



STEPPING UP TO THE PLATE

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One of the local programs supported by Kowalski's 4 Kids and making a huge difference in our community is Roots for the Home Team. Roots is the brainchild of Kowalski's resident dietitian, Sue Moores, and was created to help youth discover their passions and become equipped to realize extraordinary futures. Roots helps diverse youth boldly believe in their futures by guiding them as they develop a mindset for growth and entrepreneurship. In creating the program, Sue was inspired by local youth gardening programs teaching teens to appreciate and enjoy healthful food by immersing them in its creation. Roots took this concept a few steps further, giving those same youth a chance to turn their homegrown produce into delicious salads and sell them to a bigger audience, namely Minnesota Twins fans (and, as of last year, Milwaukee Brewers fans).

Participating youth have the opportunity to learn culinary skills from some of the Twin Cities' most talented local chefs, including Ann Ahmed, owner and executive chef at the newly opened Lat14 Asian Eatery; Union Kitchen's Yia Vang; and Justin Sutherland from the Handsome Hog. At their ballpark carts they hone their sales, communication, customer service and teamwork skills while learning marketing and financial aspects of successful business operations.

Roots focuses on creating unique, valuable stretch opportunities for youth participants in four key ways:

- 1 Giving them experiences beyond their neighborhoods that connect them with a much bigger community.
- 2 Introducing them to a wide variety of careers.
- 3 Connecting them with mentors and a broad network of people who can help them apply and nurture their interests.
- 4 Growing their appetite and ideas for vocational success.

You can find and support the Roots' *Salad Up!* cart near Gate 34 at Target Field during all Minnesota Twins weekend home games, where they've been serving up fresh salads since 2012. The 2019 selling season runs from Saturday, May 25, through Sunday, September 22. When traveling to Milwaukee, Brewer fans can also enjoy their favorite uber-fresh Roots salad on weekends at Miller Park. All salads are created by local youth. The cart is located at Section 119 from May 25 through September 22.

Learn more about Roots for the Home Team, get involved and support their mission at www.rootsforthehometeam.org.



This season Kowalski's will be selling Roots-inspired Garden Bowls in the deli for the fourth year in a row. You'll find them in the Grab & Go Case starting in mid-May.

