



BICULTURAL ACTIVE LIVING LIFESTYLE E-MAGAZINE

SEPTEMBER, 2026 | VOLUME 3 | ISSUE 8

Features:

Project SUPPORT Strategies
and Infographics Report

Project SUPPORT

Table of Contents

02~03	Introduction
04~06	Nutrition
07~09	Physical Activity
10~14	Project SUPPORT Events
15~17	Upcoming Events
18	Contact

INTRODUCTION



Project SUPPORT (Supporting Under-served through Produce Prescription, and Opportunities to Recreation-activity & Technical-assistance), is led by Asian Media Access(AMA), collaborated with Multi Cultural Community Alliance (MCCA), Project SUPPORT is a cross-cultural, cross-generational, and cross-sectoral initiative, aims to improve health, prevent chronic disease, and reduce health disparities among all members, with a special focus on Black, Indigenous, and People of Color (BIPOCs) who face the highest risk, and bear the highest burden of chronic disease, named: African American/Black, Asian American and will put a special focus on young people from the two poorest but most diverse neighborhoods in MN – North Minneapolis, and Midway St. Paul.

Supported by CDC's REACH funding, AMA will leverage our extensive network of trusted community partners who provide subject matter expertise and have a history of successful engagement with the respective cultural and geographic communities. All partners have been involved in co-designing this Initiative – Project SUPPORT through below 2 culturally tailored strategies to promote Bicultural Healthy Living, especially for immigrant and refugee communities:

- **Nutrition:** Increase healthy cultural food access by 1) implementing Food Service Guidelines (FSG) at area Asian temples and Black churches; 2) expanding Fruit and Vegetable Voucher Programs (FFVP); and 3) expanding Produce Prescription (PRx) at area clinics/hospitals.
- **Physical Activity:** Increase policies, plans and community designs through North Minneapolis Blue Line and St. Paul SEARS Redevelopment to better connect residents with activity friendly routes to everyday destination to live/learn/work/play, and provide safe, culturally based places for increasing physical activities.

Please check the Project SUPPORT updates through our Bicultural Active Living Lifestyle (BALL) website, weblog, Facebook, and e-Magazine:

- BALL Facebook at – <https://www.facebook.com/ballequity/>
- BALL Monthly eMagazines: <https://ballequity.amamedia.org/project-support/>
- BALL Website: <https://ballequity.amamedia.org/>
- BALL Web Blog: <https://www.behavioralhealthequityproject.org/>

For More Information: 612-376-7715 or amamedia@amamedia.org



Project SUPPORT

(Supporting Under-served through Produce/Park Prescription, and Opportunities to Recreation-activity & Tobacco-control)

Nutrition

Successes from 10/01/25 – 08/31/26



The strategy analyzed dietary patterns and increased access to healthy cultural food by implementing Food Service Guidelines (FSG) at Asian Temples and Black Churches. Year 3 continued work on Produce Rx and expanded the Fruit & Vegetable Voucher Program (FVVP), connecting residents to fresh produce access points.

4 Religious Congregate Dining Traditions Studied Using the Food Service Guideline and a newly designed - Cultural Congregate Dining Assessment Tool (CCDAT)

Conclusion

The Food Service Guideline assessment expanded to a sixth faith tradition, as the Hindu Temples worked to examine three interconnected policies covering food safety, nutrition, and sustainability, while outreach began with High Praise Ministries as the first African American church partner.

A companion field study across Black, Cambodian, South Indian, Hindu, and Sikh congregating dining traditions found that standard FSG checklists often failed to capture the nutritional reality of shared, communal meals. Those findings led AMA to design the Cultural Congregate Dining Assessment Tool (CCDAT) to better support cultural congregating dining needs.

FFVP materials were translated into heritage languages, expanding reach among community members who preferred to receive information in their first language. In Rochester, a new "Move to the Market" site at The Village Global Farmers Market connected immigrant families, including the local Cambodian community, to fresh produce through a trusted, culturally rooted partnership.

Project SUPPORT is led by Asian Media Access, collaborated with Multi Cultural Community Alliance, for more information at 612-376-7715 * amamedia@amamedia.org

Successful Nutrition Policy Recommendations

01

Food Service Guidelines Assessment Advanced at High Praise Ministries

AMA staff Donnell Bratton and Rochester Clinic launched a Food Service Guidelines assessment at High Praise Ministries in North Minneapolis, which explored a congregate dining model that could serve as a template for other Black churches.



02

Move to the Market: Rochester's New Fruit & Vegetable Voucher Program Took Root

AMA partnered with The Village Global Farmers Market and Rochester Cultural Center to launch a Fruit and Vegetable Voucher Program that used a simple Visit-Enroll-Shop model, connecting immigrant families to fresh produce.



How it Works

Visit The Village Global
Farmers Market

03

Rochester Clinic Summarized Three Food Service Policies for Temple Dining

Following formal Food Service Guideline assessments at the area Hindu Temples, Rochester Clinic, led by Dr. Jenyu Lai, developed three interconnected food service policies covering food safety, nutrition, and sustainability for temple cultural dietary needs.



04

Train-the-Trainer Workshop Expanded SankofaPOWER's Reach Across North Minneapolis

AMA hosted a two-day Train-the-Trainer Workshop at UROC, led by the University of Minnesota's SoLaHmo Research Team, which prepared 38 community advocates to introduce the SankofaPOWER database platform alongside Fruit and Vegetable Voucher Programs, expanding produce access for Northsiders.



Learn more at -
[https://ballequity.amamedia.org/
project-support/](https://ballequity.amamedia.org/project-support/)



Siv "Fruit & Veggie vouchers" los yuav cov zaub cov mov
koj haiv neeg ib txwm noj.

Project SUPPORT

(Supporting Under-served through Produce/Park Prescription, and Opportunities to Recreation-activity & Tobacco-control)

Physical Activity

Successes from 10/01/25 – 08/31/26



The strategy increased policies, plans, and community designs — including new routes that promoted physical activity for residents — through the North Minneapolis Blue Line Extension and St. Paul Sears Redevelopment, which advanced toward a Transit-Oriented Development Master Plan.

17 Acres: The former St. Paul Sears site advanced toward a Transit-Oriented Development anchored by the Capitol-Rice transit station

3,576 Residents, Families, and Leaders Reached through the Blue Line Extension engagement activities

Conclusion

The Sears Redevelopment vision shifted from preserving the original building to a full Transit-Oriented Development, clearing the site for smaller phased blocks, everyday destinations, and cultural placekeeping that honored Rondo's legacy. Now stewarded by the Rondo Community Land Trust, the master plan aimed for completion in 2027.

Along the Blue Line Extension, we co-hosted a Regional Summit and NorthPoint Wellness Day, held education and tabling events with area families, and partnered with the Cultural Placekeeping Design Group on station artwork that reflected Southeast Asian, African, and Indigenous community identity, as engineering design neared 90% completion.

Project SUPPORT is led by Asian Media Access, collaborated with Multi Cultural Community Alliance, for more information at 612-376-7715 * amamedia@amamedia.org

Successful Physical Activity Engagement

01

Cultural Placekeeping Brought Art and Identity to Blue Line Extension Stations

Four artists created site-specific artwork for Blue Line Extension stations, shaped directly by community feedback themes like growth and renewal, honoring Southeast Asian, African, and Indigenous residents and neighborhood landmarks along the historic corridor.



02

Blue Line Extension Regional Summit Drew 100+ to UROC

AMA co-hosted the Blue Line Extension Regional Summit at the University of Minnesota's UROC, which drew more than 100 residents, civic leaders, and transit officials together to discuss the corridor as a catalyst for community transformation



03

Rice Street-Capitol Area Collaboration Reimagined the Sears Site as a Transit Hub

Alta Planning and MnDOT partnered with AABRN, AMA, and the Frogtown/Rondo Black Church Alliance on walk-and-bike audits of the former Sears site, identifying barriers that fed into the 2027 Rice Street Reconstruction project.

Coordinated projects

- 1 Martin Luther King Jr. Boulevard Community Commons
- 2 Metro Transit G Line
- 3 John Ireland Bridge
- 4 Rice Street Reconstruction (McCarrons Area)
- 5 Capital City Bikeway-Phase III
- 6 Sears Site Redevelopment
- 7 Wabasha Capital City Bikeway



04

Sears Redevelopment: A New TOD Discussion Moved Forward

The Sears site's planning recently shifted from preserving the existing building to full demolition, clearing 17 acres for a Transit-Oriented Development anchored by the Capitol-Rice station, now stewarded by the Rondo Community Land Trust and supported by AMA...



Learn more at -
<https://ballequity.amamedia.org/project-support/>

CULTURAL PLACEKEEPING PLYMOUTH AVE STATION



Plymouth Avenue Station looking northwest



Sears Site Redevelopment Active Transportation Plan

Saint Paul, MN

Community Bike Audit

Plan the future of active transportation for the Sears R



PROJECT SUPPORT EVENTS

August 22

COMMUNITY PREVENTION WALK AND RESOURCE FAIR

Asian Media Access joined the Community Prevention Walk and Resource Fair in North Minneapolis, bringing community members together to promote healthy living. AMA connected with youth and families, shared Blue Line Extension surveys, City of Mpls' Fruit and Vegetable Voucher Program resources, and participated in activities that encouraged community resiliency and stronger neighborhood connections.



August 29

THE DOZENS

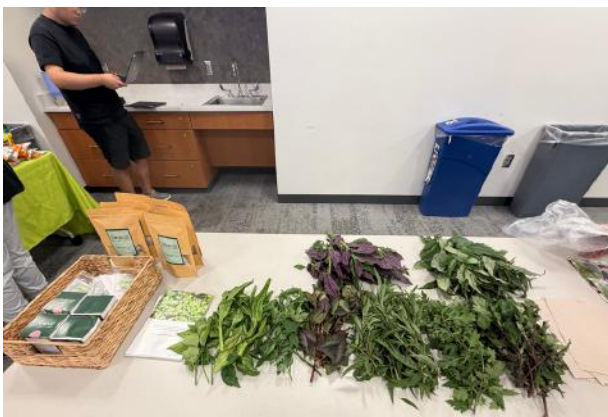
Asian Media Access joined The Dozens - North Minneapolis Food Ecosystem Resource Fair, a community celebration focused on food, family, and building a more connected and equitable community. AMA engaged with families and youth through activities, Blue Line Extension surveys, and City of Mpls' Fruit and Vegetable Voucher Program resources while supporting conversations around community needs and well-being.



September 1

"FOOD IS MEDICINE" FORUM: HMONG HERBS & ASIAN PLANT-BASED DIETS

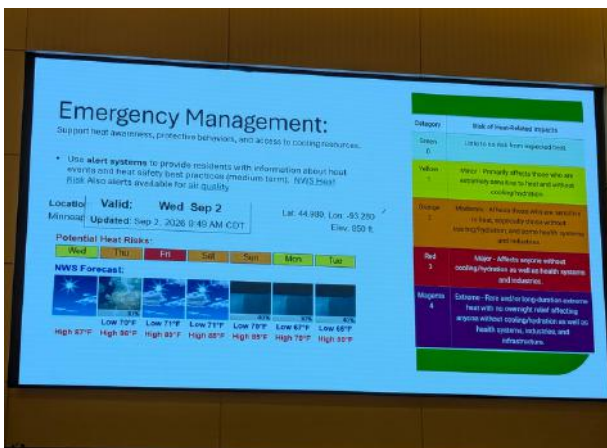
Asian Media Access hosted the "Food is Medicine" Forum, bringing community members together to explore the connection between food, culture, and health. The event featured traditional Hmong herb demonstrations, plant-based meals, and community garden activities, along with community discussions about the Fruit and Vegetable Voucher Program, and opportunities to learn how healthy and culturally relevant fruits and vegetables can support overall well-being.



September 2

CLIMATE CHANGE, HEAT AND FOOD IMPACTS

Asian Media Access joined Hennepin County Climate and Resiliency for a discussion on climate change, extreme heat, and community health. The event brought together local partners to explore heat-related health risks and low crops problems, along with natural solutions, emergency preparedness, and ways cities and counties can collaborate to build healthier and more resilient communities.



September 3

PREVENTION FOCUS GROUP TARGETING HMONG SENIORS

Asian Media Access hosted a Prevention Focus Group Discussion for Hmong seniors to increase awareness of cancer prevention and screening, and how plant-based diets and physical activities can help to prevent cancer. The session provided culturally and linguistically relevant information in Hmong while gathering community feedback for their preferred educational channels and messages.



UPCOMING EVENTS



OPEN STREETS WEST BROADWAY

DATE/TIME: Saturday, September 12, 2026, 11:00am-5:00pm

PLACE: West Broadway Ave

Free, family-friendly event that offers a variety of activities such as biking, walking, playing, eating, dancing, and singing.



BE EXTRAORDINARY, BE YOU - PREVENTING YOUTH MARIJUANA US

DATE/TIME: Wednesday, September 16, 2025, 11:00am-1:30pm or 5:30pm-8:00pm

PLACE: Woodbury 10 Theatre, 1470 Queens Dr, Woodbury, MN 55125, register: [here](#)

Join us for a special Lunch & Learn screening to better understand cannabis today, the industry, and the impact it can have on our youth along with the importance of prevention.

MINNESOTHAIR: THAI STREET FOOD FESTIVAL

DATE/TIME: Saturday, September 19, 2026, 11:00am-8:00pm and Sunday, September 20, 2026, 11:00am-6:00pm

PLACE: Wat Promwachirayan, 2544 Highway 100 South, 2544 MN-100, St Louis Park, MN 55416

This free, two-day event will showcase authentic Thai street food and feature cultural performances, live music, art and souvenirs, a papaya eating contest, a drag show, fire dancing, and more!



WORKFORCE COMMUNITY CONVERSATION IN WOODBURY WITH THE WOODBURY AREA CHAMBER OF COMMERCE

DATE/TIME: Tuesday, September 22, 2026, 8:30am-10:00am

PLACE: Woodbury Area Chamber of Commerce

700 Commerce Drive, Conference Room 145, Woodbury, MN 55125, Register:

forms.office.com/g/6MtnZrAMBe

Minnesota Dual-Training Pipeline
Workforce Community Conversation in Woodbury
with the Woodbury Area Chamber of Commerce

Tuesday, Sept. 22, 2026, from 8:30 to 10:00 a.m.
 at the Woodbury Area Chamber of Commerce
 700 Commerce Drive, Conference Room 145, Woodbury, MN 55125

Sign up to attend at forms.office.com/g/6MtnZrAMBe
 or scan the QR code.

What is Minnesota Dual-Training Pipeline?

Minnesota Dual-Training Pipeline is a model that supports employers with creating or enhancing a competency-based, earn-and-learn, dual-training approach to meet their workforce needs. With Pipeline, workers receive a combination of related instruction paired with on-the-job training.

Minnesota Dual-Training Pipeline focuses on the industries of advanced manufacturing, agriculture, child care, health care services, information technology, legal cannabis and transportation.

Community Conversation agenda

- Discuss workforce challenges, successes and innovative workforce approaches in your community.
- Learn about Minnesota Dual-Training Pipeline and Youth Skills Training programs.
- Share ideas and suggestions about how best to meet workforce needs.
- Network with attendees from area businesses and workforce partners.
- Ask questions of the Department of Labor and Industry staff members.

dli.mn.gov/pipeline

Minnesota Dual-Training Pipeline is a model that supports employers with creating or enhancing a competency-based, earn-and-learn, dual-training approach to meet their workforce needs. With Pipeline, workers receive a combination of related instruction paired with on-the-job training.



HARVESTING OPPORTUNITY

DATE/TIME: Friday, October 16, 2006,
6:00pm-10:00pm

PLACE: The Ivory, 125 9th St E, St Paul,
MN 55101, [register here](#).

An evening of inspiration, connection, and impact. Join as we celebrate the collective power of community and invest in a shared vision for future generations.

Rooted in this year's theme, Harvesting Opportunity, this annual fundraiser honors the collective impact of our supporters, partners, and community members who help individuals and families build brighter futures.

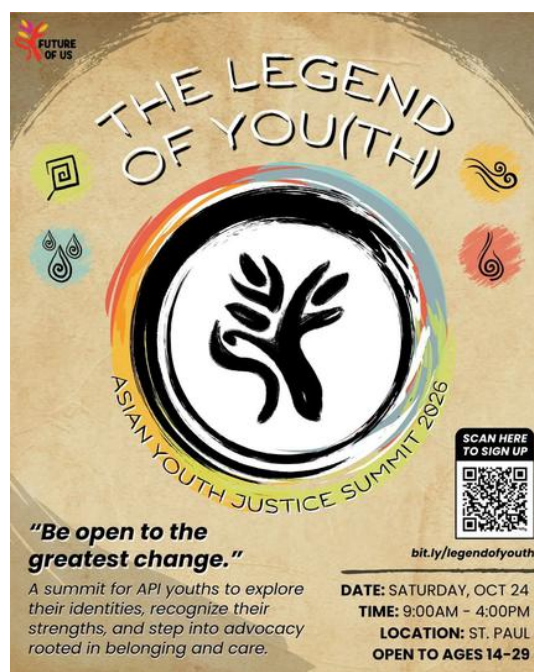
THE LEGEND OF YOU(TH): ASIAN YOUTH JUSTICE SUMMIT 2026

DATE/TIME: Saturday, October 24, 2026,
9:00am-4:00pm

PLACE: St. Paul. register

<https://secure.ngpvan.com/OH7oLK6xd0agGBQNR2iSqA2>

The Legend of You(th) invites you to bend your story toward justice through workshops, community, and leadership experiences inspired by the four great elements and powerful moments in social justice history. Learn from the movements that came before us, build new advocacy skills, and connect with leaders as you grow your journey.





Contact Us

Email

ball@amamedia.org

Telephone

612-376-7715

Address

2418 Plymouth Ave N
Minneapolis, MN 55411



Partnering with

