not find in a store or restaurant
- Youth age range = 14-18 years old with some staff participation
- Farm Corps is more involved on the cooking side of things than really the garden program side
- **Q:** Milwaukee Food Council is hosting a youth food conference on Saturday, October 20th. Would you like to cater it? **A:** We're hoping to be an official catering company by then so hopefully yes!
- **Q:** Once your kitchen is certified will you rent out to other groups? **A:** Yes! We have already had requests. Building is also a part of Bethel Baptist Church (on North Ave. and 20th Street).
- **Q:** Where are your gardens located? **A:** There are three: (1) Alice's Garden (2) Garden of Respect on Meinecke Ave and 19th Street (3) 12th and Juneau

VI. Equity & Justice – Algo Dulce MKE – Dominique Alvarado-Gonzalez – algodulcemke@gmail.com

- <https://www.facebook.com/AlgoDulceMKE/>
- Algo Dulce is a Xicana owned, environmentally conscious food business selling artisan Mexican paletas (authentic), agua fresca, vasos de fruta with their own homemade chimoya blend and stray away from any dairy products in their food
- Farmers market based food business at this time vending at the following locations:
 - Fondy Market @ Schlitz Park (Tuesdays 11 AM – 2PM)
 - Westown Farmers Market (Wednesdays from 10 AM – 2 PM)
 - Cathedral Square (Saturdays 9 AM – 12:30 PM)
- Became a food entrepreneur because she could only take so much of people appropriating her culture and not doing anything about it
- Dominique also works at Escuela Verde which is a revolutionary space for youth – her role there was previously the kitchen manager, but now she is working on a youth food entrepreneur program that will have lunch popups on Fridays
- Teaches healthy eating to be something is actually realistic and affordable! They grocery shop together and cook food that highlights their own cultures – she wants to teach them about cooking things that they realistically are going to eat and keep cooking because they're familiar with it already from their childhoods
 - There is also a decolonization piece that is incorporated into this education
- There is no meat served at Escuela Verde so recipes are veggie / vegan friendly
- Dominique also wants to start an indoor farmers market in the Latinx community that is focused on Latinx representation
- **Q:** Does Escuela Verde do any gardening or growing of own food at school? **A:** They are located on 36th and Pierce which is right next door to the Urban Ecology Center Menomonee Valley location – so they have some plots there!

VII. Food Culture – Diva Ayurveda – Rima Shah – rims.s.shah@gmail.com

- <http://divaayurveda.com/>
- Ayurveda is the sister science of yoga a holistic medicine (the oldest in the world) from India that is a written and complete science with a comprehensive health system (i.e. there are Ayurvedic hospitals in India)
- When yoga became popular in America around the 1970s, but the 1990s there were only about 10 Ayurveda schools in the U.S.
- Diva Ayurveda started teaching Ayurveda including concepts of prana (Sanskrit for life force)
 - Food that is cooked and not eaten within 2 days, or food that is microwaved has no prana

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- Spinach grown in CA is delivered to WI will have no prana (local sustainability factor)
- Explore how to integrate indigenous medicine into local sustainability
- Why is a medicine from India vital to our local needs? It has withstood so much through India's colonized history and it is not a quantitative medicine, it is a quality medicine
- The elements (earth, water, air, fire) are characteristics of who we are and the opposite cures
 - For example, if you have a lot of inner fire, eating with lots of water elements will help
- Ayurveda is a sustainable practice that can be incorporated into many diets
- Why doesn't someone feel good after eating healthy foods? Digestive spices help (cumin, coriander, fennel)! Teaching Ayurveda includes teaching food preparation and cooking
- Diva Ayurveda encourages clients to participate in storytelling to trace back what one's indigenous culture is, as everyone's foods have been tainted or colonized
- Nonviolence is practiced which means using fresh, plant-based eating
- There is synergy in knowing what is local, including healing herbs along the diverse plant life of the Milwaukee River, while simultaneously supporting a global network that has been around for a long time

VIII. MFC Business: Committee Reports & Treasurer's Report

- Fundraising Committee
 - October 20th = Youth Food Conference (Dawn Powell and Karin Conway are organizing) and we are building out a sponsorship for conference in order to pay honorarium, marketing, printing of flyers, catering, etc
 - Want to bring in a college student to help organize and plan event
 - Total cost of event will be around \$6,000
 - Applying for MCW Change Incubator funding to help with a 2-year action work plan in order to focus efforts of MFC – will examine where the food council's strategic place is so that we can build alignment where needed but also focus efforts
 - Looking into funding as well for subsidies for CSA shares alongside policy committee
- Nominations Committee
 - If you have any suggestions for people you think would be appropriate or interested in being on the Board, please let the Board know!
 - We need a new Treasurer! We will post the job description on the website
 - How many openings will there be in January? Possibly 7...
- Community Engagement Committee
 - Looking into rebranding of MFC
 - Outreach and networking / meet and greet events in the works including something that is more casual (like a happy hour) outside of MFC meetings (possibly in October)
- Policy Committee
 - Working on how the Milwaukee Food Council should take a position on policies
 - Need to meet with Alderman Rainey or invite him to next meeting – talking to him specifically because he has been interested in food issues, but eventually we can also organize meetings with other alderpersons (i.e. Donovan and Pérez)
 - Bruce Wiggins sends out emails so sign up to keep in touch about MFC policy happenings!
- Executive Committee
 - Trying to encourage engagement from members to join our other sub committees!

IX. Announcements

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- Earth Ministry has a project launching in September called “Come on Home to Eat” = a pledge to eat local foods within a 100 mile radius of Milwaukee! Take pledges / signup sheets to farmers markets, food meetings, etc! (No actual tracking / accountability, more just an activity)
- Health Tide is hosting a free conference on Tuesday, July 24th titled “Wavemaker Regional Rallies” that is a place to discuss promoting prevention, increasing access to healthy foods, and advancing health and racial equity
- DATCP Buy Local Buy Wisconsin grant’s RFP will be released sometime in August! Keep eyes peeled for it as an opportunity to help increase local food sales
- WI Farm to School Network is hosting their Great Lakes Great Apple Crunch where 1 million people bite into a local apple at the same time! They can help you plan a crunch event – happening on Thursday, October 11th

X. Adjourn at 10: 57 AM.

2018 Calendar of Meetings. Bi-Monthly Third Thursday.

- [Thursday, September 20, 2018, 9am – St. Rafael, 2059 S. 33rd St., Milwaukee, WI 53215](#)
- [Thursday, November 15, 2018, 9am – St. Rafael, 2059 S. 33rd St., Milwaukee, WI 53215](#)

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