LIVE WELL grand cities

Creating a healthier future in the Greater Grand Cities community.

July 14, 2026

A Summer Update from Your Friends at Live Well Grand Cities

When we asked some of our supporters what they think is strongest about the approach we take, Debbie told us this:

"Early in my career, I taught Freedom from Smoking classes to help adults quit smoking.
The rates of tobacco use stayed stubbornly high – especially among youth.
The tobacco use rates in our area declined much more significantly
when smoke-free policies in schools, workplaces, and public places were initiated.
Smoke-free environments became the norm and even heart attack admissions decreased."

And that's true. It's **when we all work together to change "the norm"** that we see real results. More families choosing local, fresh produce. More students learning the kitchen skills to prepare meals independently. More dollars coming to **our** community for bike/walk/roll infrastructure in our spaces. More neighbors advocating for one another.

So far in 2026, we have secured four grants to support some of our most impactful programs, **planted two garden plots so we can teach youth gardening-skills and donate produce to families in need**, hosted 28 cooking classes (with number 29 scheduled for this evening) with over 320 attendees so far, **collected 2350 lbs of healthy, culturally-relevant foods and formula in food drives for our community**, started research and development on our K-12 curriculum, **launched Darn It! our monthly mending and repair club**, and supported a number of other special events – including a unique fundraiser to supply music teachers in Title I elementary schools with activity funds.

Plus, we spent time connecting with all of *you*. **The incredible response we've had from you, our community, in 2026 has been amazing, *especially as we've begun expanding our programs into East Grand Forks and Emerado in response to community requests.***

We're committed to building a strong network that works together to creatively solve problems and improve material conditions for everyone in the Grand Cities, just as Debbie said. ***What else have we been up to?***

To thank our monthly donors, we've done some behind-the-scenes work to set up an exclusive recipe e-newsletter, sharing cooking tips and test recipes from the Live Well Kitchens. If you have ideas on what we should name this exclusive club, send us an email! **We want to hear your ideas.**

To expand our critical work around food skills education, we've contacted local growers and food industry businesses to discuss sponsoring our K-12 curriculum – **a local foods promotion project we hope one day serves K-12 Language Arts, Math, Science, Social Studies, and Health classrooms**.

To keep our communities **strong and accessible**, we brought four community members to D.C. to advocate for the infrastructure programs that we know work best to **keep our communities safe for folks of every age**.

And that's just the start! We know that there's more important work to do around healthy food skills, access to fresh food, public space accessibility, and bicycle and pedestrian safety. So, stay tuned for the second half of season 2026. **Thanks to you, our community, we know it'll be great.**

Yours with appreciation,

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P.S.: If you have not received our monthly events e-newsletter, email shilo at LiveWellGC@gmail.com so we can help resolve the problem.