



## Minnesota Food Charter Fact Sheet

- According to the Minnesota Department of Health, unhealthy food consumption contributes to growing rates of obesity and related diseases such as diabetes that cost Minnesotans \$2.8 billion annually.
- According to data from Hunger-Free Minnesota, hunger costs Minnesotans upwards of \$1.62 billion annually in preventable direct and indirect health and education costs.
- The Minnesota Food Charter is a roadmap designed to guide policymakers and community leaders in providing Minnesotans with equal access to affordable, safe, and healthy food regardless of where they live or how much money they make—access that not only improves the health and wellbeing of residents but that also significantly improves the state’s economy.
- Among its key findings, the Food Charter found that:
  - We need to make healthy food more affordable, accessible and available to all Minnesotans regardless of where they live or how much money they have;
  - We need to strengthen food skills among all Minnesotans so they can grow, obtain and/or prepare healthy foods for themselves and their families;
  - We must improve Minnesota’s food infrastructure to support the health of Minnesotans while growing a prosperous food and farm economy that can adequately grow and sell healthy foods.
- The Minnesota Food Charter was spearheaded by the Minnesota Department of Health’s Statewide Health Improvement Program in partnership with the University of Minnesota’s Healthy Food, Healthy Lives Institute, University of Minnesota Extension and the Center for Prevention at Blue Cross and Blue Shield of Minnesota.
- The creation of the Minnesota Food Charter follows a nine-month public input process involving over 2,000 people, nearly 150 public events, almost 400 individual online worksheets, and approximately 50 listening sessions and interviews. Over 100 people helped draft the Food Charter document.
- The Minnesota Food Charter is supported by funding from the US Centers for Disease

Control and Prevention, Center for Prevention at Blue Cross and Blue Shield of Minnesota, and the Statewide Health Improvement Program at the Minnesota Department of Health, with leadership support from the Healthy Foods, Healthy Lives Institute at the University of Minnesota.

- Minnesota is the fifth state to create a Food Charter; others include Iowa, Michigan, Oregon, and West Virginia.

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