

SankofaPOWER Food System Sector Workshop



Welcome to the SankofaPOWER Food Sector Workshop!

Storying the System – Understanding Our Local Food Network

Today You Will:

- Become a system storyteller
- Explore how food flows through your community
- Represent the role of one key food system actor
- Help build the North Minneapolis "Northstar Registry" through creative media



What is the Northstar Registry?

- A living map of food system actors in North Minneapolis
- Built with community knowledge, not just data
- Shows how gardens, food shelves, restaurants, and more work together to feed the community
- You're helping us tell these stories!



Your Mission

You will:

1. Research a type of food system actor (like chefs, food pantries, or gardens)
2. Answer key questions based on what this actor does, needs, and offers
3. Create a media piece that tells the story of this actor in the food system

Final Products Can Be:

- A written story or article
- A 1-minute video
- A digital or hand-drawn infographic
- A short poem or voice memo



Assigned Actor Types (Your teacher will assign you one of these roles)

1. Community Gardens
2. Food Shelves
3. Farmers Markets
4. Meals on Wheels
5. Local Restaurants
6. Grocery Stores (Community + Chain)
7. Nutrition Educators
8. Garden Tools/Seed Merchants
9. Local Gardeners
10. Chefs
11. Cooking Demo Leaders
12. Food Delivery Workers
13. Food Pantries
14. Social Services
(SNAP/WIC)
15. Healthcare Clinics
16. Schools
17. Faith-Based Programs
18. Waste Recovery Teams
19. Food Entrepreneurs
20. Garden Supply Stores



Guiding Questions (Use These to Research + Write)

1. What does this food sector node type do?
2. What are their biggest wins and challenges?
3. What do they give and receive in the food system (inputs and outputs)?
4. Who do they work with? How?
5. How could they benefit from being on the SankofaPOWER map?



Research & Synthesize (30–40 min)

Do This:

- Read the example questions provided for your role
- Use Google or ask community members to fill in gaps
- Write or draw rough notes describing your assigned actor as if it were one voice

Remember: You're not describing one organization—you're telling the story of a whole group type.



Create Your Artifact (30–45 min)

Pick one of the following:

- A 1-minute video or TikTok-style explainer
- An illustrated info card or flyer
- A short article (150–250 words)
- A rap, poem, or spoken word piece

Use any tools available—phones, Canva, paper, Flip, or even CapCut.



Connect to SankofaPOWER

Ask Yourself:

- How could your actor type use the SankofaPOWER food map?
- Could it:
 - Show harvest updates?
 - Promote donations or sales?
 - Recruit volunteers?
 - Share cultural food stories?

Add this reflection to your project or include it as a final slide.



Share and Reflect

- Present your artifact to your class
- Give feedback to your peers: What did you learn about other parts of the system?
- Reflect together: How are all these actors connected?



You are a System Storyteller

- Your voice helps build a more just, connected food future
- Your work might be featured in the Northstar Registry!
- Keep asking: Who grows it? Who gets it? Who decides?

Thank you for contributing to SankofaPOWER.

