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**To:** Cass Clay Food Commission  
**From:** Cass Clay Food Partners  
Fargo-Moorhead Metropolitan Council of Governments (Metro COG)  
**Date:** January 4, 2019  
**RE:** Cass Clay Food Commission Agenda and Correspondence

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### 23<sup>rd</sup> Meeting of the Cass Clay Food Commission

January 9, 2019 10:30 am – 12:00 pm

Location: Fargo City Commission Chambers (**regular room location**)

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|----------|--|
| 10:30 am | 1. Welcome   |
|          | a. Approve Order & Contents of the Overall Agenda  |
|          | b. Review & Action on Minutes from November 7, 2018<br><b>(Attachment 1)</b>   |
| 10:35 am | 2. Commission Check-In – Chair Thorstad  |
| 10:40 am | 3. Approve Appointments of At-Large Members – Luke Champa<br><b>(Attachment 2)</b>   |
|          | a. New Appointment: Jeremiah Utecht  |
|          | b. Reappointments: Mindy Grant and Kayla Pridmore  |
| 10:45 am | 4. Hunger in Cass and Clay Counties – Melissa Sobolik, Great Plains Food<br>Bank: Ending Hunger 2.0 <b>(Attachment 3)</b>            |
| 11:20 am | 5. Stock Healthy, Shop Healthy: Implementation of the Healthy Corner<br>Store Blueprint – Megan Myrdal, NDSU Extension – Cass County |
| 11:40 am | 6. Public Comment Opportunity – Chair Thorstad   |
| 11:50 am | 7. Commission & Steering Committee Roundtable – Chair Thorstad   |
| 11:55 am | 8. Commission Action Steps   |
|          | a. Next First Fridays – February 1, 2019   |
|          | b. Next Commission Meeting – March 13, 2019  |
| 12:00 pm | 9. Adjournment   |

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Cass Clay Food Commission meetings are taped and rebroadcast on cable channel TV Fargo 56 each Friday at 11:00 am. People with disabilities who plan to attend this meeting and need special accommodations should contact Savanna Leach at Metro COG at 701.532.5100. Please contact us at least 48 hours before the meeting to give our staff adequate time to make arrangements. Meeting minutes are available on the Cass Clay Food Partners website at [www.cassclayfoodpartners.org](http://www.cassclayfoodpartners.org) and Metro COG's website at [www.fmmetrocog.org](http://www.fmmetrocog.org).

# Attachment 1

**22<sup>nd</sup> Meeting of the  
Cass Clay Food Commission  
November 7<sup>th</sup>, 2018  
Fargo Commission Chambers**

**Members Present:**

Arland Rasmussen, Cass County Commission, Chair  
Mike Thorstad, West Fargo City Commission  
Jenny Mongeau, Clay County Commission  
Jim Aasness, Dilworth City Council  
Sara Watson Curry, Moorhead City Council  
Chelsey Johnson, Horace City Council  
Nancy Carriveau, At-Large Member  
Kayla Pridmore, At-Large Member

**Members Absent:**

John Strand, Fargo City Commission  
Chris Olson, At-Large Member  
Mindy Grant, At-Large Member  
Bukola Bakare, At-Large Member

**Others Present:**

Kim Lipetzky, Fargo Cass Public Health  
Rory Beil, Clay County Public Health  
Megan Myrdal, NDSU Extension  
Rita Ussatis, NDSU Extension  
Noelle Harden, U of M Extension  
Nikki Johnson, U of M and NDSU Extension  
Margie Bailly, Cass Clay Food Partners  
Michael Olsen, Cass Clay Food Partners  
Adam Altenburg, Fargo-Moorhead Metropolitan Council of Governments  
Luke Champa, Fargo-Moorhead Metropolitan Council of Governments

Chair Rasmussen called the meeting to order at 10:30 AM.

Chair Rasmussen welcomed and introduced new steering committee members Michael Olsen and Rory Beil.

Ms. Carriveau and Ms. Watson Curry arrived at 10:31 AM.

Ms. Mongeau arrived at 10:32 AM.

**1a. Approve Order and Contents of the Overall Agenda**

A motion to approve the order and contents of the overall agenda was made by Ms. Watson Curry and seconded by Ms. Carriveau. The motion was voted on and unanimously approved.

**1b. Review and Action on Minutes from September 12, 2018**

A motion to approve the minutes was made by Mr. Aasness and seconded by Ms. Watson Curry. The motion was voted on and unanimously approved.

## **2. Commission Check-In**

Chair Rasmussen stated that Commission members and the steering committee had an opportunity to provide updates on news or events happening in the community.

Ms. Watson Curry informed the Commission that she participated in a waste sort in Clay County to identify recyclable and compostable material in residential trash. She also participated in the first master recycling and composting class which will continue to be offered in the future.

Ms. Lipetzky informed the Commission that Fargo Cass Public Health will be hosting the Heart 'n Soul Community Café on November 20<sup>th</sup> from 11:00 AM to 1:30 PM and Chris Olson will be the chef for the event.

Mr. Beil arrived at 10:35 AM.

Ms. Bailly talked about the Northern Plains Sustainable Agriculture Society (NPSAS) conference in January and will be screening the film 'Wasted'. The film screens January 13<sup>th</sup> at 2:00 PM at the Fargo Theater. The screening will be exactly two weeks before the NPSAS conference where Dan Barber, who is featured in the film, will be speaking.

Ms. Haugen informed the Commission of an upcoming Growing Together evening potluck on December 13<sup>th</sup> at the Olivet Lutheran Church.

Ms. Carriveau announced a hunger study that the Great Plains Food Bank conducted across North Dakota including Clay County. They surveyed clients and food pantries to gather the information for the study. Great Plains Food Bank will be hosting a community conversation open house at the Essentia Health on South University from 3:30 PM to 5:00 PM to talk to people about the study and specific information from Cass and Clay Counties.

Ms. Myrdal highlighted the Hunger and Health Summit that occurred on October 16<sup>th</sup> with various community partners to reenergize the Cass Clay Hunger Coalition, which used to be a very active group in the community and has been gaining steam in the last few years. The Coalition will begin meeting regularly on the first Tuesday of each month at 8:00 AM at Fargo Cass Public Health; the first meeting being December 4<sup>th</sup>. She discussed local efforts by the community to capture excess local produce, and this year 21,094 lbs. of excess food was captured and distributed through the charitable feeding network. She also passed around an NDSU Extension calendar which also contains useful information including recipes.

Mr. Beil introduced himself to the Commission and gave some information about his background, his focus on public health, and his role at Clay County Public Health.

Ms. Harden informed the Commission of an article she helped coauthor with Dr. Abby Gold called "Navigating Borders: The evolution of Cass Clay Food Partners", which was recently published in the *Journal of Agriculture, Food Systems, and Community Development*.

## **3. Food Waste Snapshot & Discussion**

Ms. Myrdal gave a presentation about food waste to highlight statistics relative to the Fargo Moorhead Metropolitan area and how the Commission can have a positive impact on food waste. She discussed food waste by weight, by financial cost of food waste, and discussed what some people are doing across the country to address food waste. A few things to help address food waste locally include: residential and commercial composting, food donation transportation to pick up perishable items to be delivered to food pantries, waste tracking, consumer education campaigns, and multi-jurisdictional food waste reduction goals. She highlighted consumer education campaigns and multi-jurisdictional food waste reduction goals.

The Commission and audience broke into small groups and discussed strategies for how the Cass Clay Food Commission can have a positive impact on food waste. Each group highlighted their ideas for strategies to reduce food waste. The Commission had overarching strategies to educate the public about food waste.

#### **4. Metro Food Plan Update**

Mr. Altenburg provided a brief update about the Metro Food Plan. He discussed how indicators and trends have been identified by the steering committee and that they will help contribute to the body of the plan. He explained that the rough draft has been coming together slower than anticipated, but that the Commission would be updated and a rough draft can be brought forward after the next meeting in January. Ms. Watson Curry asked when there is a rough draft, if there were any plans to present the plan at local jurisdictional commission meetings. Mr. Altenburg agreed that although it was not initially planned, it would be beneficial to present the Metro Food Plan to the local jurisdictions.

#### **5a. Backyard Chicken Blueprint Update**

Ms. Lipetzky presented information about previous blueprints that need to be updated to match local ordinance language, as the regulations change over time. She said the first blueprint that needs to be updated is the Backyard Chickens Blueprint. She explained that language in red would be removed from the document, and language in green would be added or updated to match the local ordinance changes. A motion to approve the update to the Backyard Chicken Blueprint was made by Mr. Olsen and seconded by Ms. Carriveau. The motion was voted on and unanimously approved.

#### **5b. Backyard Beekeeping Blueprint Update**

Ms. Lipetzky presented information about the second blueprint that needs to be updated which is the Backyard Beekeeping Blueprint. She explained that language in red would be removed from the document, and language in green would be added or updated to match the local ordinance changes. There was a general discussion about whom to contact within the local jurisdictions because a lot of them do not address backyard beekeeping. The commission agreed that people should contact their local jurisdiction in regards to backyard beekeeping. A motion to approve the update to the Backyard Beekeeping Blueprint was made by Mr. Aasness and seconded by Mr. Olsen. The motion was voted on and unanimously approved.

#### **6. Public Comment Opportunity**

Verna Kragnes, Conference Coordinator for the Norther Plains Sustainable Agriculture Society (NPSAS), gave some background about the organization and her involvement with their upcoming conference. She discussed the conference dates and some of the keynote speakers coming to Fargo from across the country and encouraged the Commission to come to the conference and participate in workshops if they have the slightest interest in sustainable agriculture. She also informed the Commission that the NPSAS office has moved from Lamoure, North Dakota to Moorhead, Minnesota.

Barb Villella, with the Prairie Roots Community Fund, a nonprofit started by the Prairie Roots Food Co-op, informed the commission about their efforts to reduce food insecurity within the neighborhood the Co-op is located. She said that they have held two health and wellness classes including about 10 people per class. The Prairie Roots Community Fund is working on different partnerships to increase their neighborhood's access and education regarding healthy food.

Travis Hoffman, NDSU Sheep Extension Specialist, discussed his interest in the Commission's work and providing resources to people regarding backyard protein sources, if they are permitted and so choose to have them. He also discussed his interest in reducing food waste through more sustainable slaughter facilities, as animals still serve as a major protein source and contribute to food waste.

Jemima Heppner, founder of FM Pay it Forward and FM Community Resources, helps people with rides to food pantries and also picks up food donations from businesses and people who may be moving and cannot take their food with them.

### **7. Commission & Steering Committee Roundtable**

Mr. Thorstad recommended that the Commission add the City of Horace to their blueprints as they are facing rapid growth and will undoubtedly have residents looking for information regarding food systems and urban agriculture.

Ms. Harden suggested that the Commission encourage their city councils and city commissions to adopt language and ordinances that address certain blueprint topics (unaddressed topics such as beekeeping), so there is less confusion and digging needed by residents and city staff regarding the issues.

Ms. Lipetzky congratulated and thanked Mr. Rasmussen for his service as Chair of the Cass Clay Food Commission since its inception in 2015, and wished him the best of luck with his retirement. She presented a framed certificate of appreciation and Mr. Rasmussen said he learned a lot serving as Chair of the Commission.

### **8. Commission Action Steps**

Mr. Rasmussen informed the commission of the next First Fridays event on December 7, 2018. Ms. Myrdal added that the topic would be 'the Life of Chefs.'

Mr. Rasmussen stated that the next Commission meeting would be held on January 9, 2018.

Chair Rasmussen adjourned the meeting at 11:53 AM.

## Attachment 2

**To:** Cass Clay Food Commission  
**From:** Luke Champa, Metro COG  
**Date:** January 3, 2019  
**Re:** *Approve Appointments of New At-Large Commission Members*

In addition to members from each of the seven jurisdictions in the Fargo-Moorhead metropolitan area, there is provision for an additional five at-large members to serve on the Food Commission. It is the intent that at-large members will bring additional and varied expertise to the Commission as it may relate to food systems issues. At-large members are initially vetted by the Steering Committee before being brought to a vote by the Commission. Each at-large member serves a two-year term.

With Chris Olson concluding his term, the Steering Committee sought applicants for two new at-large members in late November and early December. With the completion of this process, the Steering Committee recommends the appointment of Jeremiah Utecht as new at-large member to the Food Commission.

The Steering Committee also recommends the reappointments of Mindy Grant and Kayla Pridmore to additional two-year terms on the Commission.

**Requested Action:**

**Approve the appointment of Jeremiah Utecht and reappointments of Mindy Grant and Kayla Pridmore to the Food Commission**

## APPLICATION FOR CASS CLAY FOOD COMMISSION

### APPLICANT INFORMATION

Name: Jeremiah Utecht

Phone: 701-261-9329

Email: [jeremiah@peanutbuttr.com](mailto:jeremiah@peanutbuttr.com)

Preferred mailing address: 1501 30th Ave S Unit H

City: Fargo

State: ND

ZIP Code: 58103

### EMPLOYMENT INFORMATION

Current employer: Off The Deck Hot Sauce / Flannel Fizz / CoSchedule

Employer address: 19 8th St S Ste. 626

Phone: 701-261-9329

E-mail: [jeremiah@peanutbuttr.com](mailto:jeremiah@peanutbuttr.com)

Fax:

City: Fargo

State: ND

ZIP Code: 58103

Position: Founder / Founder / Business Intelligence &amp; Marketing Automation

### WHAT SKILLS, TRAINING, OR EXPERIENCE DO YOU HAVE RELATED TO THE WORK OF THE COMMISSION?

I have designed, built, proofed and scaled formulas for food products brought to market. Worked directly with producers to secure local produce to use within the products. Done regulatory work to ensure food safety best practices are adhered to for each product.

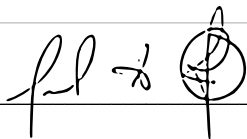
### REASON FOR YOUR INTEREST TO SERVE ON THIS COMMISSION:

A chance to serve the community at large by participating in the commission is a worthwhile endeavor. Not just for my own businesses but the community at large.

### PLEASE PROVIDE A BRIEF BIO (200 WORDS OR LESS): NOTE: THIS MAY BE USED FOR PUBLICATION TO DESCRIBE THE COMMISSION.

Jeremiah has a passion for high quality, locally produced, food products. Applying this passion to his own hot sauce business he and his wife produce the best fermented hot sauces made in the great plains.

Signature: \_\_\_\_\_



Date: \_\_\_\_\_

Dec. 4, 2018

# 2018 HUNGER in | Cass & Clay North Dakota Counties

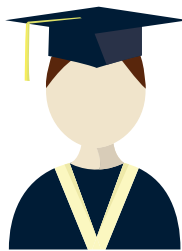
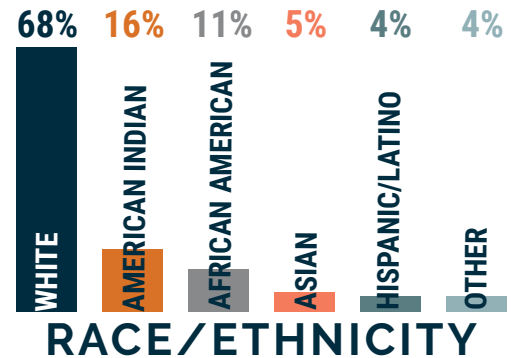
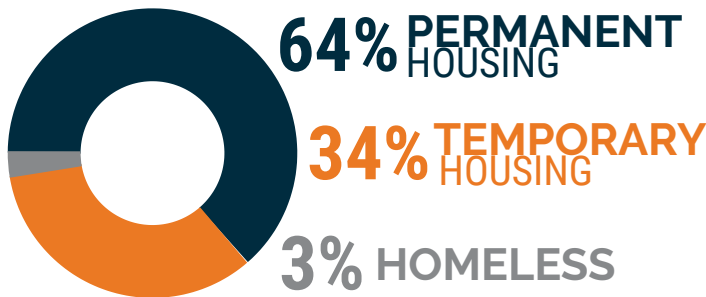
A total of 113 client interviews were conducted at 10 sites throughout Cass County, ND and Clay County, MN.

## DEMOGRAPHICS

**37%**   
CHILDREN

**7%**   
SENIORS

**14%**   
VETERANS



**85%** COMPLETED HIGH SCHOOL

**42%** HAVE 2+ YEARS OF POST SECONDARY EDUCATION

**9%** COMPLETED COLLEGE

## HEALTH

**70%** OF PARTICIPANTS  
HAVE A  
CHRONIC DISEASE

**12%** ARE IN  
POOR OR  
VERY BAD HEALTH

**50%** HAVE  
UNPAID  
MEDICAL BILLS



**30%** OF PARTICIPANTS HAVE  
DEPRESSION/MENTAL HEALTH ISSUE

**24%** OF PARTICIPANTS HAVE  
DIABETES

**22%** OF PARTICIPANTS HAVE  
HIGH BLOOD PRESSURE

**12%** OF PARTICIPANTS HAVE  
ASTHMA

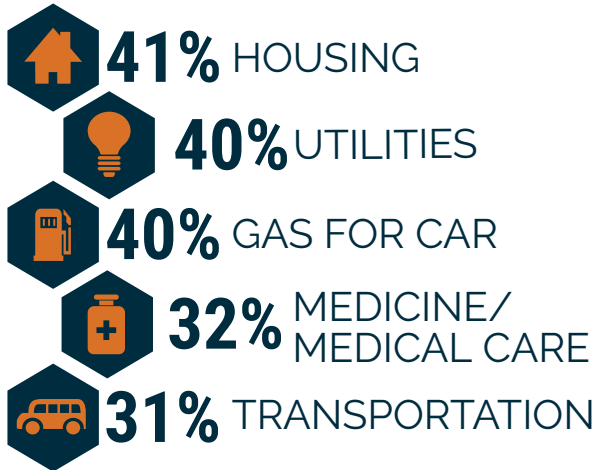
**12%** OF PARTICIPANTS ARE  
OBESE

**12%** OF PARTICIPANTS SUFFER WITH  
ADDICTION



## TOUGH CHOICES

HOUSEHOLDS REPORT CHOOSING BETWEEN FOOD AND:



## WHAT WOULD HELP?

CLIENTS SHARED WHAT ELSE WOULD HELP THEM GET THE FOOD THEY NEED FOR THEMSELVES/FAMILY:



## FOOD ASSISTANCE



CLIENTS REPORT USING A FOOD PANTRY

**8.8**

TIMES PER YEAR (on average)

## ROOT CAUSES



www.greatplainsfoodbank.org

Ending Hunger 2.0 is Great Plains Food Bank's bold next step in hunger relief, working on root causes to hunger through research, advocacy and community based solutions.

eh20@greatplainsfoodbank.org



www.endinghunger20.org