

April 2021

Salad Team 4 and Chef Coach Ann
Ahmed test recipe concept at Cooks of
Crocus Hill's donated kitchen space.



2021 IMPACT REPORT

**"Food is a great way to introduce a
community to the best of itself."**

- Ruth Reichl



June 2021
Salad Team 6 preps salads at
Saint Dinette's donated kitchen
space for delivery to Regions
Hospital's front-line staff.



Food connects us.

This year, ROOTS youth
realized the power of that concept,
seized the opportunity to share their food with more people,
and experienced the value (and enjoyment) they could
create in the community by doing so.

2021 HIGHLIGHTS

2020's adjustments = 2021's new game plan.

Serving more communities.

Born out of a desire to continue to serve the community, as they had during COVID-related challenges last year, ROOTS youth expanded their salad service to others. They gained more experiences, more skills, and more fans from their creativity, leadership, and hard work.



13,764
Number of ROOTS salads
prepared and distributed in 2021.

NEW! COMMUNITY PARTNERSHIP

Youth chose 10 community organizations to receive their garden fresh mixes.

95% of youth want to continue preparing and sharing their salads with neighbors in need next year, as well as run their SaladUP! business at Twins games.

Back at the Ballpark.

Youth were excited to be back at Target Field serving their salads to Twins fans.



"I love telling youth about the great reactions their salads have been getting."

— April Bogard, Senior Director of Programs, Open Arms

Salads were prepared weekly for:

- Regions Essential Workers
- Open Arms Clients
- Urban Research & Outreach Engagement Center
- Summit Academy
- Hospitality House
- Cora McCorvey Center
- Green Garden Bakery youth, families, & staff
- Urban Roots youth, families, staff
- Sumner Library staff
- Phyllis Wheatly Center

67% of participants say they would like to take on a leadership role within ROOTS next year.

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ROOTS youth continue to discover and stretch their abilities through real-world work experience. They build upon their own strengths to create the future they want.



LEADERSHIP DEVELOPMENT

In 2021 Youths' Voice and Influence Grows.

11 young people were selected for significant leadership roles within ROOTS, becoming mentors and advisors to the program and participants.

Youth Advisory Council.

These young people advise ROOTS board of directors and staff on program content, connections and community pursuits. Experts from the University of Minnesota's Leadership Studies program co-created, with the youth, the structure and framework for the Council.

Youth Trainers learn their skills in remote workshops in 2021



Youth Trainers.

Four ROOTS alums received training from the University of Minnesota's Youth Development faculty on how to co-facilitate our workshops. They will help lead 2022's programming.

2021 CHEF COACHES AND SALAD CREATIONS

Find all our salads and recipes at rootsforthehometeam.org



Jorge Guzmán
Petite Le ón



Nettie Colón
Red Hen Gastrolab



Sameh Wadi
World Street Kitchen;
Milkjam Creamery &
Grand Catch



Ann Ahmed
Owner, Lat14, Lemongrass
Thai Cuisine & Khaluna



Bertrand Weber
Minneapolis Public
Schools Culinary &
Wellness Services



Jametta Raspberry
House of Gristle



LA UNIDA SALAD

By Pillsbury United
Waite House youth.



LEMON PESTO ZOODLE

By Green Garden
Bakery youth.



RAINBOW HEAT WAVE SALAD

By Green Garden
Bakery youth.



MN SUNSHINE SALAD

By Urban Roots youth.



STRAWBERRY MILANESE DELIGHT

By Pillsbury United
Waite House youth.



STREET CORN SALAD

By Urban Roots youth.



ENTREPRENEURIAL MINDSET

Youth create new products & find new ways to support each other.

Every ROOTS participant is invited to be curious, inventive and share their interests and what they see as needs in the "world." Their ideas become the building blocks toward new ROOTS initiatives.

Salad Creation Day






The food cultures familiar to our young people were expressed through their salads. Their innovative ideas connected the Twin Cities community in many delicious ways.

Peer support

Youth Leadership recognized that navigating 2020-2021's difficulties caused an acute need for self-care for fellow ROOTS participants. They designed and sent wellness gift baskets to all, filled with items to support their wellbeing.

Roots opportunities become pathways toward personal hopes and dreams.

Youth say 2021's opportunities helped them:

-  Gain experiences that taught them more about themselves.
-  Think about their future and what steps they can take to get there.
-  Discover they indeed are leaders, what their personal leadership style is and how to use those strengths for career pursuits.
-  Gather resources and networks for their future.
-  Grow.

Spark Projects

Every participant is invited to choose something they are curious to learn more about. Roots finds opportunities in their areas of interest and offers stipends to the youth to explore and ignite that spark of interest.

Strength-Based Leadership

Youth learn 5 personal strengths and how to use them, along with their leadership style, to propel them from where they are to where they want to be.



"ROOTS has helped me reach my goals and try new things while having the support to do so."

— KH









"My favorite part was being able to learn not just kitchen skills, but life skills."

— EF

ROOTS BY THE NUMBERS

Our program participants.



-  **31% Latinx**
-  **24% Somali**
-  **17% Hmong**
-  **17% Black**
-  **3% White**
-  **7% Other**

SUPPORTING PARTNERS

Our program sponsors.

LAND O' LAKES, INC.



**In a world that tells young people they CAN'T,
Roots offers opportunities which let them show the world they CAN.**



EAT GREENS. INSPIRE TEENS. EVERYONE WINS!

Support us at www.rootsforthehometeam.org