

# Appendix F: Surveys and Interview Questions

## Steering Committee Survey

1. What are your community's proximity and access to food production?
2. What are the key ways you access food produced in your community?
3. What other natural capital does your community have that currently supports its food system?
4. What other natural capital enhancements / investments could be made in your community to better support the community food system?
5. To what degree does your community's food culture emphasize "local food"?
6. Describe your community's food culture
7. What other cultural capital (e.g. people, values, traditions, ideas) does your community have that currently supports its food system?)
8. What would build and strengthen the cultural capital in your community to better support the food system?
9. Would you describe your community's level of knowledge, awareness and interest in local food as above average, average, or below average?
10. Would you describe your community's level of innovation in local food as above average, average or below average?
11. Describe your community's knowledge, awareness, interest and innovation in local food.
12. What other human capital does your community have that currently supports its good system?
13. What would build and strengthen the human capital in your community to better support the food system? (e.g. parent-teacher associations, church groups, gardening clubs, etc.
14. Describe your community's network of organizations that support (or could support) local food.
15. Give examples of how this network supports (or could support) local food.
16. What social capital does your community have that currently supports its food system?
17. What would build and strengthen social capital in your community to better support the food system?
18. How does the political system in your community support local foods?
19. Describe examples of the political system interacting with the food system in your community.
20. What other political capital does your community have that currently supports its food system?
21. What would build and strengthen the political capital in your community to better support the food system?
22. How do financial resources in your community support the community food system?

23. Describe the different types of financial capital in your community.
24. Give examples of ways financial capital supports local food in your community.
25. What would build and strengthen the financial capital in your community to better support the food system?
26. Would you describe your community's built capital that supports local foods as above average, average, or below average?
27. Describe the key elements of the built capital in your community that supports local food.
28. What other built capital does your community have that currently supports its food system?
29. What would build and strengthen the built capital in your community to better support the food system?

## Healthy, Fresh, Local Food Community Surveys

### Abbreviated Survey

1. Where do you most commonly shop for food items? (Please check one)
  - ☐ Convenience Store/Gas Station
  - ☐ Discount Store (Family Dollar, Dollar General, etc.)
  - ☐ Grocery Store (Piggly Wiggly, Food Lion, Wal-Mart, etc.)
  - ☐ Farmers market, Roadside Stand or other local food producer
  - ☐ Eat at restaurants most often/go to drive-through
2. How do you usually get to the store? (Please check one)
  - ☐ Car/Truck
  - ☐ Bus
  - ☐ County Van Service
  - ☐ Walk
  - ☐ Bike
  - ☐ Friends/Family
3. Do you have a hard time stretching your food budget to the end of the month?
  - ☐ Yes
  - ☐ No

If yes, what do you do in those months?
4. Do you feel that you eat enough fruits and vegetables, eggs, milk and whole grains?
  - ☐ Yes
  - ☐ No

If no, what is the reason why you do not eat enough of these foods?
5. Which of the following would you like in your neighborhood? (Please check ONLY two)
  - ☐ Free cooking classes
  - ☐ Free classes on home gardening

- ☐ Free farmers market coupons
  - ☐ Free or discounted weekly box of produce from a local farm
  - ☐ Fresh fruits and vegetables available in gas stations / convenience stores
  - ☐ Mobile (trucks) food markets
  - ☐ Community gardens
6. Do you, or anyone in your household, currently use....? (Please check all that apply)
- ☐ WIC (Women, Infants and Children)
  - ☐ Food Stamps (SNAP)
  - ☐ Neither
7. What is your zip code? \_\_\_\_\_
8. How would you describe your race/ethnicity?
- |                            |                                  |                        |
|----------------------------|----------------------------------|------------------------|
| a) Asian                   | b) American Indian/Alaska Native | c) Hispanic or Latino  |
| d) Black, African American | e) White, Non-Hispanic           | f) Multi-racial/ethnic |
| g) Hawaiian/Pacific        | h) Other _____                   |                        |

### Abbreviated Survey – Spanish Version

1. ¿Dónde compra la mayoría de su comida? (Marque uno por favor)
- ☐ Tienda / estación de Gas
  - ☐ Discount Store (Family Dollar, Dollar General, etc)
  - ☐ Grocery Store (Piggly Wiggly, Food Lion, Wal-Mart, etc.)
  - ☐ Mercado de granjeros, tiendas de la carretera o otro productor local de comida
  - ☐ Restaurantes / comida rápida (McDonalds, etc.)
2. ¿Cómo se llega a la tienda? (Marque uno por favor)
- ☐ Car / Truck
  - ☐ Autobús
  - ☐ Servicio de van del condado
  - ☐ Caminar
  - ☐ Bike
  - ☐ Amigos / Familia
3. ¿Es difícil de estirar su presupuesto de comida hasta finales del mes?
- ☐ Sí
  - ☐ No
- En caso afirmativo, ¿qué hace en esos meses?
4. ¿Siente que usted come suficientes frutas y verduras, los huevos, la leche y los cereales integrales?
- ☐ Sí
  - ☐ No
- Si no, ¿cuál es la razón por la que no come lo suficiente de estas comidas?
5. ¿Cuál de los siguientes le gustaría en su vecindario? (Marque sólo dos por favor)
- ☐ Clases de cocina gratis
  - ☐ Clases de jardinería gratis

- ☐ Cupones al mercado de los granjeros gratis
  - ☐ Cuadro semanal de productos de una granja local gratis o con descuento
  - ☐ Frutas frescas y verduras disponibles en las estaciones de servicio / tiendas de conveniencia
  - ☐ Mercados móviles (camiones) de comida
  - ☐ Jardines comunitarios
6. ¿Usted, o alguien en su hogar, utiliza? .... (Marque todas las que apliquen)
- ☐ WIC (Women, Infants and Children)
  - ☐ Cupones de comida (Food Stamps) (SNAP)
7. ¿Cuál es su código postal? \_\_\_\_\_
8. ¿Cómo describiría su raza / etnicidad?
- |                               |  |                         |
|-------------------------------|--|-------------------------|
| a) Asia                       | b) Indios americano / nativo de Alaska | c) Hispano o Latino     |
| d) Negro, afroamericano       | e) Blanco, no hispano                  | f) Multi-raza/etnicidad |
| g) Hawai / Islas del Pacífico | h) Otro _____                          |                         |

## Full Survey

### Shopping and Transportation

1. Where do you most commonly buy your food? (Please check all that apply)
  - ☐ Convenience Store/Gas Station
  - ☐ Discount Store (Family Dollar, Dollar General, etc.)
  - ☐ Grocery Store (Piggly Wiggly, Food Lion, Wal-Mart, etc.)
  - ☐ Farmers market or Roadside Stand or other local producer
  - ☐ Eat at restaurants most often/go to drive-through
2. How do you usually get to the store to shop for food? (Please check one)
  - ☐ Ride from friends or family
  - ☐ Car/Truck
  - ☐ County Van Service
  - ☐ Walk
  - ☐ Bike
3. On average, how long does it take you to get from your house to where you most commonly shop for food?
4. Does transportation make it difficult for you to get your groceries?
  - ☐ Yes
  - ☐ No

If yes, what would make it easier for you to get your groceries?

### Food Security

5. Do you ever have a hard time stretching your food budget to the end of the month?
  - ☐ Yes
  - ☐ No

If yes, what do you do in those months?
6. Do you feel you are getting enough fruits and vegetables, eggs, milk, whole grains?
  - ☐ Yes
  - ☐ No

If no, what are the biggest reasons? Any foods in particular?

7. Do you get enough of the kinds of foods that you are familiar with or used to cooking with?

☐ Yes  
☐ No

If no, what are the biggest reasons why not? Any foods in particular?

8. Do you, or anyone in your household, currently use....? (Check all that apply)

☐ WIC (Women, Infant, Children)  
☐ Farmers market Vouchers  
☐ Food Stamps (SNAP)  
☐ Food Pantry  
☐ Gleaned Foods (*extra and salvaged food items collected from farms, gardens and grocery stores*)  
☐ Other source of free or discounted food? (Church, etc.) \_\_\_\_\_

### Locally Grown

9. Does your household have a vegetable garden or fruit trees or bushes?

☐ Yes  
☐ No

If yes, do you share with family/friends/neighbors? ☐ Yes ☐ No

10. Do you have family/friends/neighbors that share homegrown food with you and your family?

☐ Yes  
☐ No

11. Do you use a community garden? ☐ Yes ☐ No

If yes, which one? \_\_\_\_\_

If no, why not? \_\_\_\_\_

Would you be interested? \_\_\_\_\_

12. Do you purchase food directly from local producers? ☐ Yes ☐ No

If yes, which one? \_\_\_\_\_

If no, why not? \_\_\_\_\_

Would you be interested? \_\_\_\_\_

13. Which of the following would you like in your neighborhood? (Please check ONLY two)

☐ Free cooking clubs or nutrition classes  
☐ Free classes on home gardening  
☐ Free farmers market coupons  
☐ Free or discounted weekly box of produce from a local farm  
☐ Fresh fruits and vegetables available in gas stations/ convenience stores  
☐ Mobile (trucks) food markets

14. What do you think would make it easier for people in your community to buy and eat healthy foods?

15. Is there anything else you would like to add?

## Demographics

The final questions ask for some background information – they are optional but would be very helpful to us. These answers will only be used to describe the survey respondents as a group. Information will not be used to describe you as an individual.

1. What is your zip code? \_\_\_\_\_
2. How long have you lived in Beaufort County? \_\_\_\_\_
3. How many people live in your household? \_\_\_\_\_
4. How would you describe your race/ethnicity?
  - a) Asian
  - b) American Indian/Alaska Native
  - c) Hispanic or Latino
  - d) Black, African American
  - e) White, Non-Hispanic
  - f) Multi-racial/ethnic
  - g) Hawaiian/Pacific Islander
  - h) Other \_\_\_\_\_
5. What is your age?
  - a) Under 18
  - b) 19-25
  - c) 26-35
  - d) 36-45
  - e) 46-55
  - f) 56-65
  - g) 66 or older
6. What is the annual income in your household?
  - a) Under \$10,000
  - b) \$10,000 - \$24,999
  - c) \$25,000 - \$39,999
  - d) \$40,000 - \$54,999
  - e) more than \$55,000
7. What is your gender? Male Female

## Food System Stakeholders Interview Questions

### Non-Profit and Community Organization Stakeholders Interview

1. In your opinion, what are the biggest barriers people experience when trying to access fresh, healthy and local foods in Beaufort County?
2. In your opinion, what could be done to increase healthy food access to all members of the Beaufort County community? What could be done by your organization?
3. What food and nutrition assistance and education opportunities already exist in the community?
4. Is there any interest in having a Community Supported Agriculture drop-off location at your place of work?

### Emergency Food Provider Stakeholders Interview

1. Do you currently provide your clients with fresh fruits and vegetables?  
  
If no, why not? Would you like to have those products available to your clients?  
  
If yes, where do you get your donations of fresh fruits and vegetables?
2. Do your clients ask for increased availability of fresh fruits and vegetables?
3. Do you receive any donations of fruits and vegetables from grocery stores?  
  
If yes, from whom?
4. Do you receive any donations of fruits or vegetables that are grown in Beaufort County or the surrounding area?  
Fish or meat?

5. Do you compost food waste?

If yes, what service do you use?

6. If no, would you be interested in composting your food waste?

### Fruit and Vegetable Farmer Stakeholders Interview

1. Where do you currently sell your products?
2. What is the biggest barrier preventing you from accessing local markets?
3. Would you be interested in being able to sell your products directly to SNAP / Food Stamp recipients?
4. What do you do with leftover products? Do you donate to a church or food pantry?

If no: Would you be interested in donating leftover products to a church or food pantry?

What's the biggest barrier that prevents you from donating?

If yes: What would make it easier for you to donate?

5. If made available locally, would you take advantage of a commercial kitchen where you could rent space to make value-added products such as jellies or pickles?
6. Would you be interested in a gathering of local farmers, food producers, distributors, and food service directors/restaurant owners etc. in order to build partnerships and expand the market for local foods?

### Food Producer Stakeholders Interview

1. Where do you currently sell your products?
2. What is the biggest barrier preventing you from accessing local markets?
3. Would you be interested in being able to sell your products directly to SNAP / Food Stamp recipients?
4. What do you do with leftover products? Do you donate to a church or food pantry?

If no: Would you be interested in donating leftover products to a church or food pantry?

What's the biggest barrier that prevents you from donating?

If yes: What would make it easier for you to donate?

5. If made available locally, would you take advantage of a commercial kitchen where you could rent space to make value-added products such as jellies or pickles?
6. Would you be interested in a gathering of local farmers, food producers, distributors, and food service directors/restaurant owners etc. in order to build partnerships and expand the market for local foods?

### Institutional Food Purchaser Stakeholders Interview

1. Do you already purchase any foods (fruits and vegetables) locally or regionally?

If yes, which foods?

If yes, which suppliers, producers, or farmers have you worked with?

If no, what are the biggest barriers to purchasing local products such as produce, fish or meat?

2. Are you receiving increasing requests about local food (fruits and vegetables) options from your customers?
3. Do you require GAPs certification?
4. Do you compost food waste?

If yes, what service do you use?

If no, would you be interested in composting your food waste?

5. Would you be interested in a gathering of local farmers, food producers, distributors, and food service directors/restaurant owners etc. in order to build partnerships and expand the market for local foods?

### Public Health Stakeholders Interview

1. In your opinion, what are the biggest barriers people experience when trying to access fresh, healthy and local foods in Beaufort County?
2. In your opinion, what could be done to increase healthy food access to all members of the Beaufort County community?
3. What food and nutrition assistance and educational opportunities exist in the community?
5. Is there any interest in a CSA at your place of work? Is there any interest in having a Community Supported Agriculture drop-off location at your place of work?

### Restaurant Stakeholders Interview

1. Are you receiving increasing requests about local food (fruits and vegetables) options from your customers?
2. Do you already purchase any foods (fruits and vegetables) locally or regionally?

If yes, which foods?

If yes, which suppliers, producers, or farmers have you worked with?

3. What is the biggest barrier to purchasing local products such as produce, fish or meat?
4. Do you compost food waste?

If yes, what service do you use?

If no, would you be interested in composting your food waste?

5. Would you be interested in a gathering of local farmers, food producers, distributors, and food service directors/restaurant owners etc. in order to build partnerships and expand the market for local foods?

### Local Food Vendor Stakeholders Interview

1. Are you receiving increasing requests about local food (fruits and vegetables) options from your customers?
2. Do you already purchase any foods (fruits and vegetables) locally or regionally?



If yes, which foods?

If yes, which suppliers, producers, or farmers have you worked with?

3. What is the biggest barrier to purchasing local products such as produce, fish or meat?
4. Do you require GAPs certification?
5. What is the biggest barrier to purchasing local products such as produce, fish or meat?
6. Do you compost food waste?

If yes, what service do you use?

If no, would you be interested in composting your food waste?

7. Would you be interested in a gathering of local farmers, food producers, distributors, and food service directors/restaurant owners etc. in order to build partnerships and expand the market for local foods?

### Religious Community Stakeholders Interview

1. Does your congregation provide any emergency food services?
2. Is healthy eating and active living an important topic to your congregation?
3. Would your church be interested in performing a Health Needs Assessment to review the health issues facing your congregation?
4. Would members of your congregation be interested in having a local food available for sale at the church?
5. The NC Council of Churches has program called the PHW Certification Program. Congregations that get certified demonstrate that their congregation is striving to live an abundant life of health and wholeness by increasing physical activity, eating more fruits and vegetables, reducing the impact of smoking, and engaging in other health activities that have the potential to add years – abundant years – to the lives of congregation members. The certification also makes the church eligible to receive small grants to help with healthy eating initiatives with your congregation (such as a church garden, purchasing healthy food for meetings, etc.) Would you be interested in getting certified or receiving more information about this program?

### Local Government and Policy Stakeholders Interview

1. In your opinion, what are the biggest barriers people experience when trying to access fresh, healthy and local foods in Beaufort County?
2. In your opinion, what could be done to increase healthy food access to all members of the Beaufort County community?
3. There is a growing regional market for fruits and vegetables produced in Eastern North Carolina. Beaufort County and surrounding neighbors have farmers and food artisans who need support and technical assistance in order to grow their businesses and break into local foods markets in Beaufort County, Greenville, the Triangle, Lenoir County, the Outer Banks and down to Wilmington. These small business owners are trying to grow their businesses while at the same time trying to educate consumers about the benefits of eating local foods and supporting locally owned businesses. What can Beaufort County do to support these entrepreneurs? Would you be willing to join in efforts to support this cause?

4. Would you be willing to participate in a webinar on Local Food and Local Government put on by the UNC School of Government in January and hosted in your area?

### Food Distribution Stakeholders Interview

1. Are you receiving increasing requests about local food (fruits and vegetables) options from your customers?
2. Do you already purchase any foods (fruits and vegetables) locally or regionally?

If yes, which foods?

If yes, which suppliers, producers, or farmers do you work with from the Beaufort County area?

3. What is the biggest barrier to purchasing products made in Beaufort County such as produce, fish or meat?
4. Do you require GAPs certification?
5. What do you do with leftover products? Do you donate to a church or food pantry?

If no: Would you be interested in donating leftover products to a church or food pantry?

If yes: What would make it easier for you to donate?

6. Would you be interested in attending a gathering of local farmers, food producers, distributors, and food service directors/restaurant owners etc. in order to build partnerships and expand the market for local foods?

# Appendix G: Model Programs & Technical Assistance to Support Priority Goal Implementation

This list of model programs and technical assistance providers in North Carolina and around the country is meant to serve as a resource for doing the work needed to accomplish the identified priority goals and action steps. There are many more resources and programs available; this list is meant to serve as an initial bridge to connect local action with knowledge, guidance and resources.

## 1. Goal: Connect Crops & Communities!

Beaufort County has the land, a deep agricultural and natural resource heritage, at least twenty motivated fruit and vegetable farmers, local fisherman, a multitude of gardeners and many people in need of better quality diets; however the local supply chains that connect the growers and the eaters are few and far between.

### General Model Programs & Technical Assistance

#### Backyard Bow Pro

Website: [www.nohungrypeople.org](http://www.nohungrypeople.org)

Tel: (866) 645-1772

Backyard Bow Pro is a 501(c)(3) nonprofit public charity that is working to build local networks of caring people in North Carolina that want to work together to curb food insecurities. The organization works with fundraisers, deer bow hunters, meat processors and food pantries to provide cheap protein to families in need.

#### County Health Rankings & Roadmaps

Website: <http://www.countyhealthrankings.org/contact>

Tel: (608) 265-8240

County Health Rankings & Roadmaps help communities create solutions that make it easier for people to be healthy in their own communities, focusing on specific factors that affect health, such as education and income. They believe that having health insurance and quality health care are important to health, but that leadership and action are also needed beyond health care. Community coaches are available from the Roadmaps to Health Action Center. Community coaches will speak with people to find out about their community and their specific needs. They will provide information about specific tools available on their website and they will set up a telephone consultation for discussion and guidance.

#### Healthy Food Access Portal

Website: [www.healthyfoodaccess.org](http://www.healthyfoodaccess.org)

Resources designed to improve healthy food access in communities, build local economies, and enhance public health. Tap into a learning network that's using retail strategies to connect consumers to healthy food.

#### Just Food

Website: [www.justfood.org](http://www.justfood.org)

Just Food is a non-profit organization that connects communities and local farms with the resources and support they need to make fresh, locally grown food accessible to all New Yorkers. Just Food empowers regional farmers and food producers, CSA organizers and everyday eaters to establish and experience healthy food systems—in every neighborhood.

### Fresh Food For All Program

**Contact:** Rachelle Faroul

**Tel:** (212) 645-9880, ext. 227; **Email:** [rachelle@justfood.org](mailto:rachelle@justfood.org)

**Website:** [www.justfood.org/fresh-food-all](http://www.justfood.org/fresh-food-all)

In addition to providing vegetables for New York City's most vulnerable residents, this program provides additional markets for farmers and teaches cooking skills and nutrition information to food pantry staff and their clients. Just Food works with 48 food pantries and soup kitchens in all 5 boroughs, connecting them with farmers, providing cooking demonstrations and arranging farm visits to acquaint the staff and clients with their farmers and the local food system

### The Society of St. Andrew

**Contact:** Bill Waller

**Email:** [bbillwaller@netzero.net](mailto:bbillwaller@netzero.net)

**Website:** <http://www.endhunger.org/nc/>

The Society of St. Andrew operates a statewide, volunteer-driven Gleaning Network that coordinates with local farmers, thousands of volunteers, and food providing agencies. The North Carolina Gleaning Network is going strong, salvaging over five million pounds of fresh produce for the hungry each year. In this agriculturally diverse state, gleaners work to salvage everything from strawberries to sweet potatoes to collard greens.

### Wake Advocates for Health in Action

**Email:** [info@wakeaha.org](mailto:info@wakeaha.org)

**Website:** [www.advocatesforhealthinaction.org](http://www.advocatesforhealthinaction.org)

More information about Wake Advocates for Health can be found on page 91 of this report in the section of model programs and technical assistance identified for *"Priority Action: Establishment of a Beaufort County Food Policy Council."*

### 10+10 Growers Meeting Buyers

**Contact:** Michelle McKinley, Project Coordinator

**Tel:** (919) 656-8842; **Email:** [mmckinley@wakeaha.org](mailto:mmckinley@wakeaha.org)

**Website:** [www.advocatesforhealthinaction.org/2013/07/30/what-happens-when-farmers-and-food-buyers-speed-date/](http://www.advocatesforhealthinaction.org/2013/07/30/what-happens-when-farmers-and-food-buyers-speed-date/)

Wake Advocates for Health in Action held a meeting at the Irregardless Café in Raleigh, NC in January 2013 for "speed dating" between ten local food producers and ten local food institutional consumers. New relationships were formed between buyers and producers. The meeting resulted in a local daycare purchasing directly from a local farm and allowing the farm to hold a stand onsite, several Wake County farmers entering into a new market with The Produce Box, and new relationships created between the host restaurant and local growers.

## Priority Action: Increase opportunities for sale of local products by supporting farmers markets

### Community Transformation Grant Project, Region 10

**Contact:** Allison Swart, Community Transformation Grant Project Coordinator

**Tel:** (252) 902-2278; **Email:** [allison.swart@pittcountync.gov](mailto:allison.swart@pittcountync.gov)

**Website:** [www.localstrides.com](http://www.localstrides.com)

**Contact:** Diana Vetter-Craft, Health Food Systems Coordinator

**Tel:** (252) 902-2273; **Email:** [diana.vetter-craft@pittcountync.gov](mailto:diana.vetter-craft@pittcountync.gov)

The Community Transformation Grant (CTG) NC Project, funded by the Centers for Disease Control and Prevention (CDC), gives communities in North Carolina an important opportunity to develop and implement initiatives to reduce risk factors responsible for chronic diseases, the leading causes of death and disability.

CTG Region 10 covers nine counties including Beaufort, Craven, Pamlico, Carteret, Jones, Lenoir, Wayne, Greene and Pitt. CTG is working on increasing access for healthy foods through enhancements to new or existing farmers markets in the region including traditional farmers markets, roadside stands, mini-mobile farmers markets, tailgate markets, produce carts, CSA's and farms selling produce at on-farm sites. These enhancements can include the following: increase transportation options to the market, increase land use protections in support of farmers markets, structural improvements to the market and implementation of SNAP/EBT at the market. CTG Region 10 will also work with local corner/convenience storeowners to help promote and offer healthier foods in their stores. Through this work, the team and their partners want to make easy access to healthy foods a reality and help transform local NC communities into a healthier place to live, work and play.

### Farmer Foodshare

Email: [info@farmerfoodshare.org](mailto:info@farmerfoodshare.org)

Website: [www.farmerfoodshare.org](http://www.farmerfoodshare.org)

Farmer Foodshare is a nonprofit organization that connects people who grow food with people who need food, while building healthy community food systems and enhancing community economic development

#### Donation Stations at Farmers markets

Website: [www.farmerfoodshare.org/programs/donation-station](http://www.farmerfoodshare.org/programs/donation-station)

Farmers market shoppers donate food bought from market vendors to Farmer Foodshare's volunteer-run donation stations and shoppers can donate cash that Farmer Foodshare will buy produce with and then donate. Farmers also donate excess food from markets. Food is shared with food pantries and community organizations.

#### POP (Pennies on the Pound) Food Market

Website: [www.farmerfoodshare.org/programs/pop-food-market](http://www.farmerfoodshare.org/programs/pop-food-market)

The POP Food Market connects wholesale transactions between local North Carolina farmers and low-wealth customers and agencies that increase community food security.

### Farmers Market Coalition

Contact: Stacy Miller, Project Director

Tel: (434) 984-017

Email: [stacy@farmersmarketcoalition.org](mailto:stacy@farmersmarketcoalition.org)

Website: [farmersmarketcoalition.org](http://farmersmarketcoalition.org)

The Farmers Market Coalition (FMC) provides many resources and webinars for farmers market management and success. The mission of the FMC is "to strengthen farmers markets for the benefit of farmers, consumers, and communities." Their priorities are "to serve as an information center for farmers markets, to be a voice for North American farmers market advocacy, to foster strong state and regional farmers market associations, to bring private and public support to the table to sustain farmers markets in the long term, for the benefit of farmers, consumers, and communities, to promote farmers markets to the public, to develop and provide educational programming and networking opportunities for farmers market managers and farmers market vendors."

## Wholesome Wave

Tel: (203) 226-1112

Website: [www.wholesomewave.org](http://www.wholesomewave.org)

Wholesome Wave is a national 501(c)3 non profit, whose mission is to empower people in underserved urban and rural communities to make healthier food choices by increasing affordability and access to fresh, locally grown food in ways that generate significant impact on local economies. Their vision is to help lead the way in developing a more vibrant and equitable food system for everyone by fostering stronger relationships between local and regional agriculture and under-served individuals from both urban and rural communities.

### FVRx™ Program

Contact: Ashley Fitch, FFVRx™ Program Coordinator

Tel: (203) 226-1112; Email: [ashley@wholesomewave.org](mailto:ashley@wholesomewave.org)

Website: [www.wholesomewave.org/fvr/](http://www.wholesomewave.org/fvr/)

Fruit and vegetable “prescriptions” (vouchers) are distributed by community healthcare providers and redeemed at participating farmers markets for fresh, locally grown fruits and vegetables. Each dollar invested in the FVRx™ Program benefits the community three ways by: nourishing the consumer, boosting farmers’ revenue and supporting overall community health. Almost 40% of children who participated in the program in 2012 reduced their BMI.

## Priority Action: Support creative mobile distribution opportunities

### Non-Profit Programs

#### Community Nutrition Partnership

Tel: (919) 294-9455

Website: [www.cnpnc.org](http://www.cnpnc.org)

Community Nutrition Partnership's mission is to grow healthier communities by increasing access to fresh, local, affordable food. They use market-based approaches to increase access to healthy, local food for people of all incomes and backgrounds.

#### Veggie Van

Contact: Kate Floyd, Veggie Van Program Coordinator

Tel: (919) 294-9455; Email: [veggievan@cnpnc.org](mailto:veggievan@cnpnc.org)

Website: [www.cnpnc.org/index.php/veggie-van](http://www.cnpnc.org/index.php/veggie-van)

The Veggie Van works with community partners to deliver boxes of fresh, locally grown fruits and vegetables to drop-off points in the community where there is limited access to fresh foods. As an added service they offer recipes, cooking demos and nutrition information at the community sites. They also offer a home-delivery program for consumers willing to pay a premium price to support the organization and to help subsidize lower prices for the community drop off sites. They currently are operating three community drop-off sites in the Triangle, North Carolina region and have a goal to expand to twelve more sites in the region by the end of 2014.

#### Friendship Trays: Charlotte Meals on Wheels

Contact: Lucy Bush Carter, Executive Director

Tel: (704) 333-9229; Email: [lbush@friendshiptrays.org](mailto:lbush@friendshiptrays.org)

Website: [www.friendshiptrays.org](http://www.friendshiptrays.org)

Friendship Trays generally delivers more than 600 meals a day in the Charlotte, NC area to elderly, handicapped and convalescing people who are unable or greatly restricted in their ability to prepare or secure meals. Deliveries are at the lunch hour but the meal is a full one, more like what many people are accustomed to for dinner. Fresh and healthy products for the meals are sourced from Friendship Gardens, which is an expanding network of over 61 community, school, faith-based, institutional, public, private and backyard gardens. More information on Friendship Gardens can be found on page 86 of this report in the section of model programs and technical assistance identified for *“Goal: Tilling Together!”*

### Interfaith Food Shuttle

**Tel:** (919) 250-0043

**Website:** [www.foodshuttle.org](http://www.foodshuttle.org)

Inter-Faith Food Shuttle (IFFS) serves children, adults, families and the elderly through proactive programs; moving beyond emergency food provision to sustainable, local solutions to food hardships. From farm to fork, IFFS teaches, grows, prepares, cooks & delivers healthy, nutritious food to people experiencing food hardship. Their programs currently serve Wake, Durham, Edgecombe, Chatham, Orange, Nash and Johnston counties. Their approach emphasizes the importance of nutrition and eating well on the health of individuals and society as a whole.

### Mobile Tastiness Machine

**Contact:** Jill Brown, Nutrition Programs Manager

**Tel:** (919) 250-0043; **Email:** [jill.brown@foodshuttle.org](mailto:jill.brown@foodshuttle.org)

**Website:** [www.foodshuttle.wordpress.com/tag/mobile-tastiness-machine/](http://www.foodshuttle.wordpress.com/tag/mobile-tastiness-machine/)

The IFFS Food Truck, the Mobile Tastiness Machine, serves nutritious, healthy meals prepared by culinary staff FREE to kids during out of school times, along with nutrition education and physical activity promotion. It makes stops in select low-income neighborhoods serving lunch and supper all summer long.

### Medical Mobile Markets

**Contact:** Kia Baker, Director of Food Recovery and Distribution

**Tel:** (919) 250-0043; **Email:** [kia@foodshuttle.org](mailto:kia@foodshuttle.org)

**Website:** [www.foodshuttle.org/program/food-recovery-and-distribution](http://www.foodshuttle.org/program/food-recovery-and-distribution)

Partnering with medical centers, IFFS provides "prescription produce" of free fresh fruits and vegetables for low-income patients with diabetes, high blood pressure and other ailments so that they can adhere to their doctor's dietary instructions, supporting their progress towards a healthy life.

### National Mobile Market

**Email:** [communications@themobilemarket.org](mailto:communications@themobilemarket.org)

**Website:** [www.vanderbilt.edu/nashvillemobilemarket/nationalmobilemarket/](http://www.vanderbilt.edu/nashvillemobilemarket/nationalmobilemarket/)

The National Mobile Market (The NMM) is committed to supporting the development of innovative solutions to food insecurity by providing fiscal, logistical and structural support to community organizations interested in creating urban mobile markets to address the growth of urban food insecurity. They actively seek partnerships with existing mobile markets to facilitate knowledge sharing by developing lists of accepted best practices and refined methods for operations, community outreach and evaluation protocols. The NMM encourages the development of preventative strategies for tackling the epidemics of obesity and diet-related diseases

Originally implemented in Nashville, TN, The NMM model provides a foundation for continuing improvement and innovation. Through a mobile grocery store route, The NMM provides food desert

communities with fresh produce, lean meats, dairy and select non-perishable items. Community residents enter through the back of a 28-foot long trailer lined with shelves of produce. Goods can be purchased with credit card, cash or EBT. In addition, recipes and cooking demonstrations occur alongside the trailer to educate customers about the simple, nutritious options available.

Building on this successful social enterprise in Nashville, The NMM seeks to grow the mobile market sector and fight food access inequity by facilitating the creation of mobile markets in other cities. By providing concrete tools and full operational support, The NMM streamlines the mobile market creation process in the hopes of battling food deserts on a national scale.

Additionally, the social enterprise approach provides an investigative opportunity for students and community volunteers alike. Through study and participation, students and volunteers learn about the interdisciplinary nature of preventative medicine. Currently, The NMM research team is researching the program's effectiveness with regard to influencing the eating habits of community members living in food deserts. The research will hopefully produce a valid, novel method of employing existing community and economic development tools to address the issue of food inequality throughout the country.

### Wayne Food Initiative (WFI)

**Contact:** Shorlette Ammons

**Email:** sammonss@ncat.edu

**Website:** [www.waynefoods.wordpress.com](http://www.waynefoods.wordpress.com)

WFI is a community wide effort in Wayne County, North Carolina to create partnerships, support youth development and build a local, sustainable food system.

#### Produce Ped'lers

**Website:** [www.waynefoods.wordpress.com/produce-pedlers/](http://www.waynefoods.wordpress.com/produce-pedlers/)

Produce Ped'lers, a program initiated by the Center for Environmental Farming Systems, employs youths to peddle bicycle rickshaws with fresh produce to neighborhoods across the city of Goldsboro, North Carolina. The main goal of the program is to increase access to fresh produce in food desert neighborhoods. It also employs young people and trains them in farmers market management.

## For-Profit Businesses

### Backyard Produce

**Tel:** (919) 348-0740

**Website:** [www.byproducebox.com](http://www.byproducebox.com)

Backyard Produce is a weekly subscription service offering five different basket sizes of local and sustainably grown produce. Backyard Produce delivers to residents throughout North Carolina, South Carolina and Virginia.

### Bella Bean Organics

**Website:** [www.bellabeanorganics.com](http://www.bellabeanorganics.com)

Bella Bean Organics is a farmer-owned online market and grocery home delivery service. They deliver fresh local and organic produce, meat, eggs, bread, cheese and specialty foods to home and businesses. Their delivery area includes Wake, Orange, Durham, Forsyth, Franklin, Alamance, Chatham, Forsyth and Guilford counties.



## LoMo Market

**Contacts:** Guenevere Abernathy, John Spencer, and Phillip M. White

**Email:** [info@LoMoMarket.com](mailto:info@LoMoMarket.com)

**Website:** [lwww.omomarket.com](http://www.omomarket.com)

LoMo's business mission is to help expand the market for local foods making it easier for farmers and local food producers to be successful by making it more convenient to buy their goods. LoMo has created a new retail experience where the local market is on wheels – a grocery bus, also known the “local food mobile,” that visits neighborhoods at set day and times.

## The Produce Box

**Tel:** (919) 904-4722; **Email:** [info@theproducebox.com](mailto:info@theproducebox.com)

**Website:** [www.theproducebox.com](http://www.theproducebox.com)

Each week, The Produce Box offers seven to eight different varieties of North Carolina farmer-grown fresh fruit and vegetable Produce Boxes. Boxes are delivered to individual homes and to places of work. Corporate members include SAS, Blue Cross Blue Shield of NC, Biogen, Quintiles, Red Hat and Rex Hospital.

## Food Hubs

### Eastern Carolina Organics (ECO)

**Contact:** Sandi Kronick

**Tel:** (919) 542-3264, **Email:** [sandi@easterncarolinaorganics.com](mailto:sandi@easterncarolinaorganics.com)

**Website:** [www.easterncarolinaorganics.com](http://www.easterncarolinaorganics.com)

ECO markets and distributes wholesale Carolina organic farm produce to retailers, restaurants and buying clubs. The business is farmer owner and 80% of sales go right back to the growers. ECO's warehouse and trucking is based centrally in Durham, NC and they work with growers across the state. By pooling diverse harvests from several regions, ECO is able to meet the demand for a steady stream of high quality, seasonal food choices throughout the year.

### Farm Fresh Ventures

**Website:** [www.farmfreshventures.com](http://www.farmfreshventures.com)

Farm Fresh Ventures is a regional food hub serving North and South Carolina. They are a cooperative and are owned by growers in Anson, Richmond, Stanly, Union and Montgomery counties in North Carolina and Chesterfield County in South Carolina.

### Feast Down East (FDE)

**Website:** [www.feastdowneast.org](http://www.feastdowneast.org)

FDE is an initiative of the Southeastern North Carolina Food Systems Project (SENCFS) that was established to create a fully integrated local food system in the Wilmington, NC area. SENCFS was co-founded in 2006 by Mac Legerton, Center for Community Action in Lumberton and Leslie Hossfeld, Public Sociology Program, University of North Carolina Wilmington, as an economic and community development initiative in response to the massive job loss and high poverty in southeastern North Carolina. FDE helps small and limited resource farmers gain access to markets such as restaurants, grocers, schools and hospitals.

### Processing and Distribution Program

**Contact:** Seth Parham

**Tel:** (910) 962-7105

**Website:** [www.feastdowneast.org/cgi/commerce.cgi?display=about](http://www.feastdowneast.org/cgi/commerce.cgi?display=about)

The FDE Processing & Distribution Program brings local farmers to the table by marketing and distributing locally grown agricultural products and locally produced value-added foods. Individuals can access these local foods through the FDE Buyers' Club. Local restaurants, markets, schools, hospitals, the Wilmington Housing Authority, assisted living facilities and other institutions have access to local foods via the FDE Wholesale Market. They also provide flash-freezing and freezer storage space for rent.

### GrowFood Carolina (GFC)

**Contact:** Sara Clow, General Manager

**Tel:** (843) 727-0091, **Email:** [info@growfoodcarolina.com](mailto:info@growfoodcarolina.com)

**Website:** [www.growfoodcarolina.com](http://www.growfoodcarolina.com)

GFC works to serve local farmers, local consumers and the local community in the Charleston, South Carolina area. GFC enables local growers access to local markets, such as grocery stores and restaurants, by providing the logistical and distribution support they need. Local consumers then have easier access to local products in traditional retail outlets. The company operates a local food warehouse where they aggregate locally grown produce from more than 20 local farms within a 120-mile radius of Charleston. GFC distributes locally grown products to more than 45 customers, including retail markets and restaurants, farm to school programs, and they are expanding to serve institutions and other food service locations.

### National Good Food Network (NGFN)

**Email:** [contact@ngfn.org](mailto:contact@ngfn.org)

**Website:** [www.ngfn.org](http://www.ngfn.org)

NGFN is bringing together people from all parts of the rapidly emerging good food system – producers, buyers, distributors, advocates, investors and funders – to create a community dedicated to scaling up good food sourcing and access.

### Food Hub Center

**Website:** [www.ngfn.org/resources/food-hubs](http://www.ngfn.org/resources/food-hubs)

The NGFN Food Hub Collaboration has selected nine Study Hubs from across the country to broadly inform the strategies and activities of food hubs nationwide. They are working closely with these food hubs and reporting extensively on their progress so that lessons can be learned from challenges and successes. The Food Hub Center produces free webinars relevant to food hubs and serves as a clearinghouse for Food Hub research.

### Pilot Mountain Pride

**Tel:** (336) 444-8000; **Email:** [sales@pilotmountainpride.com](mailto:sales@pilotmountainpride.com)

**Website:** [www.pilotmountainpride.com/](http://www.pilotmountainpride.com/)

Pilot Mountain Pride is supporting farmers in the Winston-Salem, North Carolina area by providing necessary food safety training, marketing and distribution systems to allow them to effectively sell their produce. Product is sold to participating restaurants, schools and supermarkets and through an online CSA program.

### Sandhills Farm to Table Cooperative (SF2TC)

**Tel:** (877) 940-SF2T; **Email:** [info@sandhillsfarm2table.com](mailto:info@sandhillsfarm2table.com)

**Website:** [coop.sandhillsfarm2table.com](http://coop.sandhillsfarm2table.com)

SF2TC is the first cooperative in the country where growers, farmers and staff are all equal owners. SF2TC offers a weekly box of fresh local, seasonal fruits and vegetables in the Southern Pines, North Carolina area. Each year they offer Spring/Summer and Fall subscriptions. Each week there are seven to nine different produce items. The boxes are available only to Coop members as a pre-ordered subscription.

## Priority Action: Support creation of a local or regional branding campaign

### Branding

#### Appalachian Sustainable Agriculture Project (ASAP)

Tel: (828) 236-1282

Website: [www.asapconnections.org](http://www.asapconnections.org)

ASAP's mission is to help local farms thrive, link farmers to markets and supporters, and build healthy communities through connections to local food.

#### Appalachian Grown™ Certification

Contact: Robin Lenner

Tel: (828) 236-1282, ext. 112; Email: [robin@asapconnections.org](mailto:robin@asapconnections.org)

Website: [www.asapconnections.org/find-local-food/appalachian-grown-certified-local/](http://www.asapconnections.org/find-local-food/appalachian-grown-certified-local/)

The Appalachian Grown™ logo is displayed with farm products grown or raised in Western North Carolina and the Southern Appalachian Mountains. When consumers see the logo—at stores, restaurants, tailgates and other businesses—they know they're buying fresher foods that support family farms, strengthen the local economy, preserve rural culture and protect the region's natural beauty. Individual farms, farmer groups and tailgate markets may apply for Appalachian Grown certification. Restaurants, distributors and grocers that purchase Appalachian Grown certified products may become Appalachian Grown licensed partners. Currently, participation in the program is free. Farms and businesses in these Appalachian Grown counties are eligible:

Smoky Mountains, NC: Cherokee, Clay, Graham, Haywood, Jackson, Macon, Swain

Southern Mountains, NC: Henderson, Polk, Transylvania

Central Mountains, NC: Buncombe, Madison, Yancey

Foothills, NC: Burke, Caldwell, McDowell, Rutherford

High Country, NC: Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes

Georgia: Fannin, Franklin, Gilmer, Habersham, Lumpkin, Pickens, Rabun, Stephens, Towns, Union, White

South Carolina: Anderson, Cherokee, Greenville, Oconee, Pickens, Spartanburg

Tennessee: Blount, Bradley, Carter, Cocke, Greene, Jefferson, Johnson, Knox, Monroe, Polk, Sevier, Sullivan, Unicoi, Washington

Virginia: Carroll, Grayson, Scott, Smyth, Washington, Wythe

#### NC Catch

Contact: Dorothy Killingsworth

Tel: (252) 473-8328; Email: [dorothy@darenc.com](mailto:dorothy@darenc.com)

Website: [www.nccatch.org](http://www.nccatch.org)

NC Catch supports the work of the four local seafood promotion initiatives that stretch from Currituck County to Brunswick County. Carteret Catch, Ocracoke Fresh, Brunswick Catch, and Outer Banks Catch have emerged as branding markers that guide consumers to local fish and shellfish sources. The group also helps educate consumers on the culinary and nutritional rewards of choosing local seafood, as well as the

economic, cultural and ecological benefits for local communities and for the state of North Carolina.

### Piedmont Grown

Tel: (919) 245-2330; Email: [info@piedmontgrown.org](mailto:info@piedmontgrown.org)

Website: [www.piedmontgrown.org](http://www.piedmontgrown.org)

Piedmont Grown is a certification program for farm products grown, raised and made in thirty-seven counties in the Piedmont, NC region. The Piedmont Grown certification program is managed by Piedmont Grown NC Inc., a fully incorporated organization. The cost of certification is \$25 for farms and \$50 for local food system businesses.

## Regional Food Guides

### Appalachian Sustainable Agriculture Project

Tel: (828) 236-1282

Website: [www.asapconnections.org](http://www.asapconnections.org)

#### Local Food Guide

Contact: Molly Nicholie, Program Coordinator

Phone: (828) 236-1282, ext. 102; Email: [molly@asapconnections.org](mailto:molly@asapconnections.org)

Website: [www.asapconnections.org/find-local-food/local-food-guide/](http://www.asapconnections.org/find-local-food/local-food-guide/)

ASAP's *Local Food Guide* is a free directory to family farms, farmers tailgate markets, wineries, grocers, restaurants, caterers and bakers, farm stores and stands, farms to visit, B&B's and farm lodging, apple farms, u-pick farms, CSA's and distributors in the Southern Appalachians. Online version also available at [www.buyappalachian.org](http://www.buyappalachian.org)

**Priority Action: Provide educational and networking opportunities for local and regional fruit and vegetable growers, as well as consumers interested in healthy and local foods**

### Carolina Farm Stewardship Association

Website: [www.carolinafarmstewards.org](http://www.carolinafarmstewards.org)

CFSA offers many educational opportunities for producers, consumers, and communities across the Carolinas.

#### Sustainable Agriculture Conference

For 28 years CFSA has been holding educational conferences across North and South Carolina.

Conference attendees come to learn about sustainable agriculture from top-notch speakers and educators, attend hands-on intensives and tours and have access to great networking opportunities. The conference is generally held annually in November.

#### Organic Commodities and Livestock Conference

Website: [www.carolinafarmstewards.org/oclc/](http://www.carolinafarmstewards.org/oclc/)

This conference is for farmers interested in the Carolinas' rapidly growing organic commodities sector. Trainings are provided for commercial-scale organic livestock and commodity producers.

#### Workshops and Classes

Website: [www.carolinafarmstewards.org/classesworkshops/](http://www.carolinafarmstewards.org/classesworkshops/)

Currently, CFSA has partnered with NC State Cooperative Extension Service and other partners to provide Retail Ready Workshops. Now, more than ever, farmers have the opportunity to sell their products for retail sale in grocery stores and co-ops. These classes teach growers and producers what they need to do to be able to successfully sell to larger customers. The classes provide insights on research into retail buyers and retail purchasing systems.

### Farm Tours

**Website:** [www.carolinafarmstewards.org/farmtours/](http://www.carolinafarmstewards.org/farmtours/)

CFSA's farm tours were created to better connect farmers and consumers. Visitors are able to see the reality of what goes on at a sustainable farm. They learn how farm families balance their busy lives, how they grow food in harmony with nature, and how they market their products and make it financially successful. Carloads pay \$25 for the weekend. The price allows them to visit as many farms that they can in a multi county region over Saturday and Sunday.

### North Carolina Composting Council

**Website:** [www.carolinacompost.com](http://www.carolinacompost.com)

The North Carolina Composting Council, Inc. is an authorized affiliate organization of the US Composting Council. As a state-level affiliate, the council is dedicated to the development, expansion, and promotion of the composting industry based upon sound science, principles of sustainability, and economic viability in North Carolina.

### Sustainable Spirits

**Contact:** Jorge Montezuma, Staff Engineer at Smith+Gardener

**Email:** [jorge@smithgardnerinc.com](mailto:jorge@smithgardnerinc.com)

Sustainable Spirits is a happy hour event that rotates around the Triangle in North Carolina. It is held at different establishments hoping to create spaces for people to gather, meet each other, and engage in fun and meaningful conversations around food and farming. The events are free and open to everyone interested in anything from renewable energy and solid waste to green building, organic farming and beyond.

### North Carolina State Cooperative Extension Service

**Local contact:** Rod Gurganus, Director, Beaufort County Cooperative Extension

**Tel:** (252) 946-0111; **Email:** [rod\\_gurganus@ncsu.edu](mailto:rod_gurganus@ncsu.edu)

**Website:** [www.beaufort.ces.ncsu.edu](http://www.beaufort.ces.ncsu.edu)

North Carolina Cooperative Extension Service provides a wide array of educational opportunities for both consumers and producers across the state. Contact the local office to learn about upcoming classes and trainings.

### Slow Food Charlotte

**Contact:** Thom Duncan

**Email:** [thom@spspring.com](mailto:thom@spspring.com)

**Website:** [www.slowfoodcharlotte.org](http://www.slowfoodcharlotte.org)

Slow Food works to build food communities and preserve the traditions of the table. From local and regional heirloom fruits and vegetables, to farmhouse cheeses, rare animal breeds and handcrafted wine and beer, Slow Food is dedicated to joining farms to markets and marrying soulful pleasure to the table.

### Farmers Fund

The Slow Food Charlotte Farmers Fund is a commitment to helping with the continuing education of regional farmers. Slow Food Charlotte queries local farmers for topics and specifically what authorities to bring to town to share their knowledge. The seminars, workshops or gatherings are free to farmers.

### Triangle Canning Swap

**Website:** [www.facebook.com/events/247996248652339/](https://www.facebook.com/events/247996248652339/)

This event brings together home canners from across the Triangle, North Carolina area to swap some of their best goodies. It helps to promote food preservation and the art of canning. Everyone who attends brings up to five jars of homemade jam, jelly, chutney, sauce, salsa, pickles, etc. Local ingredients are encouraged and people are also encouraged to bring copies of recipes to share. For each jar brought, participants get a chance to swap. Names are dropped into a hat and chosen at random, and names are drawn until everyone has gotten to make their allotted swaps.

## Priority Action: Support creation of a certified commercial shared-use kitchen with rentable space for food producers and entrepreneurs

### Blue Ridge Food Ventures (BRVF)

**Contact:** Chris Reedy, Executive Director

**Tel:** (828) 348-0130; **Email:** [creedy@awnc.org](mailto:creedy@awnc.org)

**Website:** [www.advantagewest.com/content.cfm/content\\_id/144/section/food](http://www.advantagewest.com/content.cfm/content_id/144/section/food)

BRFV is a Limited Liability Corporation (LLC) in Candler, NC held solely by AdvantageWest Economic Development Group. BRFV is an 11,000 sq. ft. shared-use kitchen incubator and natural products manufacturing facility that offers support in product development, guidance on regulations governing safe production of food products and dietary supplements, advice on packaging and label design, and much more.

Equipment on hand includes steam kettles, commercial ranges, roll-in rack oven, convection ovens, grill, vertical cutter-mixer, commercial mixers and food processors, tilt skillet/braiser, dehydrator, juicer/pulper, meat slicer, auger filler for dry products, grinders, apple peeler/slicer/corer, dicer/slicer for fruits & vegetables, refrigeration and freezers, bottlers/fillers, labeler, heat band sealer, vacuum sealer, weigh-fill packaging machine, etc.

### Winter Suns Farms CSA

**Contact:** Chris Reedy, Executive Director

**Tel:** (828) 348-0128; **Email:** [creedy@awnc.org](mailto:creedy@awnc.org)

**Website:** [www.wintersunfarmsnc.com](http://www.wintersunfarmsnc.com)

A service of BRVF, Winter Sun Farms is the only CSA program in the Appalachian region that offers local produce during the winter months, prepared and frozen at the peak of freshness. Once a month, December through March, subscribers pick up a box of items such as blueberries, chopped peppers, diced tomatoes, roasted butternut squash and other produce from Western North Carolina farms.

## Piedmont Farm and Agricultural Processing Center (PFAP)

**Contacts:** Matthew Roybal and Rob Gardner

**Tel:** (919) 241-4212; **Email:** [info@pfapnc.org](mailto:info@pfapnc.org)

**Website:** [www.pfap.virb.com/](http://www.pfap.virb.com/)

PFAP's mission is to improve the local agricultural economy in the Orange County, North Carolina region by enabling farmers and food entrepreneurs to start and grow agricultural product businesses. To achieve this, PFAP attempts to provide access to a regulatory compliant production facility without major capital investment, increased knowledge on how to launch and operate an agricultural products business, enhanced access to the marketplace and industry resources, industry knowledge, experience, and know-how, and opportunities to network and build collaborative relationships.

PFAP features a large selection of equipment and support capabilities. Here are just a few: four kitchens, two coolers, sub-zero freezer, storage areas, dock, offices, produce washer, convection ovens, gas ranges, 20 qt. mixer, proofer, 60 gallon steam kettle, fryer, dehydrator, juicer, UV treatment system, food processors, jar filler, shrink tunnel, vacuum sealer, label applicator, general consultations and training, product development services, advanced kitchen training, product consultation, networking, storage, etc.

## Priority Action: Create incentives to buy healthy, fresh, local foods

### North Carolina Division of Public Health - Nutrition Services Branch

#### North Carolina Farmer's Market Nutrition Program

**Tel:** (919) 707-5800

**Website:** [www.nutritionnc.com/wic/fmarket.htm](http://www.nutritionnc.com/wic/fmarket.htm)

This program works to improve the nutrition of WIC participants. It also increases farmers' share of the food dollar and helps revitalize rural areas by increasing awareness and use of farmers markets. The program works with county health departments to provide coupons for WIC-eligible pregnant and postpartum women, breastfeeding women and children 3 to 4 years old to obtain fresh fruits and vegetables at local farmers markets.

### Wholesome Wave

**Tel:** (203) 226-1112

**Website:** [www.wholesomewave.org](http://www.wholesomewave.org)

#### Double Value Coupon Program

**Contact:** Ashley Fitch, Double Value Program Coordinator

**Tel:** (203) 226-1112; **Email:** [maggie@wholesomewave.org](mailto:maggie@wholesomewave.org)

**Website:** [www.wholesomewave.org/fvr/](http://www.wholesomewave.org/fvr/)

The Double Value Coupon Program (DVCP) reaches 60 partners in 24 states and the District of Columbia, over 300 farm-to-retail venues and more than 3,200 farmers. In 2012, their nationwide network of farmers markets, farm stands, mobile markets and CSA programs increased farmers' revenue by nearly \$2.4 million in federal benefit and incentive purchases. \$1,494,860 came from federal food benefit redemption and \$884,400 from DVCP incentives.

## 2. Goal: Tilling Together!

Community members, especially the young ones, have lost the connection to the idea that healthy, fresh, local food can be grown right in our communities, can be “cool,” and does not “come from the grocery store.” Hands on learning experiences are essential to impart healthy behaviors to the next generation, and community based projects, like gardens, can energize an entire neighborhood, and promote healthier dietary choices in the adults too. Even small backyard gardens have the ability to increase a family’s food security and reduce their overall food expenses.

### General Model Programs & Technical Assistance

#### Carolina Farm Stewardship Association

##### Internship Referral Service

**Tel:** (919) 542-2402; **Email:** [info@carolinafarmstewards.org](mailto:info@carolinafarmstewards.org)

**Website:** [www.carolinafarmstewards.org/internshipreferralservice/](http://www.carolinafarmstewards.org/internshipreferralservice/)

CFSA’s online Internship Referral Service connects sustainable farms throughout the Carolinas with aspiring farmers looking for hands-on learning opportunities. Students seeking placements can browse internship listings by region and key farm name.

#### Elma C. Lomax Incubator Farm Program

**Contact:** Aaron Newton, Farm Manager

**Tel:** (704) 920-2206; **Email:** [ajnewton@cabarruscounty.us](mailto:ajnewton@cabarruscounty.us)

**Contact:** David Goforth, Cabarrus County Cooperative Extension Agent

**Tel:** (704) 920-3320; **Email:** [djgoforth@cabarruscounty.us](mailto:djgoforth@cabarruscounty.us)

Cabarrus County and Cabarrus County Cooperative Extension partnered together to develop the Elma C. Lomax Incubator Farm in Concord, NC. The farm works much like a business incubator. Individuals interested in starting a farm-based business can enroll in the program that provides classroom instruction on the business of farming in Cabarrus County as well as hands-on experience on the farm. Participants in the program develop and manage their own agriculture business while receiving guidance from staff and seasoned farmers.

The farm consists of 30.6 acres donated by Mrs. Elma C. Lomax. It is owned and operated by Cabarrus County with education and programming provided by NC Cooperative Extension – Cabarrus Center. It is a USDA Certified Organic farming operation. Transitional strategies follow a three to five year participation period at the farm and aim to help the new farms find land of their own.

#### PLANT @ Breeze Farm Enterprise Incubator Program

**Tel:** (919) 245-2050

**Website:** [www.orangecountyfarms.org/PLANTatBreeze.asp](http://www.orangecountyfarms.org/PLANTatBreeze.asp)

Located in Hurdle Mills, North Carolina, the Breeze Farm is situated on 269-acres of pastoral farmland. The Plant Incubator is a strong collaboration between the Breeze Farm, local cooperative extension centers and regional agricultural economic development professionals. The incubator seeks to revitalize agricultural activity in the Piedmont Region through training small-scale sustainable farming techniques.

The program consists of 8 workshops held on Wednesday evenings from 6 to 9 PM during January and February on the following topics:

- Whole Farm Planning
- Plants, Soils, Irrigation, & Equipment
- Planting, Harvesting, & Crop Rotations



Marketing Opportunities & Challenges  
Insects & Diseases  
Weeds, Mulches, and Season Extension  
Enterprise Development, Record keeping, Taxes, and Resources  
Integrating Livestock into your Farm

Following the workshop and completion of a business plan and crop plan, farm apprentices can lease land and utilize equipment provided by the PLANT @ Breeze Program at the Breeze Farm.

**Priority Action: Support community and school garden development that engages the youth and provides educational opportunities for growing healthy, fresh, local foods for all community members**

### American Community Gardening Association (ACGA)

**Contact:** Sara Garnet, Office Coordinator

**Tel:** (877) 275-2242; **Email:** [info@communitygarden.org](mailto:info@communitygarden.org)

**Website:** [www.communitygarden.org](http://www.communitygarden.org)

The ACGA has an e-newsletter that contains up-to-date funding/grant opportunities, hosts an annual conference, and the website contains resources for starting and maintaining a community garden, educational activities for diverse age groups, and supporting research.

### The Rebel Tomato

**Website:** [www.communitygarden.org/rebeltomato/](http://www.communitygarden.org/rebeltomato/)

This web-based tool can be used for designing and planning community gardens. *“Start a garden revolution in your community. Learn how to grow your own food, enjoy the taste of food you grow, and maybe even make a profit while you're at it. It all starts with planting the seed. Start in our Seeds section, and check out all of our interactive tools to learn how you can become a Rebel.”*

### Anathoth Community Garden

**Contact:** Chas Edens, Director

**Tel:** (336) 408-0968; **Email:** [anathothgarden@gmail.com](mailto:anathothgarden@gmail.com)

Anathoth Community Garden was born out of a community desire to come together after the murder of a community member at a rural bait and tackle store. Cedar Grove United Methodist Church in Cedar Grove, North Carolina received donated land from a congregation member, and the community garden was created as a way for the community to reconcile with the land by growing food sustainably. They have several programs that provide education to the community and engage young people in growing food.

### Appalachian Sustainable Agriculture Project

**Tel:** (828) 236-1282

**Website:** [www.asapconnections.org](http://www.asapconnections.org)

### Growing Minds: Farm to School Program

**Contact:** Emily Jackson, Program Coordinator

**Tel:** (828) 236-1282, ext. 101, **Email:** [emily@asapconnections.org](mailto:emily@asapconnections.org)

**Website:** [www.growing-minds.org](http://www.growing-minds.org)

What began as a school garden program in 2002 is now a holistic Farm to School program that incorporates school gardens with local food cooking classes and demonstrations, farm field trips and the serving of local food in school cafeterias. The program provides resources and training to teachers, schools, Child Nutrition Directors, cafeteria staff, parents, extension agents, farmers and other community stakeholders to encourage and sustain Farm to School efforts.

### Common Ground

**Contact:** Lee Albritton

**Tel:** (252) 560-2509; **Email:** [commongroundenc@yahoo.com](mailto:commongroundenc@yahoo.com)

**Website:** [www.commongroundenc.com](http://www.commongroundenc.com)

This community garden social enterprise in Eastern North Carolina serves Lenoir, Greene, and Jones counties. Common Ground focuses on youth engagement, reconnecting families with food, and using food as a means to revitalize the local economy.

### Conetoe Family Life Center

**Contact:** Pastor Richard E. Joyner

**Email:** [conetoefamily@gmail.com](mailto:conetoefamily@gmail.com)

**Website:** [www.conetoefamily.webs.com](http://www.conetoefamily.webs.com)

Conetoe Family Life Center in Conetoe, North Carolina is much more than a community garden. The Conetoe Chapel Missionary Baptist Church initiated a Health Ministry in 2001 to promote healthy living with a programmatic effort for the Conetoe area. Its purpose is to help bring resources into the community that would educate and empower the local citizens of the Conetoe area to make positive lifestyle changes around healthy eating and physical activity.

The programs offered at Conetoe Family Life Center are constituent driven and involve building relationships between community organizations, educational institutions and health care providers. They link the community to formal infrastructure and build partnerships with public health and health care institutions, schools and businesses. Their programs are designed to be culturally sensitive and provide resources that help rural families understand how to reduce the factors that lead to obesity, adopt healthier diets and increase physical activities.

### Eat Smart Move More

**Contact:** Lori Rhew

**Tel:** (919) 707-5224; **Email:** [lori.rhew@eatsmartmovemoreenc.com](mailto:lori.rhew@eatsmartmovemoreenc.com)

**Website:** [www.eatsmartmovemoreenc.com/](http://www.eatsmartmovemoreenc.com/)

Eat Smart Move More is a statewide initiative in North Carolina that promotes increased opportunities for healthy eating and works to support communities, schools, and businesses doing work in this area. The website contains many resources and toolkits, as well as a list of funding opportunities.

### Community Garden Toolkit: Growing Communities Through Gardens

**Website:** [www.eatsmartmovemoreenc.com/Gardens/Gardens.html](http://www.eatsmartmovemoreenc.com/Gardens/Gardens.html)

This free, downloadable guide describes the benefits, organizational options and resources available for community gardening efforts in North Carolina. The guide describes a community garden, its benefits, how to find or start a garden and tips for growing, storing, preparing and enjoying fruits and vegetables. In addition it highlights state and national gardening resources.

## Food Stamps Grow Gardens Initiative

Website: [www.snapgardens.org/](http://www.snapgardens.org/)

Advice for farmers and growers, SNAP participants and local government officials on how to utilize SNAP benefits for vegetable plant and seed purchases in your community. You can also request fliers, free of cost, to increase awareness at your market or agency

## Food Corps

Contact: Tes Thraves, Food Corps Co-Coordinator, Center for Environmental Farming Systems

Tel: (919) 619-8897; Email: [tes\\_thraves@ncsu.edu](mailto:tes_thraves@ncsu.edu)

Contact: Liz Driscoll, 4-H Extension Specialist, North Carolina State Cooperative Extension Services

Tel: (919) 513-7346; Email: [liz\\_driscoll@ncsu.edu](mailto:liz_driscoll@ncsu.edu)

Website: [www.foodcorps.org](http://www.foodcorps.org)

FoodCorps is a national organization that places service members in limited-resource communities where they educate children on healthy eating, build and tend school gardens and work to bring local food to school cafeterias. NC FoodCorps is hosted by NC 4-H and the Center for Environmental Farming Systems and is currently operating at six host sites. Applications are accepted yearly for new host sites.

## Friendship Gardens

Contact: Harry Owen, Program Director

Email: [henry@friendship-gardens.org](mailto:henry@friendship-gardens.org)

Website: [www.friendship-gardens.org](http://www.friendship-gardens.org)

Friendship Gardens is an expanding network of community, school, faith-based, institutional, public, private and backyard gardens in the Charlotte, NC community. They currently have sixty-one gardens growing food for the meals on wheels, all part of the Friendship Trays program. More information about Friendship Trays can be found on page 73 of this report in the section of model programs and technical assistance identified for “Goal: Connect Crops and Communities!”

## Growing Power

Tel: (414) 527-1546; Email: [staff@growingpower.org](mailto:staff@growingpower.org)

Website: [www.growingpower.org](http://www.growingpower.org)

Growing Power currently has programming in Chicago, Illinois and Milwaukee, Wisconsin. Their mission is to grow food, to grow minds and to grow community. They work to transform communities by supporting people from diverse backgrounds and the environments in which they live through the development of community food systems. These systems provide high-quality, safe, healthy, affordable food for all residents in the community. Growing Power develops Community Food Centers that provide through training, active demonstration, outreach, and technical assistance. They have multiple programs that include farming education, youth development and aquaponics. They sell their products through markets, CSA's, grocery stores, subscriptions and restaurants.

## North Carolina Community Gardening Partners (NCCGP)

Website: [www.nccgp.org/](http://www.nccgp.org/)

The NCCGP website contains a wealth of resources on issues related to community gardening. It provides a searchable database of resources by category, which includes: how to start a garden, funding, curriculum, soil,

compost, etc.. They also host a garden directory of North Carolina community gardens and a North Carolina community garden listserv that anyone can subscribe to.

### Wayne Food Initiative

**Contact:** Shorlette Ammons

**Email:** sammonss@ncat.edu

**Website:** [www.waynefoods.wordpress.com](http://www.waynefoods.wordpress.com)

### Wayne County Public Library (WCPL) Community Garden Program

**Website:** [waynefoods.wordpress.com/our-work/wcpl-summer-garden-program/](http://waynefoods.wordpress.com/our-work/wcpl-summer-garden-program/)

WCPL, in conjunction with various other community organizations, implemented the Wayne Community Garden on the grounds of the WCPL. The goal of the gardening initiative, which serves a diverse group of Wayne County youth and adults, is to cultivate plants and people through gardening. The Wayne Community Garden at WCPL has become a valuable cultural resource for its citizens, residents and visitors.

## 3. Goal: Community Cooking Classes!

Due to shrinking budgets and limited time, many people feel they don't have the resources or don't know how to prepare a healthy, fresh, local meal from scratch. It is possible to eat a high quality, nutritious meal on a limited budget that also satisfies cultural and tastes preferences.

### General Model Programs and Technical Assistance

#### The Stop Community Food Centre

**Contact:** Amanda Montgomery, Community Programs Manager

**Tel:** (416) 652-2294. Ext. 231; **Email:** [general@thestop.org](mailto:general@thestop.org)

**Website:** [www.thestop.org](http://www.thestop.org)

The Stop strives to increase access to healthy food in a manner that maintains dignity, builds health and community and challenges inequality in Toronto, Canada. The Stop has two locations: one where they provide frontline services to the community, including a drop-in, food bank, perinatal program, community action program, bake ovens and markets, community cooking, community advocacy, sustainable food systems education and urban agriculture; the other location, The Stop's Green Barn, is a sustainable food production and education center that houses a state-of-the-art greenhouse, food systems education programs, a sheltered garden, a Global Roots Garden, a community bake oven and a compost demonstration center.

**Priority action:** Expand existing and offer new educational opportunities that teach shopping for, cooking and preserving nutritious foods while adhering to a budget and maximizing the use of healthy, fresh, local foods

#### Farmer Foodshare

**Email:** [info@farmerfoodshare.org](mailto:info@farmerfoodshare.org)

**Website:** [www.farmerfoodshare.org](http://www.farmerfoodshare.org)

### Food Ambassadors Program

Website: [www.farmerfoodshare.org/programs/food-ambassadors/](http://www.farmerfoodshare.org/programs/food-ambassadors/)

The program trains volunteers as "Ambassadors" to provide cooking demos, food preparation assistance, and share educational materials with people. Website contains veggie fact sheets for a variety of vegetables that contains information on storage and simple recipes for cooking.

### Interfaith Food Shuttle (IFFS)

Tel: (919) 250-0043

Website: [www.foodshuttle.org](http://www.foodshuttle.org)

### Nutrition Education Programs

Website: [www.iffsnutritioneducation.wordpress.com/](http://www.iffsnutritioneducation.wordpress.com/)

#### Cooking Matters

National program website: [www.cookingmatters.org](http://www.cookingmatters.org)

IFFS website: [www.iffsnutritioneducation.wordpress.com/cookingmatters-2/](http://www.iffsnutritioneducation.wordpress.com/cookingmatters-2/)

A cooking-based nutrition education course designed to teach low-income families how to prepare healthy, tasty meals on a limited budget. Professional culinary and nutrition educators volunteer their time and expertise to lead hands-on courses that show adults, teens, and kids how to purchase and prepare nutritious foods in healthful, safe, and tasty ways. IFFS coordinates courses at community agencies throughout the Triangle, providing all of the tools needed for classes including visuals, handouts, and cooking equipment and ingredients. Courses meet once a week for six consecutive weeks.

#### Cooking Matters Satellite Partnerships

Contact: Jill Brown

Tel: (919) 250-0043; Email: [jill.brown@foodshuttle.org](mailto:jill.brown@foodshuttle.org)

IFFS is working with community organizations to expand the reach of Cooking Matters. As the Cooking Matters lead partner in North Carolina, IFFS provides targeted support and training to Satellite Partners who wish to facilitate their own classes. Please contact Jill Brown at the contact information above if you are interested in becoming a Satellite Partner organization.

#### Cooking Matters at the Store

National program website: [www.cookingmatters.org/at-the-store](http://www.cookingmatters.org/at-the-store)

IFFS website: [www.iffsnutritioneducation.wordpress.com/cookingmattersatthestore/](http://www.iffsnutritioneducation.wordpress.com/cookingmattersatthestore/)

Cooking Matters at the Store is a guided grocery store tour that helps low-income families make healthy and affordable choices at the supermarket. During a tour, participants practice key food shopping skills such as buying fruits and vegetables on a budget, comparing unit prices, reading food labels and identifying whole grain foods. Participants also receive handouts and recipes so they can continue practicing what they learn at home and on future trips to the store. Tours are facilitated by a wide range of local volunteers who work as dietitians, community nutrition educators, culinary professionals, extension agents, or staff of community agencies serving families in need.

### Food Matters

Website: [www.iffsnutritioneducation.wordpress.com/foodmatters-2/](http://www.iffsnutritioneducation.wordpress.com/foodmatters-2/)

Food Matters is an IFFS program that empowers low-income families to prepare healthy, tasty meals on a limited budget by introducing people to less common local produce items and educating on how best to select, prepare and store fresh produce.

### Just Food

Website: [www.justfood.org/](http://www.justfood.org/)

#### Community Food Education Program (CFE Program)

Website: [www.justfood.org/community-food-education](http://www.justfood.org/community-food-education)

The CFE Program works with NYC communities to facilitate and multiply interactive Food Education Workshops. These workshops teach CSA members, community gardeners, youth, seniors and other community members new, creative cooking skills and storage options, emphasize the direct relationship between wellness and food, provide easy to use nutrition information and explain the value of local foods and sustainable food systems.

The CFE program also trains volunteers to be Community Chefs. Community Chefs come from a variety of backgrounds and include nutritionists, professional chefs, food activists, parents, food lovers and more. After completing classes on basic nutrition, culinary skills and recipe writing, these highly motivated community mobilizers teach neighbors how to select, store and preserve fresh produce. They also help people to prepare healthy, delicious and affordable meals that are culturally appropriate.

## 4. Goal: Fill the GAPs!

Good Agricultural Practices, or GAPs, is a system of managing and minimizing risk of food borne illness in fresh produce. GAPs certification is required of any producer who seeks to sell products to public school systems or health care providers, which happen to be the largest food purchasers in Beaufort County. GAPs certification is costly, and requires training to implement on the farm. Without GAPs, growers are excluded from selling to some of the biggest local buyers, limiting the grower's growth potential as a result.

**Priority Action: Provide financial support and technical assistance for GAPs certification for Beaufort County producers who are committed to supplying the Beaufort County Schools and other local markets**

### Carolina Farm Stewardship Association (CFSA)

Contact: Karen McSwain, Farm Services Director

Tel: (919) 542-2402; Email: [karen@carolinafarmstewards.org](mailto:karen@carolinafarmstewards.org)

Website: [www.carolinafarmstewards.org/farm-services](http://www.carolinafarmstewards.org/farm-services)

#### Free One-on-One GAPs Training for Members

Website: [www.carolinafarmstewards.org/gaps-one-on-one-training/](http://www.carolinafarmstewards.org/gaps-one-on-one-training/)

This one-on-one training opportunity gives growers the chance to have a mock audit conducted on their farm. The training will help identify potential risks and provides an assessment of current practices in relation to the GAPs certification matrix.

### GAPs Cost-Share Program for Members

Website: [www.carolinafarmstewards.org/gaps-cost-share/](http://www.carolinafarmstewards.org/gaps-cost-share/)

Cost-share assistance available to producers who successfully pass a USDA GAP audit. Qualified applicants can receive up to \$600 in cost share assistance. Farmers who have received a USDA GAP certification are eligible to receive a reimbursement of documented GAP certification costs. To be eligible you must: be a CFSA member farm in North Carolina, have attended a CFSA GAP audit training and attain a USDA GAP certification during 2013 or 2014.

### GAPs Manual

Website: [www.carolinafarmstewards.org/gaps-manual/](http://www.carolinafarmstewards.org/gaps-manual/)

Many small-farm operators identify the food safety certification process as a roadblock to getting their fresh produce into food service, institutional and retail markets. Through a partnership with CFSA and North Carolina State University Cooperative Extension Services, this manual documents real-world examples of how small, diversified farms can manage food safety risk without breaking the bank and without changing their crop production practices.

### Beaufort County Cooperative Extension

Tel: (252) 946-0111

Website: [www.beaufort.ces.ncsu.edu](http://www.beaufort.ces.ncsu.edu)

North Carolina Cooperative Extension Service offers a variety of GAPs training opportunities throughout the year and across the state. Contact the local office to find out about upcoming trainings.

### North Carolina Department of Agriculture and Consumer Services

#### Cooperative Grading Service

Tel: (919) 707-3100

Website: [www.ncagr.gov/markets/NCgradesvc/](http://www.ncagr.gov/markets/NCgradesvc/)

The Cooperative Grading Service offers voluntary inspection of fresh fruits and vegetables, peanuts, tree nuts, specialty and ornamental crops. The North Carolina Department of Agriculture and Consumer Services provides the service in cooperation with the United States Department of Agriculture. The service is available by fee upon request to aid growers, shippers, brokers, receivers, processors, insurance adjusters or other financially interested parties in the packing and marketing of their product.

## 5. Goal: Maintain (and Build) the Momentum!

Current momentum and energy around healthy, fresh, local foods needs to be captured and focused. Strong and consistent leadership from within the community will be essential. Continued connections throughout the county need to be facilitated in order to achieve the other four priority goals identified in this assessment.

### General Resources & Technical Assistance

#### Carolina Farm Stewardship Association

##### How to Advocate Locally for Sustainable Food and Farms – A Brief How-To Manual

Website: [www.carolinafarmstewards.org/how-to-advocate-locally-for-sustainable-food-and-farms-a-brief-how-to-manual/](http://www.carolinafarmstewards.org/how-to-advocate-locally-for-sustainable-food-and-farms-a-brief-how-to-manual/)

Through research on local organizing done in North Carolina, CFSA created this tutorial that includes key lessons, actions steps, inspirational success stories and resources. The project began with funding from the Triangle Community Foundation and was called SALaD (Sustainable Agriculture Leadership and Development). After a series of meetings with local food activists, farmers and organizers, key lessons were documented for doing effective local food organizing in the Carolinas.

### Center for Environmental Farming Systems (CEFS)

**Contact:** Dr. Nancy Creamer, Director

**Tel:** (919) 515-9447; **Email:** nancy\_creamer@ncsu.edu

**Website:** [www.cefs.ncsu.edu](http://www.cefs.ncsu.edu)

The development of CEFS is a national model for partnership, innovation and interdisciplinary cooperation. North Carolina State University and North Carolina Agricultural and Technical State University established the CEFS with the North Carolina Department of Agriculture and Consumer Services at the Cherry Farm facility near Goldsboro, North Carolina, in 1994. These partners work closely with state and federal agencies, non-governmental organizations, farmers and citizens to provide agricultural research, extension and education. CEFS has published many resources on the food system in North Carolina, including:

#### CEFS Guide to Developing Local Food Systems in North Carolina

**Website:** [www.cefs.ncsu.edu/publications/guide-to-developing-local-food-systems-in-nc.pdf](http://www.cefs.ncsu.edu/publications/guide-to-developing-local-food-systems-in-nc.pdf)

#### From Farm to Fork: A Guide to Building North Carolina's Sustainable Local Foods Economy

**Website:** [www.cefs.ncsu.edu/resources/stateactionguide2010.pdf](http://www.cefs.ncsu.edu/resources/stateactionguide2010.pdf)

#### Summaries of North Carolina Local Food System Projects

**Website:** [www.cefs.ncsu.edu/whatwedo/foodsystems/sarepdpbfs.html](http://www.cefs.ncsu.edu/whatwedo/foodsystems/sarepdpbfs.html)

### UNC Center for Health Promotion and Disease Prevention

#### Local Foods and Sustainable Agriculture

**Contact:** Molly DeMarco

**Email:** molly\_demarco@unc.edu

**Website:** [www.hpd.unc.edu/research/sustainable-agriculture/](http://www.hpd.unc.edu/research/sustainable-agriculture/)

Consultation Services: Researchers at the Center for Health Promotion and Disease Prevention support community-based organizations working on sustainable food systems

## Priority Action: Establishment of a Beaufort County Food Policy Council

### Center for Environmental Farming Systems (CEFS)

**Website:** [www.cefs.ncsu.edu](http://www.cefs.ncsu.edu)

#### Food Policy Council (FPC) Toolkit

**Contact:** Christy Shi, Extension Associate

**Email:** christy\_shi@ncsu.edu, christy\_shi@gmail.com

Christy Shi is working with partners across the state, including Community Transformation Grant, Region 10, to create a toolkit to support the development and success of FPC's. Contact her at the information listed above for tools for councils, research on best practices, and to connect with other FPC efforts across the state.

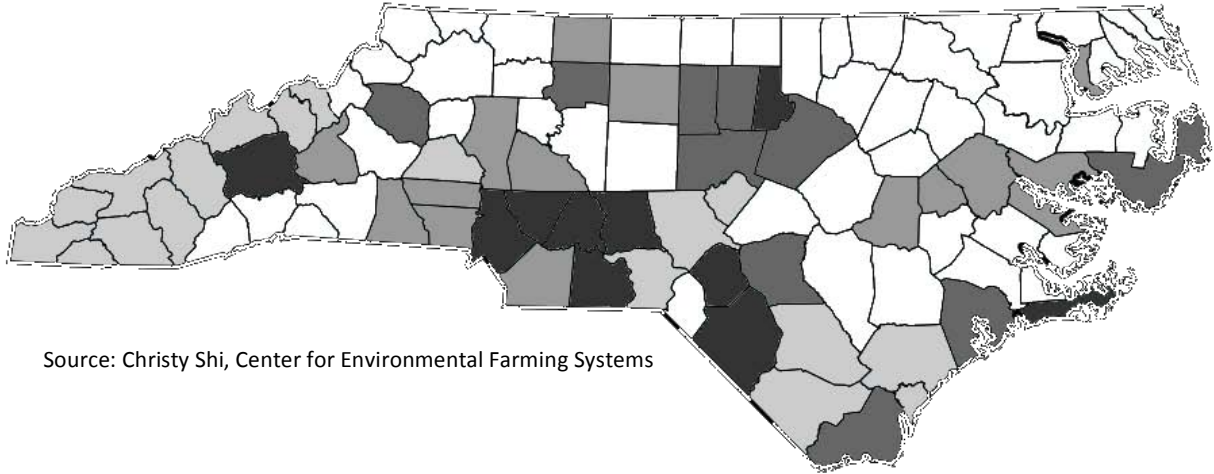


### Food Policy Council Listserv

Stay connected with current FPC efforts across the state of North Carolina. Email Christy Shi to be added to the listserv.

### Food Policy Council Efforts in North Carolina

Below is a list of **some** of the FPC's that have formed in North Carolina. The map below represents current estimated FPC development activity across the state. The darkest counties have established councils. The lighter the shade of the county, the earlier the estimated stage of FPC formation. Please keep in mind that the map and the list are not a complete representation of FPC activity across the state and both may contain out of date information.



Source: Christy Shi, Center for Environmental Farming Systems

### Asheville-Buncombe Food Policy Council

**Tel:** (992) 646-5653; **Email:** [info@abfoodpolicy.com](mailto:info@abfoodpolicy.com)

**Website:** [www.abfoodpolicy.org/](http://www.abfoodpolicy.org/)

The mission of the Asheville-Buncombe Food Policy County council is to identify and propose innovative solutions to improve local food system, spur local economic development and to make food systems environmentally sustainable and socially just.

### Cabarrus County Food Policy Council

**Contact:** Aaron Newton, Local Food System Program Coordinator, Cabarrus County Planning Department

**Tel:** (704) 920-2206; **Email:** [ajnewton@cabarruscounty.us](mailto:ajnewton@cabarruscounty.us)

**Website:** [www.localfood.cabarruscounty.us/default.aspx](http://www.localfood.cabarruscounty.us/default.aspx)

The Cabarrus County FPC was created to help identify and strengthen the connections between food, health, natural resource protection, economic development and the agricultural community.

### Charlotte-Mecklenburg Food Policy Council

**Contact:** Erin Brighton, Director

**Tel:** (704) 900-4295; **Email:** [erin.brighton@cmfpc.org](mailto:erin.brighton@cmfpc.org)

**Website:** [www.cmfpc.org](http://www.cmfpc.org)

The Charlotte-Mecklenburg FPC exists to advocate for policies that build a sustainable, equitable and healthy local food system. The goals of the council are to enhance the health of citizens, strengthen local

economies and market opportunities, and reduce hunger and food insecurity. To achieve these goals, the Charlotte-Mecklenburg FPC connects local and state organizations involved in food systems work and educates community members about the importance of healthy, fair and sustainable local food.

### Carteret Local Food Network (CLFN)

**Contact:** Catherine Elkins

**Email:** celkins143@gmail.com, carteretlocalfood@gmail.com

CLFN was formed in 2008 to strengthen the connection and bond between all eaters and their food source. CLFN is a resource for helping local agriculture and aquaculture connect to their public, serving as a bridge from local eaters to local farmers and fishermen.

### Catawba County Food Policy Council

**Contact:** Reverend Robert C. Silber

**Tel:** (828) 465-1702; **Email:** executivedirector@ecccm.org

**Website:** [www.ecccm.org/food-policy-council/](http://www.ecccm.org/food-policy-council/)

The mission of the Catawba County FPC is to bring together diverse stakeholders across the food system to provide recommendations and guidance for food program issues. The council exists to reduce food insecurity, improve consumer access, establish suggested nutritional guidelines, and enhance community awareness for food collection and distribution. The Catawba County FPC is a community-based organization, composed of a variety of groups and individuals, working on issues arising from food insecurity. The council has made a commitment to perform its work and activities in a collaborative manner. The council intends to educate and inform the public, those directly affected by food and agriculture programs, and public and legislative decision-makers about food and agriculture policy issues.

### Dare County Local Food Policy Council

**Contact:** Susan West

**Tel:** 252-995-4131 **Email:** [ridgeroad@earthlink.net](mailto:ridgeroad@earthlink.net)

**Website:** [www.facebook.com/events/264599903679800/?ref=22](https://www.facebook.com/events/264599903679800/?ref=22)

Newly formed group that is in early stages of council exploration and meetings.

### Food Youth Initiative: Youth Council

**Contact:** Tessa Thraves

**Tel:** (919) 619-8897; **Email:** [tes\\_thraves@ncsu.edu](mailto:tes_thraves@ncsu.edu)

This group engages North Carolina youth leadership dedicated to building a sustainable, local food system across the state, driven by the needs, knowledge, and vision of young people, ages of 16- 24, committed to good food access and children's wellness.

### North Carolina Sustainable Local Food Advisory Council (NC SLFAC)

**Contact:** Dr. Nancy Creamer, CEFS Director

**Tel:** (919) 515-9447; **Email:** [nancy\\_creamer@ncsu.edu](mailto:nancy_creamer@ncsu.edu)

**Website:** [www.ncagr.gov/localfood/](http://www.ncagr.gov/localfood/)

The North Carolina General Assembly sanctioned NC SLFAC in 2009 but sanctioning was removed in 2013. The mission of this statewide council is to contribute to building a local food economy, thereby benefiting North Carolina by creating jobs, stimulating statewide economic development, circulating money from local food sales within local communities, preserving open space, decreasing the use of fossil fuel and thus reducing carbon emissions, preserving and protecting the natural environment, increasing consumer access to fresh and nutritious foods, and providing greater food security for all North Carolinians. Currently, the group is continuing to meet to discuss how they can reorganize and move forward with their work.

#### Robeson County Food, Farm and Family Council

**Contact:** Mac Legerton

**Tel:** (910) 736-5573; **Email:** mac\_cca@bellsouth.net

**Contact:** Dr. Jerry Kuester

**Tel:** (910) 739-7851; **Email:** jerry@centerforca.org

This council is co-sponsored by the Center for Community Action and Feast Down East

#### Upper Pee Dee Farm and Food Council

**Contact:** Nancy Bryant, Interim Director

**Tel:** (704) 474-9134; **Email:** info@upffc.org

**Website:** www.upffc.org

The Upper PeeDee Farm and Food Council is a North Carolina un-incorporated association made up of members from Anson, Montgomery and Stanly counties in the Metralina region in North Carolina. The vision of the Upper PeeDee Farm and Food Council is a sustainable, locally based, economically resilient farm and food system.

#### Wake Advocates for Health in Action (AHA)

**Contact:** Michele McKinley, Project Coordinator

**Tel:** (919) 656-8842; **Email:** mmckinley@wakeaha.org

AHA fosters and supports community efforts to make healthy eating and physical activity the way of life in Wake County. Through collaborating partnerships, AHA works to shape policy and environments that ensure affordable access to healthful foods and physical activity. AHA also showcases and promotes these opportunities across Wake County. AHA does not create or implement programs, but facilitates partnership and collaboration between existing programs and services to create a community that works together effectively. AHA also helps identify gaps in community resources and advocates for what is needed to fill these gaps.

#### Western North Carolina Food Policy Council

**Contact:** Emily Elders

**Tel:** (828) 227-3898; **Email:** emelders@wcu.edu

**Contact:** Dr. Todd Collins

**Tel:** (828) 227-3898; **Email:** tcollins@wcu.edu

This council engages members from Clay, Cherokee, Graham, Macon, Jackson, Swain and Haywood counties and is administered through Western Carolina University's Public Policy Institute

## Johns Hopkins School of Public Health

### Center for a Livable Future

Website: [www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-a-livable-future/index.html](http://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-a-livable-future/index.html)

The work of the Center for a Livable Future is driven by the concept that public health, diet, food production and the environment are deeply interrelated and that understanding these relationships is crucial in pursuing a livable future.

### Food Policy Council Directory

Website: [www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-a-livable-future/projects/FPN/directory/index.html](http://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-a-livable-future/projects/FPN/directory/index.html)

During the summer and fall of 2013, the Center for a Livable Future surveyed FPC's across North America. The survey was conducted to update information that was last gathered by the Community Food Security Coalition in early 2012. The information includes any changes in contact information, goals and governance structures. Forming councils can add their information to the directory. As of October 2013, there are 270 total FPC's in North America, with 196 in the United States and 74 in Canada.

## Priority Action: Support countywide policies that support the consumption and promotion of local foods and that create increased opportunities for healthy food choices

### Cabarrus County

#### Local Food Purchasing Policy

It is the policy of Cabarrus County to promote economic vitality, support the health and safety of its employees and citizens, and to preserve and protect our natural resources so that future generations will have an opportunity to thrive. The Local Food Purchasing Policy was passed by the county and intended to help grow the local food economy, and to make fresher, more nutritious and better tasting food available at all County events that are catered.

Policy: *"Cabarrus County Government employees shall locally source at least 10% of all food served at county catered events and small department-sponsored meetings from food producers within North Carolina."*

#### Local Food System Program Coordinator

Contact: Aaron Newton

Tel: (704) 920-2206; Email: [ajnewton@cabarruscounty.us](mailto:ajnewton@cabarruscounty.us)

This position was created to coordinate the efforts of the Cabarrus County FPC; planning, teaching and evaluating educational programs that support a productive, economical, environmentally sound and secure local food system that enhances the community.

#### Local Food Marketing Campaign

The Cabarrus County Local Food Marketing Campaign was the creation of the FPC. The purpose is to promote local businesses that produce, distribute, process, prepare or otherwise use food grown or raised in Cabarrus County.

## Center for Environmental Farming Systems

Website: [www.cefs.ncsu.edu](http://www.cefs.ncsu.edu)

### The 10% Campaign

Contact: Robyn Stout, State Coordinator

Tel: (919) 515-0244 Email: [robyn\\_stout@ncsu.edu](mailto:robyn_stout@ncsu.edu)

Website: [www.nc10percent.com](http://www.nc10percent.com)

The 10% Campaign is working to build North Carolina's local food economy by working with communities and individuals to confirm pledges to spend 10% of their existing food dollars locally. They have a website where you can track your own progress and see statewide progress as well. Government entities and institutional buyers can also commit to spending 10% on locally produced goods, either in their cafeterias or for catered events.

### The Incredible Edible Todmorden Project

Contact: Pam Warhurst

Tel: 07582100626

Website: [www.incredible-edible-todmorden.co.uk/home](http://www.incredible-edible-todmorden.co.uk/home)

The Incredible Edible Todmorden Project is an urban gardening project started in 2008 by a group of like-minded people in Todmorden, England. The project aims to bring people together and through actions around local food, help change behavior toward the environment and build a kinder and more resilient world. The group has partnered with the town and individual community members to grow food on vacant spaces of land, and is also working on donated lands all around the town to create a major resource for growing and learning. They aim to provide access to good local food for all through working together, through learning – from field to classroom to kitchen, and through supporting local business.

Since its conception, the Incredible Edible ethos has been taken up by communities around the world where local people come together in their own time to turn abandoned pieces of land into community gardens growing food to share. There are now more than twenty other 'Incredible Edible' towns following the lead of Todmorden.

## Appendix H: Funding the Local Food System

This is a limited list of commercial and public lenders who are working to provide individualized and unique credit packages for businesses and entrepreneurs in the food and farming sector. Other strategies to raise capital for food and farming ventures, such as crowd funding, have also been identified.

**Crowd funding** is a way to finance a wide variety of activities using the collective effort of individuals who network and pool their money. This method usually takes place via the Internet and has been used to fund restaurants, community projects, mobile farmers markets, startup companies, inventions development, scientific research and civic projects.

### Indiegogo

**Website:** [www.indiegogo.com](http://www.indiegogo.com)

This crowd funding website allows users to create a webpage for a funding campaign, set up an account with PayPal, make a list of "perks" for different levels of investment, then create a social media-based publicity effort. The site charges a 4% fee for campaigns that successfully raise money to reach a pre-determined amount. For campaigns that fail to raise their target amount by the agreed upon set date, users have the option of either refunding all money to their contributors at no charge or keeping all money raised but with a 9% fee.

### Kickstarter

**Website:** [www.kickstarter.com](http://www.kickstarter.com)

Kickstarter is another crowd funding platform where project creators choose a deadline and a minimum funding goal. If the goal is not met by the deadline, then no funds are collected. Money pledged by donors is collected using Amazon Payments. Kickstarter takes 5% of the funds raised and Amazon charges an additional 3–5%.

## Natural Capital Investment Fund

**Contact:** Rick Larson, North Carolina Program Director

**Tel:** (919) 951-0113; **Email:** [rlarson@conservationfund.org](mailto:rlarson@conservationfund.org)

**Website:** [www.conservationfund.org/our-conservation-strategy/major-programs/natural-capital-investment-fund/](http://www.conservationfund.org/our-conservation-strategy/major-programs/natural-capital-investment-fund/)

Part of The Conservation Fund, the Natural Capital Investment Fund (NCIF) is a business loan fund that provides debt and equity-like financing to small businesses located in West Virginia; North Carolina; the Appalachian regions of Virginia, Kentucky, Tennessee, and Ohio; South Carolina; and south Georgia. NCIF is certified as a Community Development Financial Institution (CDFI) ; CDFI's are specialized financial institutions that serve borrowers in economically distressed communities who cannot meet the credit standards of traditional financial institutions because of perceived credit risk. Investments are structured in a variety of ways, based on transaction and borrower need, with loan amounts up to \$250,000. They specializes in: 1) "Patient" capital that leverages traditional debt from banks and other collateral-based lenders, 2) Loans for growing companies in economically distressed communities, especially promising ventures led by socially disadvantaged entrepreneurs; 3) Working capital to grow sales through increased inventory, marketing campaigns, or broker contracts; and 4) Financing for fixed assets, such as technology, equipment and real estate.

## Mid-East Commission

Contact: Sherri Respass

Tel: (252) 974-1830; Email: [srespess@mideastcom.org](mailto:srespess@mideastcom.org)

Website: [www.mideastcom.org/](http://www.mideastcom.org/)

The Mid-East Commission offers a small business loan program. Borrowers must be located in Beaufort, Bertie, Hertford, Martin or Pitt counties. Eligible borrowers can include private for profit proprietorships, partnerships or corporations. The maximum loan cannot exceed \$150,000 or 75% of project cost. The minimum loan available is \$20,000.

## Self-Help Credit Union

Contact: Steve Saltzman

Tel: (919) 956-4620; Email: [steve.saltzman@self-help.org](mailto:steve.saltzman@self-help.org)

Website: [www.self-help.org](http://www.self-help.org)

The non-profit Center for Community Self-Help (or Self-Help), combines several organizations that together provide financing, technical support, consumer financial services and advocacy for those typically left out of the economic mainstream. These entities include: Self-Help Credit Union, Self-Help Federal Credit Union, Self-Help Ventures Fund and the Center for Responsible Lending. Since Self-Help's founding in 1980, the organization has reached out particularly to female, low-income, low-wealth, rural and minority communities across North Carolina, Washington D.C., California and many other states. Current loan and credit services include business loans, environmental loans, commercial real estate loans, Small Business Administration (SBA) loans, specialty loan funds, and USDA Rural Development loans.

## Slow Money NC

Contact: Carol Peppe-Hewitt

Tel: (919) 656-8889; Email: [info@slowmoneync.org](mailto:info@slowmoneync.org)

Website: [www.slowmoneync.org](http://www.slowmoneync.org)

Slow Money NC works to connect local investors with local food and farming entrepreneurs who are working to feed their neighbors healthy, safe, agriculturally sustainable, locally grown foods. Most loans range from \$2,000 - \$3,000. As of June, 2013 over eighty loans had been made to forty food entrepreneurs and/or local food businesses around the state totaling over \$720,000.

## Funds to Farm: A Celebration of Local Food

Website: [www.fundstofarms.com](http://www.fundstofarms.com)

Organized in collaboration with the Carolina Farm Stewardship Association, *Funds to Farms: A Celebration of Local Food* is a crowd sourcing dinner series that is held at various locations to connect local farmers with small amounts of capital for a specific project or idea. Applications are recruited from farmer and food entrepreneurs who need funding for projects, then five presenters are picked to pitch their ideas. The presenters then explain the details of their idea at a dinner event. Attendees of the dinner purchase tickets for entry to the dinner and are able to vote on the recipient of the funds for the evening. The winners of the vote take home cash raised through ticket sales and donations to invest into their business ideas. Winners are asked to report back to the group at a later date on project implementation.

## The Support Center

**Contact:** Don Harrington, Small Business Lending Director and Senior Loan Underwriter

**Tel:** (919) 803-1437, ext. 231; **Email:** dharrington@thesupportcenter-nc.org

**Contact:** G. Edward Timberlake, Small Business Lending Manager

**Tel:** (919) 803-1437, ext. 228; **Email:** etimberlake@thesupportcenter-nc.org

**Website:** [www.thesupportcenter-nc.org](http://www.thesupportcenter-nc.org)

The Support Center is a statewide nonprofit and Community Development Financial Institution (CDFI) that provides small business loans and financial training to start-ups and existing businesses; and lending services to community-based organizations. In recent years, many entrepreneurs have faced significant barriers in accessing affordable capital. Tightening bank standards and a shift of focus away from small business lending by the major banks has left many communities and potential small businesses outside the financial mainstream. The Support Center launched the direct Small Business Revolving Loan (SBRL) program in 2010 to help bridge this gap. They started with a \$750,000 Intermediary Relending Program loan from the US Department of Agriculture, and have since built a revolving loan fund of nearly \$10 million in lending dollars, and a portfolio of almost \$7 million with nearly \$2.5 million in current loan requests.

The Support Center also participates in several federal programs to provide specific loan products that are not available through traditional banking institutions: USDA Intermediary Relending Program, Farming/Agricultural Lending Program, SBA Community Advantage Loan Guarantee Program and the US Department of Transportation Short Term Lending Program.



## Appendix I: Endnotes

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