



openarms

Cargill Coffee Chat Agenda:

- About Open Arms of Minnesota
- Cargill's history with Open Arms
- Volunteer Opportunities
- Q&A
- How to get involved – Kick-Off Kitchen Event Sept 26th





About Open Arms

Open Arms of Minnesota is a nonprofit that prepares and delivers medically tailored meals free of cost to critically ill Minnesotans and their loved ones.

At Open Arms, we believe that **food is medicine**, and there's always room for one more at our table.

In **Fiscal Year 2022**, Open Arms prepared & delivered **1,323,971 meals** to **2,580 clients, 710 caregivers, and 192 dependents.**



History of openarms

1986

Bill Rowe founds Open Arms to serve meals to people in the community living with HIV/AIDS

2005

Open Arms expands to serve clients and families affected by cancer, ALS, and MS

2010

Open Arms moves into a larger facility, allowing us to serve more people in the community impacted by life-threatening illnesses

2011

Open Arms begins its Open Farms program to grow its own organic produce and herbs.

2018

Open Arms expands to serve clients and families living with ESRD, CHF, and COPD

2020

Open Arms starts shipping medically tailored meals to select individuals living in greater Minnesota.

2021

Open Arms celebrates its **35th birthday!**

2022

Open Arms delivers its 10 millionth meal and launches its Cultural Meals Program.

2023

Open Arms opens the St. Paul Kitchen & Campus

What We Offer

- Made from scratch medically tailored meals
- Nutrition education and counseling
- Convenient home deliveries
- Nutritious ingredients
- No cost, no waiting list, no income requirements
- Care for client and family
- A community of **kindness & love**



Our Clients

- Diagnosed with a life-threatening illness, such as **HIV/AIDS, cancer, MS, ALS, ESRD, CHF, COPD, or have been impacted by COVID-19.**
- Have a compromised nutritional status and/or difficulty accessing or preparing healthy foods.





Meal Deliveries

- **Meals are delivered to clients' homes** once a week by volunteers or staff
- **14 meals** (2/3 of a client's dietary needs for the week)



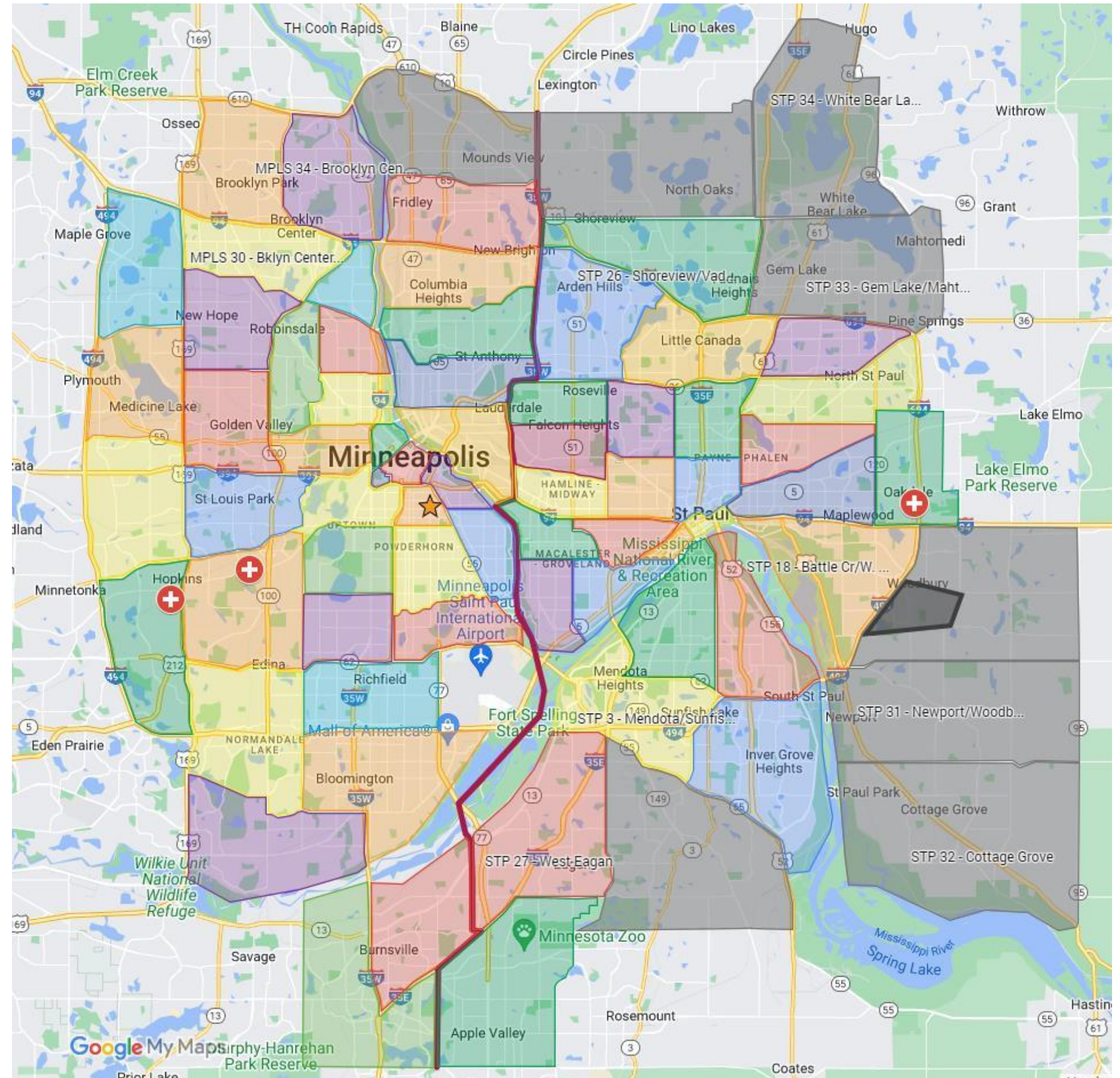
LUNCH (7 entrées): Four frozen entrées, fresh sandwich kit (makes two sandwiches), one entrée size salad, five servings of fresh fruit, and four servings of dessert



DINNER (7 entrées): Seven frozen entrées

Delivery Zone

- Clients who live **within the delivery zone** have meals delivered by a staff or volunteer driver
- Clients who live **outside the delivery zone** have the option to:
 - Pick up the meals at our Minneapolis or St. Paul location
 - Pick up the meals at a satellite site closer to their home
 - Get meals shipped to them via UPS (*funding dependent*)



Our Menu



Heart Healthy



Kidney Friendly / Renal



Flavor Neutral



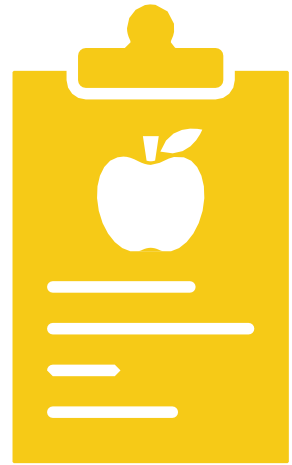
Vegetarian



Gluten & Dairy Friendly

All menus are diabetes-friendly, and feature controlled amounts of salt & saturated fats





Cultural Meals Program

To better serve our diverse community of clients, Open Arms started a Cultural Meals Program to develop accessible, culturally appropriate meals to serve Hmong, Latinx, and East African clients who are disproportionately impacted by the illnesses we serve.

Cultural Meals Program Consultants



Jamal Hashi
East African Culinary
Consultant



Maiah Thao
Hmong Culinary
Consultant



Soleil Ramirez
Latinx Culinary
Consultant



Menu Modifications

Each of our five menus can be further modified, giving clients more options to meet their individual nutritional needs. Examples:

- **Pureed/Modified Texture** - appropriate for clients who have dysphagia, missing teeth/poorly fitting dentures, or pain with chewing/swallowing
- **Low-added sugar** modification
- **Nausea-relief** modification
- **Reduced-calorie** option

Special Touches



Meals for caregivers & dependents



Birthday Cakes



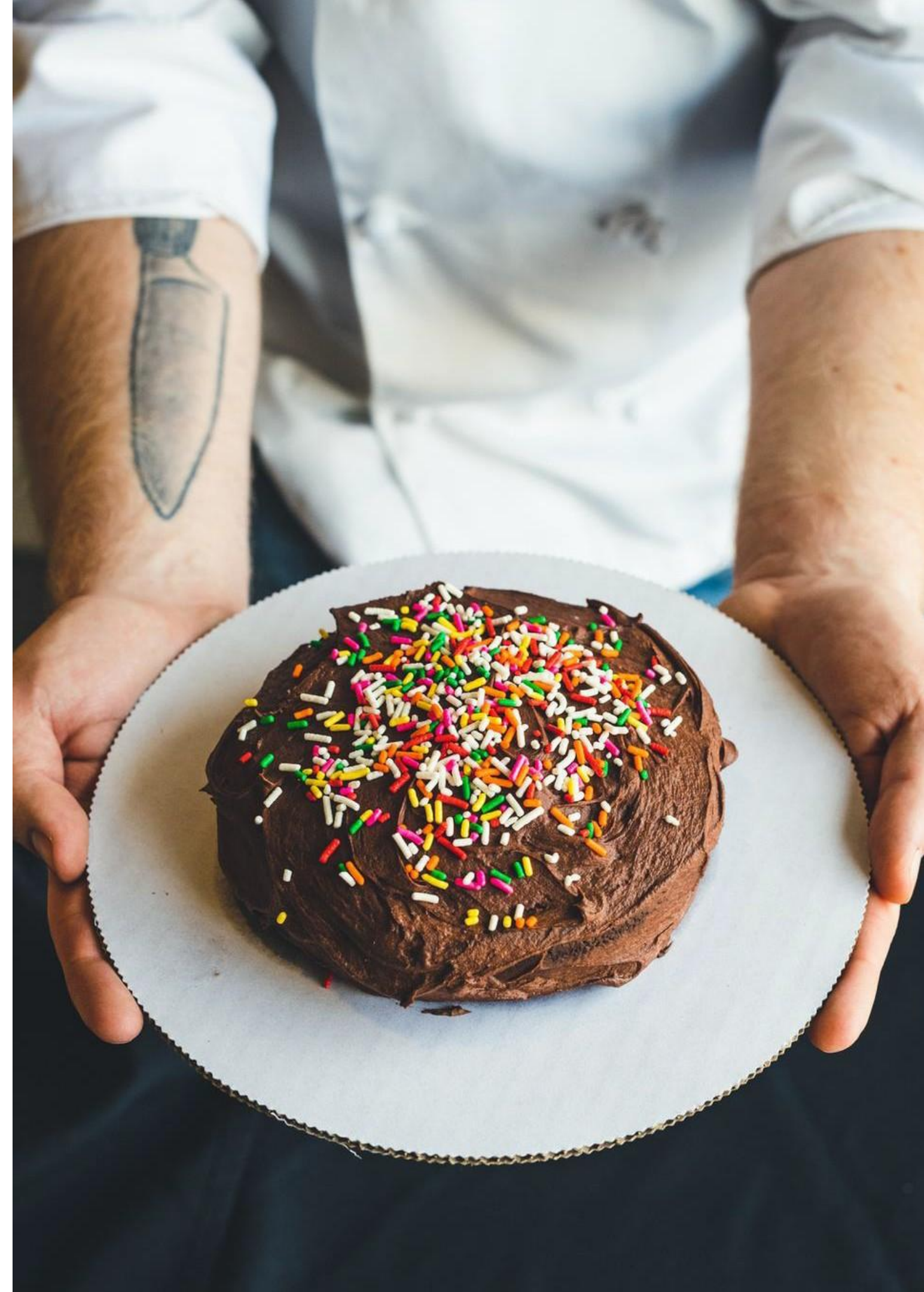
Holiday Meals at Thanksgiving



Blizzard Bags



Add-ons such as nausea care packs & nutrition supplements



Nutrition Services

- Free-of-cost **nutrition counseling and education** from registered dietitians
- Support with **menu selection**
- **Ingredient labels** provided for every food item

1,172
clients

worked directly with
one of our registered
dietitians in the last
year

197
nutrition
counseling
calls

were completed over
the last year





Our Impact



say meals have helped them **improve or maintain health**



say receiving meals from OAM **provides comfort in their day**



Over 60% say receiving meals helps **improve or maintain mental health**



Over 60% say that OAM has helped them to **eat a wider variety, or more, fruits & vegetables**



Our Volunteers

- Open Arms is powered by passionate, dedicated volunteers
- Volunteers prepare and package meals in our kitchens, grow and cultivate food at our five farm locations, and deliver over 17,000 meals to about 1,400 clients each week
- In our 21-22 fiscal year, we had 3,265 volunteers donate 62K hours of their time to support our work
- Equal to approx. 30 full time employees!





Volunteer Opportunities

- Kitchen
- Bakery (MPLS only)
- Packout for Delivery
- Packout for Shipping (STP Only)
- Delivery
- Vehicle Loading
- Open Farms
- Events
- Outreach
- Greeter



Kitchen Opportunities

- **2-hour long shifts**
- **Morning, afternoon, evening and Saturday**
- **Meal Prep**
 - Chopping
 - Scooping
 - Peeling veggies
- **Meal Packing Line**
 - Portioning
 - Packing Machine (Oliver) Line
 - Labeling
 - Stacking





Meal Deliveries

- **Meals are delivered to clients' homes** once a week by volunteers or staff
- **14 meals** (2/3 of a client's dietary needs for the week)
- Must be able to lift 15 pound bags or bring additional help

Delivery Driver Requirements:

- Age 18+
- Background Check
- Mask Required (provided)
- Able to lift 20#

**Feel free to bring your friends or family to join you!!

open farms

of openarms

- Organic garden program established in 2011
- Five locations throughout the Twin Cities and Afton (1.875 total acres)
- Provides up to 15,000 lbs of produce and herbs each year
- Produce sold in CSA shares to support our core programs



Introducing our Cargill Contacts:

Jerry Lichtsinn

Cargill Volunteer Coordinator for Open Arms

- Weekly Deliveries from our Cargill Hub (From our EC location every Wednesday @ 11:00 to noon, delivering in the SW Metro Area)
- Team events at the Open Arms Kitchens and Gardens
- Special Event: Moveable Feast, Pop-Up dinners, Volunteer appreciation events

Janice Weisberg

Cargill Cares Alumni (CCA) Board Member

-Open Arms Liaison for CCA



QUESTIONS?



Michael McKay

Manager of Volunteer Engagement

MichaelM@openarmsmn.org

Megan White

Institutional Giving Director

megan@openarmsmn.org



Kick-Off Kitchen Event

Cargill and CCA joint event

Tuesday, Sept. 26th 2:00 to 4:30 pm

@ Open Arms Minneapolis Kitchen, 2500 Bloomington Ave South, Mpls



- **Meal Prep/Meal Packing**



- **Sign up on the [CCA](#) (for CCA Members) or [Cargill iCare](#) (Cargill Employees) websites**