



National Institute of Food and Agriculture

U.S. DEPARTMENT OF AGRICULTURE

BIOENERGY, CLIMATE, AND ENVIRONMENT
FOOD PRODUCTION AND SUSTAINABILITY
YOUTH, FAMILY, AND COMMUNITY
FOOD SAFETY AND NUTRITION
INTERNATIONAL PROGRAMS

NIFA

Central Appalachian Network
October 27, 2022

INVESTING IN SCIENCE | SECURING OUR FUTURE | WWW.NIFA.USDA.GOV

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NIFA Overview

- **National Institute of Food and Agriculture (NIFA)** is the extramural science-funding agency within USDA's Research, Education, and Economics mission area
- NIFA **invests in and supports** initiatives that ensure the long-term viability of agriculture
- NIFA provides **funding and strategic leadership** for programs that ensure groundbreaking discoveries in agriculture-related sciences and technologies reach the people who can put them into practice



Gus Schumacher Nutrition Incentive Program (GusNIP) Team

Suzanne Stluka

Deirdra Chester

Mallory Koenings

Pascale Jean

Ryan Kornegay

Stephanie Morriss

Summer LaRose

Sheila Fleischhacker

Beth Kerling

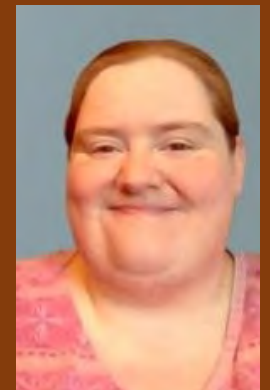
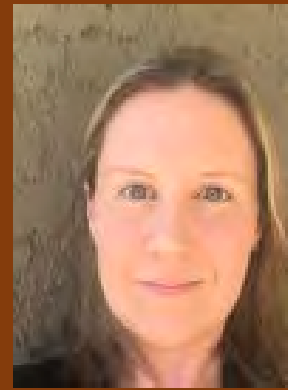
Stephanie Smith

Keeva Shepard

Heather Garcia (FNS)

Gabriel Sandler (FNS)

Marga Ortiz (FNS)





Gus Schumacher Nutrition Incentive Program (GusNIP)

Funding FY2023: \$49M

Mallory Koenings (NPL) & Pascale Jean (NPL)



Purpose	Bring together stakeholders from food and healthcare systems to foster understanding of how they might improve the health and nutrition status of participating households
Nutrition Incentive Program (collaboration with USDA FNS)	Increase the purchase of fruits and vegetables by consumers participating in SNAP/NAP by providing incentives at the point of purchase, \$36 million in FY23 <u>Pilot</u> \$100,000 up to 1 year; 100% match; <u>Standard</u> \$500,000 up to 4 years; 100% match; <u>Large-scale</u> ≥\$500,000 up to 4 years; <u>100% match</u>
Produce Prescription Program	Provide prescription vouchers to income-eligible individuals to procure fresh fruits and vegetables intended to improve dietary health through increased consumption of fruits and vegetables, reduce individual and household food insecurity, and reduce healthcare usage and associated costs, \$5 million in FY23 , Standard ≤\$500,000 up to 3 years; <u>No match</u>
Cooperative Agreement	Nutrition Incentive Program Training, Technical Assistance, Evaluation and Information Centers (NTAE), \$7 million/yr continuation for 4 years; <u>No match</u>
External Stakeholders & Eligible Applicants	<ul style="list-style-type: none">• USDA FNS• Non-Profit Organizations, Governmental Agencies/Tribal Agencies



Nutrition Incentive Program Purpose

- Bring together stakeholders from various parts of the **food and healthcare systems** to foster understanding of how they **might improve the health and nutrition** status of participating households.
- Fund and evaluate projects intended **to increase the purchase of fruits and vegetables** by **USDA SNAP** participants in all 50 States, the District of Columbia, Guam, and Virgin Islands and the **USDA NAP** participants in Puerto Rico, American Samoa, and the Commonwealth of the Northern Mariana Islands by providing incentives at the point of purchase.
- **Fruits and vegetables** are any variety of fresh, canned, dried, or frozen whole or cut fruits and vegetables without added sugars, fats, or oils and salt (sodium).



Nutrition Incentive Program Priorities

NIFA encourages projects that address the following:

- Serve underrepresented communities, such as tribal communities, communities of color, LGBTQ+, individuals with disabilities, Veterans, rural and remote communities, insular areas, or communities with residents predominantly living under the Federal poverty line and/or
- Serve underrepresented geographies, such as Alaska, American Samoa, Commonwealth of the Northern Marianas Islands, Delaware, Guam, Idaho, North Dakota, Puerto Rico, South Carolina, South Dakota, US Virgin Islands, and Wyoming.



State/Territory SNAP/NAP Agency

- Letter(s) of support (LOS)
- Applicants must submit a LOS from applicable SNAP/NAP State/Territory Agency
 - must explain the specific role of the agency, including any activities the agency is expected to conduct in support of the project.
 - identifying SNAP/NAP participants, and/or
 - sending them any correspondence related to the project
 - identify any State/Territory agency systems, including EBT systems, required to implement the proposed project along with an acknowledgment of who will bear the costs associated with any system changes if applicable.



Produce Prescription Program Purpose

- Bring together stakeholders from distinct parts of the **food and healthcare systems** to foster understanding of how they **might improve the health and nutrition** status of participating households **prescribed fresh fruits and vegetables**.
- Demonstrate and evaluate the impact of projects on (1) the improvement of dietary health through increased consumption of fruits and vegetables; (2) the reduction of individual and household food insecurity; and (3) the reduction in healthcare use and associated costs.
- **Fresh fruits and vegetables** are any variety of fresh whole or cut fruits and vegetables.



Produce Prescription Program Priorities

NIFA encourages projects that address the following:

- Serve underrepresented communities, such as tribal communities, communities of color, LGBTQ+, individuals with disabilities, Veterans, rural and remote communities, insular areas, or communities with residents predominantly living under the Federal poverty line and/or
- Serve underrepresented geographies, such as Alabama, American Samoa, Arizona, Arkansas, Commonwealth of the Northern Mariana Islands, Delaware, Federated States of Micronesia, Guam, Idaho, Maine, Maryland, Minnesota, Nevada, New Hampshire, Puerto Rico, Rhode Island, Tennessee, US Virgin Islands, Utah, Vermont, Virginia, Wisconsin, and Wyoming.



Required Healthcare Partner

The required healthcare partner(s) may include **(1) a hospital, (2) Federally-qualified health center, (3) hospital or clinic operated by the Secretary of Veterans Affairs, or (4) a healthcare provider group.** Applicants must include a statement specifying the eligibility of the healthcare partner(s) under one of the four categories.

Applicants are encouraged to seek and create partnerships with public or private, non-profit or for-profit entities, including links with academic institutions (including minority-serving colleges and universities) and/or other appropriate professionals; community-based organizations; tribal nations and local government entities; Tribal health centers, public health departments, pharmacies, school nurses, or private and public health insurance agencies and/or partnering entities for the purposes of providing additional resources and strengthening historical failure in underserved communities.



ABOUT

Who We Are

What We Do

Types of Federal Assistance

Panelist Information

How We Work

Visit NIFA

Career Opportunities

Equal Opportunity and Civil Rights

Panelist Information

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NIFA and your community request your assistance in identifying panelists and ensuring our peer review panels have the required expertise while remaining inclusive, representative, and diverse.

NIFA convenes peer review panels comprised of research, education, extension, and other subject matter experts to review competitive grant proposals. Panelist duties include reviewing proposals; drafting and submitting individual scores and written reviews; attending and participating in a panel meeting. During the panel meeting panelists discuss and reach a group consensus on proposal rankings. Panels may be conducted via teleconference or at in person meeting spaces. If you are interested in participating, NIFA uses a Peer Review System (PRS) to collect volunteer information.

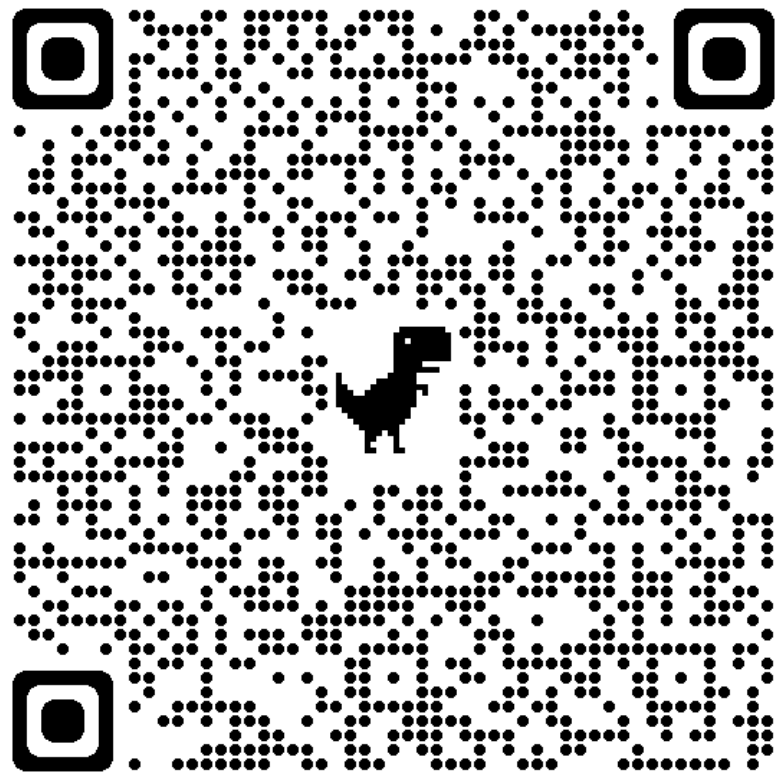
[Click here to access PRS.](#)

BECOMING A PANELIST

REGISTRATION INFORMATION

If you are interested in serving on a peer-review panel, you can provide your contact information by visiting NIFA Peer Review System and clicking on the "Panelist Recruitment" link in the "Volunteer" section. You will be asked to provide your contact information and expertise.

In addition, a voluntary questionnaire will appear that is used to gather race, ethnicity, gender, and other information. NIFA collects this information from everyone who participates in USDA activities to allow us to evaluate participation and improve processes in accordance with applicable equal opportunity and civil rights laws. The information you provide will not be used to determine your eligibility to participate in this program. The use of this information will help USDA/NIFA to:





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Breathitt County Farmers Market

3215 Quicksand Road Jackson, KY



12. Any market vendor or customer can address a grievance or concern with the Farmer's Market Board. To initiate a grievance, it must be in writing and delivered to Reed Graham at the Breathitt County Extension Service. The board will address the issue within 2 weeks.

13. The price of all products at the market must be labeled.

14. All vendors must be Produce Best Practice Trained (PBPT).

NOTICE
NO
UNAUTHORIZED
USE OF
SHELTER
OR GROUNDS
PERMITTED

Market Manager
Harold Holbrook
(606) 666-8812







Thank you!



FOOD JUSTICE

IN

Northeast Tennessee



APPALACHIAN
R&D COUNCIL



APPALACHIAN RESOURCE CONSERVATION & DEVELOPMENT COUNCIL

Our mission is to conserve natural resources and improve rural economies through community leadership and enhanced educational opportunities.

arcd.org

APPALACHIAN FARMACY

Series of three sister-programs focused on reducing food insecurity in Northeast Tennessee and improving health outcomes by making fresh, local produce more accessible and incentivizing physical activity.



FARMACY FIT

- Walk one mile get \$3-5 in tokens for produce
- Free and open to all
- Producers accept tokens and are reimbursed by the markets which are then reimbursed by ARCD
- Funded this season by Eastman, TN Dept of Health (Project Diabetes)
- ~1,500 participants May-Oct 22



BUILD IT UP BUCKS

- Installed school garden at Fall Branch School
- \$5 vouchers distributed to students who participate in school garden project
- Vouchers can be redeemed at Jonesborough Farmers Market for produce
- \$8,000 distributed this year
- Funded by TN Dept of Health (Project Diabetes)



FARMACY

- Launching Spring 2023
- Partnerships established with local clinics & primary care facilities
- Providers will write “prescriptions” for fruits and vegetables.
- Prescriptions double as vouchers for free produce
- Funded by GUSNIP

NORTHEAST TENNESSEE FOOD POLICY COUNCIL

- Inaugural meeting to be held in November
- Goals:
 - Increase local public **investment in** food system.
 - › *Engage business, political, and community leaders as advocates.*
 - Increase **access to** local food system.
 - › *Soft infrastructure improvements and advocacy for hard infrastructure.*
 - Increase **consumption of** local food.
 - › *Promote local farmers and markets under a regional brand.*
 - › *Provide training and technical assistance to farmers to diversify their businesses and improve their efficiency and reach.*
- Funded in 2022 by TDA, 2023-2025 by USDA RFSP

CAN FOOD SUMMIT

COWAN COMMUNITY ACTION GROUP

CITY OF WHITESBURG FARMERS MARKET

VALERIE HORN



Photo by Malcolm Wilson, Humans of Central Appalachia

Valerieisonhorn@gmail.com

606-634-9468

Cowan Community Action Group, Inc.

Director

Whitesburg Farmers Market

Board Chair

Community Agricultural Nutritional Enterprises, Inc.

Board Chair

Appalshop

Board Member

Community Farm Alliance

Board Member

UK Community Champion Cabinet

What's Next EKY

Foundation for a Healthy KY Policy Champion

Letcher County Culture Hub

Appalachian Groundswell

Community Engagement

LETCHER COUNTY WHITESBURG, KENTUCKY

- Whitesburg, population 1,843, county seat of Letcher County, population 21,553 is at the foothills of Pine Mountain on KY/VA border.
- Per capita income: \$18,811.00
- Unemployment rate: 8 (2019)
- Persons in Poverty: 7,269 (2018)
- Children in Poverty: 2,116 (2018)
- Free/Reduced Lunch Rate: 73%
- SNAP Recipients: 6,862 (2017)

Source: Economic Research



Photo courtesy of Martin Richards

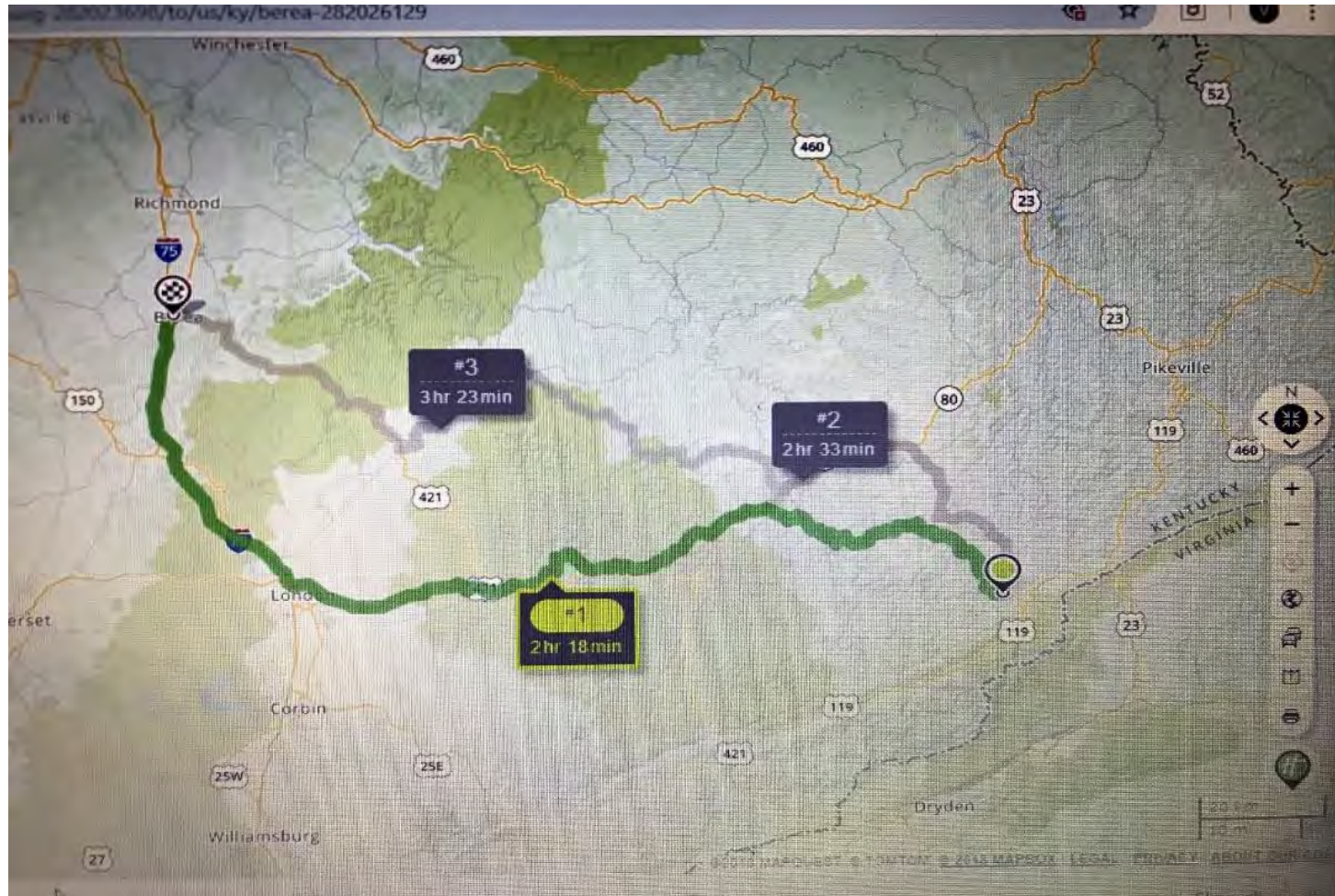
LETCHER COUNTY HEALTH/WELLNESS

KENTUCKYHEALTHFACTS.ORG

	Letcher County	Kentucky
Premature Death (years lost per 100,000)	12,289	9,034
Less than Good Health (% Adults)	37%	23%
Prevalence of Diabetes (% Adults)	23%	13%
Prevalence of Hypertension (% Adults)	56%	39%
Heart Disease Deaths (per 100,000)	248	195
Stroke Deaths (per 100,000)	40	39
Prevalence of Obesity (Percent Adults)	40%	35%
Prevalence of Overweight (Percent Adults)	75%	68%
Lack of Physical Activity	44%	32%
Recommended Fruit/Vegetable Intake	8%	9%

LIFE EXPECTANCY YEARS PER MILE

PROXIMITY.COM



FARMACY PROGRAM

MOUNTAIN COMPREHENSIVE HEALTH CORPORATION, INC.



FARMACY

YOUR PRESCRIPTION FOR LOCAL HEALTHY FOOD

A prescription to spend at the Letcher County Farmers' Market.



PASSPORT
HEALTH PLAN



COMMUNITY
FARM
ALLIANCE

A PRESCRIPTION FOR BETTER HEALTH



Communicate w/Market
Identify and Recruit Patients
Obtain Pre/Post Health Measures
Procure Funding w/Market & CFA
Renew Prescriptions Weekly
Monitor Patient Redemption
Provide Funding w/Market
Reports to Funders
Connect w/support Growers

Market Support

Farmacy Director @ MCHC
Staff Support @ Market (2)
Water

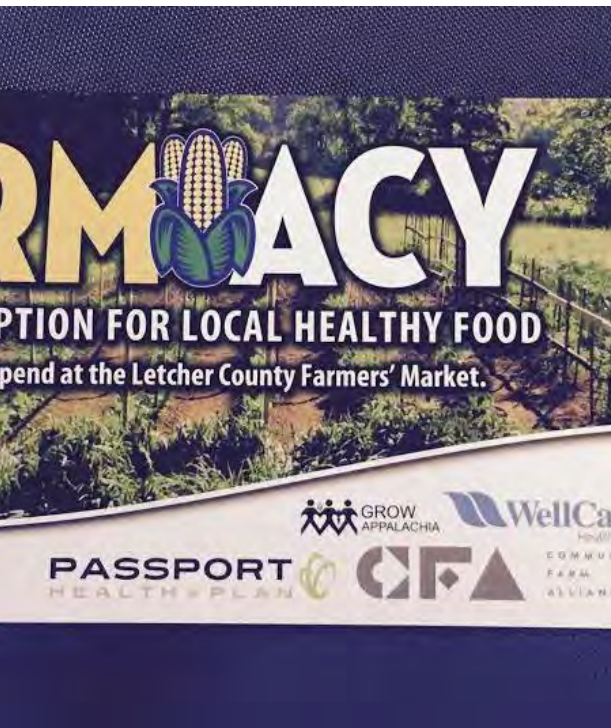


Market Roles and Responsibilities

- Build Relationship with Medical Care Provider
- Understand their goals
- Get Grower Support
- Meet Supply Demands
- Interact w/Patients
- Meet Special Needs
- Supply Financial Reports
- Reimburse Growers
- Maintain Financial Records
- Manage the Demand
- Relationships....Relationships



FARMACY AT THE MARKET



FARMACY PROGRAM AT THE MARKET

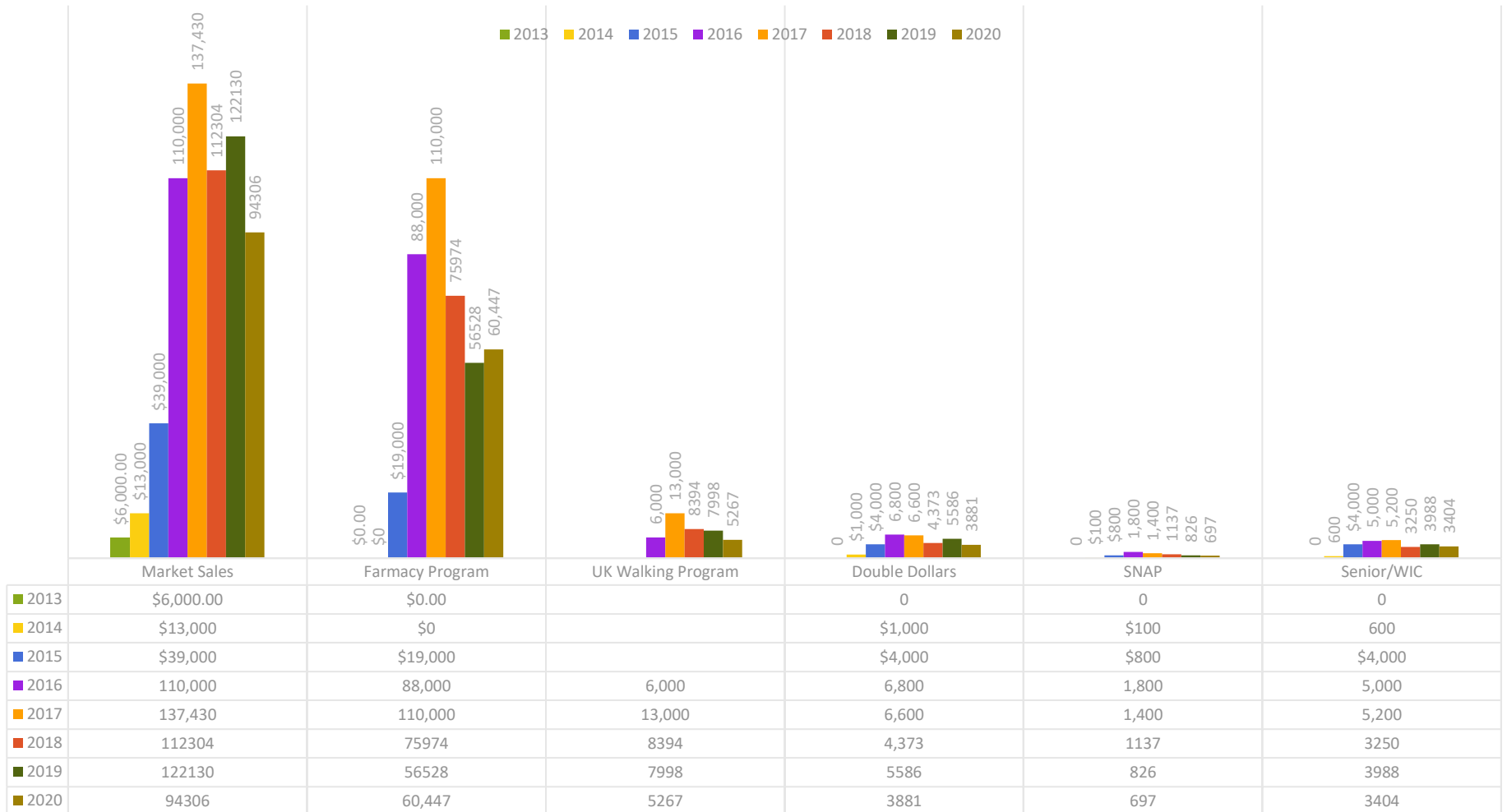
- STEP 1: PATIENTS PRESENT PRESCRIPTION TO MARKET MANAGER
- STEP 2: MANAGER REDEEMS FOR MARKET MONEY
- STEP 3: CUSTOMERS PURCHASE FRESH FRUITS/VEGETABLES
- STEP 4: GROWERS REDEEM MARKET MONEY AT THE END OF THE MARKET



*Design by John Haywood,
The Parlor Room Tattoo Shop*



CITY OF WHITESBURG FARMERS MARKET SALES WHITESBURG, KENTUCKY



MCHC FARMACY PROGRAM 2017





MCHC FARMACY 2020





UK TANGLEWOOD TRAIL WALKING PROGRAM

PROVIDING A \$10 VOUCHER SIGNIFICANTLY IMPROVED SEVERAL MEASUREMENTS FROM PRE – POST-INTERVENTION IN BOTH GROUPS (TOTAL CHOLESTEROL, LDL CHOLESTEROL, HBGA1C). BUT IT SEEMS THAT WALKING REALLY MADE THE DIFFERENCE IN INCREASING HDL CHOLESTEROL AS ONLY THE WALKERS SIGNIFICANTLY INCREASED THEIR HDL CHOLESTEROL FROM PRE- TO POST-INTERVENTION.

WE ALSO SAW THE OTHER MEASUREMENTS NUDGE IN THE DIRECTION OF DECREASES, BUT THEY WERE NOT SIGNIFICANT DECREASES.

EKY DIABETES PREVENTION PROGRAM
MIMI PICKERING, WMMT APPALSHOP
LORAN STURGILL, COMMUNITY LEADER



EKY DIABETES PREVENTION PROGRAM

MIMI PICKERING, WMMT APPALSHOP





SUMMER FEEDING PROGRAM

Youth <18 eat free at the market.

USDA Summer Feeding Site
Sponsored by Cowan Community
Action Group, Inc.

Letcher County Free/Reduced rate
is 72%. All students in LCPS
receive free lunch.

Mountain Comprehensive Health a
Corporation and UK sponsors
when summer program ends.

Produce purchased from growers
and prepared by cafeteria workers
on site in food booth donated by
Kentucky State University.

Over 2,400 meals served in 2017.

2020 USDA SUMMER FOOD SERVICE PROGRAM
COWAN COMMUNITY ACTION GROUP, INC.
CANE KITCHEN





SUMMER MEALS

Offered by: CANE Kitchen and Cowan Community Center

POTENTIAL LETCHER COUNTY CULTURE HUB
AND PARTNER DISTRIBUTION SITES:

- Kingscreek Fire Department
- Hemphill Community Center
- Gordon Fire Department
- Mayking Fire Department
- Sandlick Fire Department
- Carcassone Community Center
- MCHC Leatherwood Clinic
- Jenkins New Freedom Church
- Neon First Church of God

WHAT IS A MEAL KIT?

Each meal kit will have **ingredients** to prepare breakfast and lunch or dinner for **7 days**. You may receive items such as milk, cereal, a box of pasta, tomato sauce, and fresh fruit.

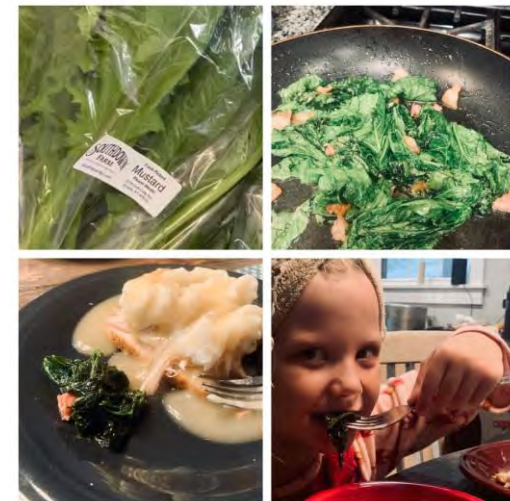


WHAT YOU
MIGHT
RECEIVE

Visit this link to register for your meal kit today:

<https://docs.google.com/forms/d/1wE2fpQ8th00edLNqSeH9IQ86U2UAIX9A33tT3Ho7Ky8/edit?ts=5eac59880u>

QUESTIONS? CONTACT BRANDON FLEMING
BRANDON@CANEINC.ORG



COWAN AND CANE SUMMER MEALS

700,000 Meals served – May-August

2,489 Families Registered

4,907 Children Registered



Kids on the Creek Summer Camps
Berea Appalachian Fund



Cowan Creek Mountain Music School



Levitt Amp Whitesburg Music Series

COWAN COMMUNITY ACTION GROUP, INC.



Grow Appalachia Cowan Community Center

10th as a Grow Appalachia site.

400 Families Served

Free soil preparation

Free organic garden products

Cash for crops

129,000 lbs. of produce harvested in 2020.

Best practices in sustainable and organic gardening

Food preservation workshops, with 2400 jars of produce canned

Farmers Market Support

Grower support/certification fees, etc.



FOOD PRESERVATION
COWAN CREEK CANNERS



Letcher County Culture Hub

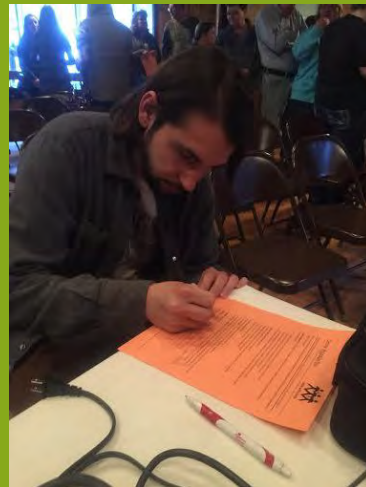


City of Whitesburg Farmers Market

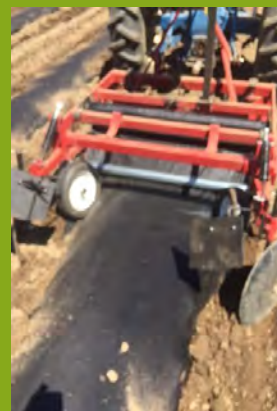


USDA Summer Food Service Program


COWAN COMMUNITY ACTION GROUP, INC.



GROW APPALACHIA



COMMUNITY AGRICULTURAL NUTRITIONAL ENTERPRISES, INC



**CANE
OPENS
DOORS**

**AUGUST 30TH
10AM - 1PM
38 COLLEGE HILL
WHITESBURG, KY**

**10am - Brunch
11am - Program
12pm - Demos**

**COME VISIT OUR NEW
COMMUNITY KITCHEN!**

Community Agricultural Nutritional Enterprises, Inc.
REGIONAL COMMUNITY KITCHEN PROMOTING EAST KENTUCKY AGRICULTURE

Mountain Comprehensive Health Corporation
Governor's Office of Agricultural Policy
Appalachian Impact Fund
Cowan Community Action Group, Inc.
Kentucky Center for Rural Development
United States Department of Agriculture

City of Whitesburg
Kentucky State University
Grow Appalachia
Community Farm Alliance
Community Trust Bank
Hindman Bank
Letcher County Extension Office

PLEASE JOIN US!





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PARTNER SUPPORT

Mountain Comprehensive Health Corporation
Cowan Community Center
The City of Whitesburg
Central Appalachian Network
KY State University
University of Kentucky
UK Super Fund Research
UK College of AG Food & Environment
UK Gill Heart Institute
UK Appal TREE Project
Marshall University
Berea College Ap Fund
Berea College Brushy Fork
Virginia Tech Univ
Duke/NC Robertson Scholars
USDA Summer Food Service
Division of School Comm. Nutrition
Community Enterprises
Nutritional Enterprises
Grow Appalachia

- Brook T. Smith Foundation
MACED
KCARD
KY Division of Forestry
Governors Office of AG Policy
State Rep Angie Hatton
WellCARE
Passport Health Plan
BBT
Delta Dental
LabCorp
Humana
ARH
Partnership for a Fit KY
Mountain Heart Center
Annie's Frugal Finery
The Parlor Room
KY Technical Assistance Program
WIC Farmers MKT Program
Senior Farmers MKT Program
Appalshop/WMMT
Hindman TV
Mountain Eagle
News Press
Humans of Central Appalachia
Letcher County Culture Hub
Letcher County Public Schools
Letcher County Veterans Museum

Letcher Health Department
Letcher County Senior Citizens
Letcher County Extension
Letcher County Library
Letcher County Jail
Letcher County Fiscal Court
Letcher Housing Authority
Letcher JR ROTC
Letcher County Conservation
USDA Natural Resources
City of Whitesburg/Letcher
Farmers Market
Hand Barrow
KY Headwaters
Epsilon Phi
Hemphill Community Center
Mountain Shrine Club
Mountain Heritage Festival
Whitaker Bank
Community Trust Bank
Hindman Bank
KY Farm Bureau
Center of Disease Control
Appalachian Regional Commission

Icing on the Cake
LKLP Community Action Council
KY Proud
Appalachian Proud
KY Dept of Agriculture
KY Dept of Public Health
Heritage Kitchen
Thirsty Heifer
Foundation for Appalachian KY
Mountain Garden Initiative
Superior Printing
Appalachian Impact Fund
Foundation for Eastern Kentucky
The Education Foundation
Pepsi

WHAT'S NEXT?

NRCS HIGH TUNNEL FOCUS PROJECT
AMLER/KADF MARKET PAVILION
ARC/USDA RCAP RAISING CANE
USDA REGIONAL COMMUNITY FOOD PROJECT



THOUGHTS

COMMUNITY FOOD INITIATIVES

COMMUNITY GARDENS

Equitable access to garden space, resources, & education

DONATION STATION

Access to local, healthy food; food waste reduction

VEGGIE VAN

Mobile, donation-based farm stand that serves rural areas



SCHOOL GARDENS

Lessons & activities engaging students with nature and our food

DISCOVERY KITCHEN

Recipes and cooking instruction to promote eating seasonally & locally

NOURISHING NETWORKS

Food justice workshops and community-led food access projects

Our programs:

INSPIRE future gardeners
NURTURE families & nature
CONNECT neighbors
SHARE beauty and joy
STRENGTHEN economies
GROW resiliency



CFI has been fostering communities where everyone has access to an equitable, inclusive, and thriving local food system throughout Appalachian Ohio since 1992.

communityfoodinitiatives.org



Community
and School
Gardens

Donation
Station
and
Veggie Van

Community
Engagement





The Nourishing Networks Model



The Goals of Nourishing Networks

- **Facilitate meaningful discussion** by bringing *diverse* community voices to the table
- **Unpack & identify** food insecurity as a *systemic issue* rather than the result of individual poor decision making
- **Understand barriers** to food access by *listening and learning* from folks who live and work in the community
- **Identify resources and strategies** for creating better food access in the community
- **Empower participants** to plan and facilitate their own food access projects



The Nourishing Networks Model



In Community Food Initiatives' Nourishing Networks projects, trained facilitators host workshops that provide data and terms, facilitate discussion of barriers and strategies for food access, and support planning community-led food access projects, with a goal to encourage action-centered, community led solutions to food insecurity.

Nourishing Networks is a framework that supports collaborative spaces that engage diverse local stakeholders and address regional food access inequities and health disparities.

Our workshops are built on the curriculum from the West Virginia University Food Justice Lab:

<http://foodlink.wvu.edu/nourishing-networks-curriculum/>

Why Does Food Justice Matter?



This perspective empowers us to...

- Collaborate with more ***diverse*** stakeholders
- Better understand and ***advocate*** for the communities we serve
- Develop more ***effective solutions***

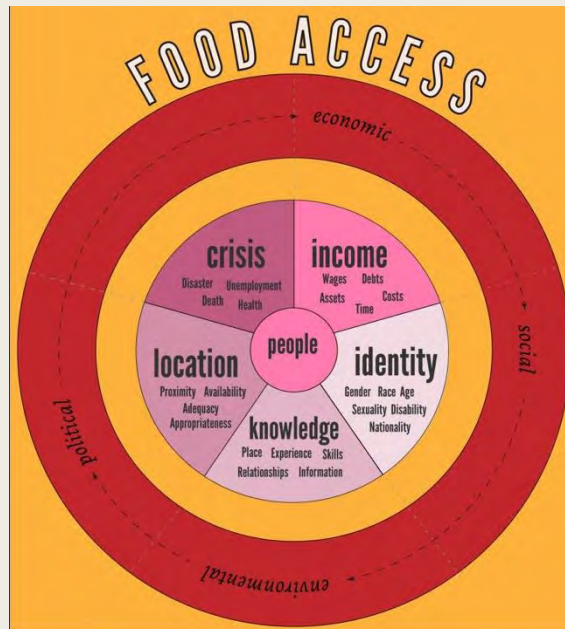
Food Justice in Action

Nourishing Networks

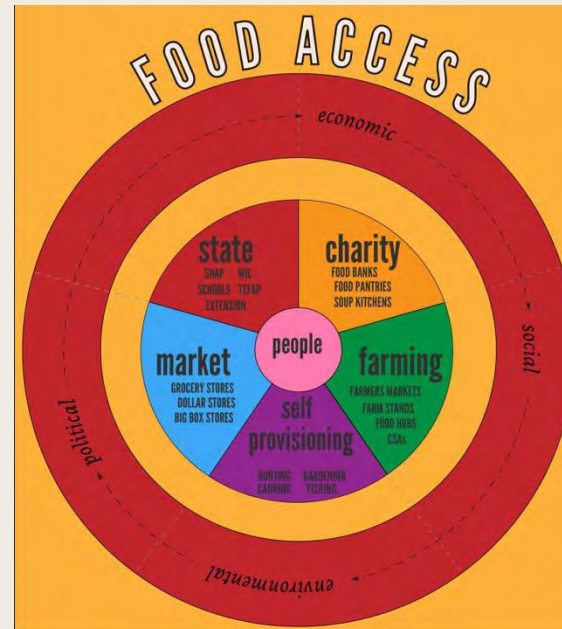
Nourishing Networks is a three-part workshop series that brings together diverse community stakeholders to identify barriers & implement strategies to expand community food access.

The goal is to empower community members as leaders and decision makers in community development.

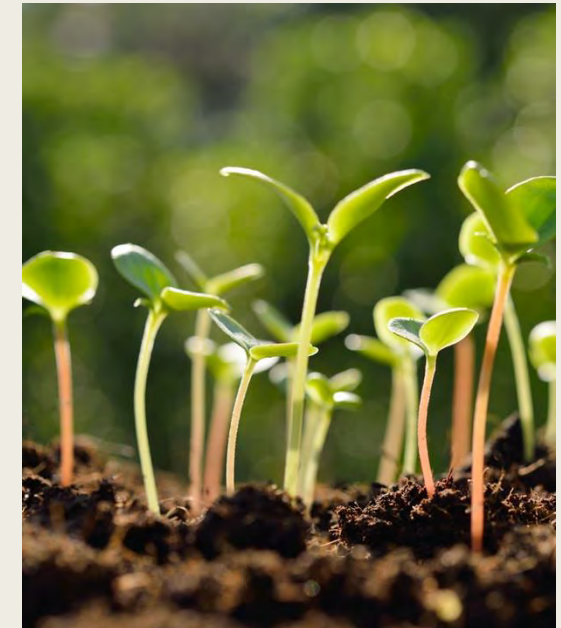
Session 1



Session 2



Session 3



Food Access Barriers

Location



Identity



Crisis



Income



Knowledge



State



Food Access Strategies/Resources

MEALS
on WHEELS

Community

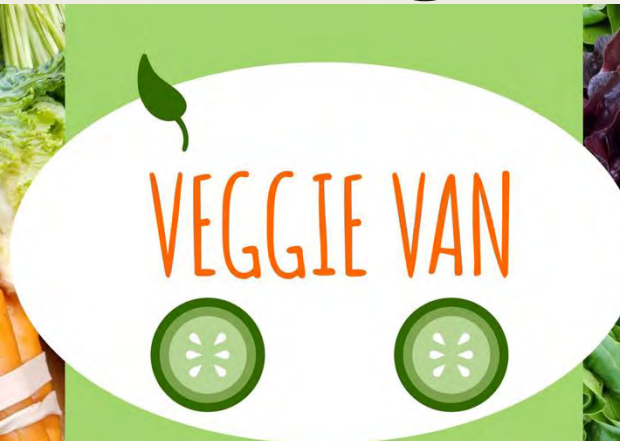
Charity



Self-Provisioning



Farming





Participant-Led Food Access Projects

- **Review** the top barrier(s) and strategies identified by participants
- **Discuss & brainstorm** project ideas
- **Connect** participants with the resources they need
- **Support** participants to successfully carry out projects

Project Ideas from Sessions 1 & 2

- ***Classes/Education Projects***

(potentially held at the Library)

- *Budgeting Classes*
- *Classes on Canning/Preserving*
- *Cooking classes to help people learn to prepare produce*

- ***Community Projects***

- *Starting a Community Dinner at the United Methodist Church or Elementary School*
- *Starting a Community Garden or Gardening Education Program(s)*
- *Starting a Community Cookbook (possibly with classes to make the recipes)*





Nourishing Networks

Participant-Led Projects Across SE Ohio

Community Beehive Project in Nelsonville



WHAT'S THE BUZZ?



Hey folks!

The bees seem to be settling in just fine! I'm still waiting another day or two to open the hive, but I stopped by to check on them and it seems like they're doing well. There were bees going in and out of the hive, doing normal bee stuff, so that seems good! I'll let you know how the first hive check goes!



Here's a few photos from decorating the hives. This beautiful artwork is curtesy of myself, Dottie Fromal, Margaret Gingerich, and Farm interns Dekota and Josh. We had a great time, and the hives came out really colorful and cheerful!



Raised Garden Bed Workshops in Glouster

Build-A-Box



FREE Raised Garden Boxes!



Are you interested in having a small raised garden at your home? Come build your own FREE garden box and have it delivered to your home!



Soil and plant starts included!

Open to residents of the Glouster/
Trimble/Jacksonville area



Come join us! No need to register!

Glouster Memorial Park (near the Veggie Van)

Friday, May 21st, 3pm-6pm

Friday, May 28th, 3pm-6pm

Friday, June 11th, 3pm-6pm

Jacksonville

(near the stage)

Saturday, May 22nd

10am-2pm

If these times do not work for you or you are unable to build your own box, please contact us to receive your garden box! Call/text or email _____ to make arrangements!

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Community
Food Initiatives

Food Access Workshop Series in Coolville

Enjoying Summers Bounty

a series of workshops presented by
Nourishing Networks Coolville (NNC)

Nourishing Networks Coolville is presenting three workshops with the goal to improve food access to a minimum of 10 participants and their families.

1

"Making It Through"

August 3, 6-8pm



How to stretch limited income into the 4th week when funds have been completely spent. This workshop will address budget planning for people on SNAP, Social Security or Retirement.

2

"Putting Up"

August 19, 5:30-8:30pm



a hands-on workshop to learn canning and freezing produce when in season. Participants will learn these skills to stretch their food budget.

3

"Enjoying Summer's Bounty"

September 9, 5:30-8pm



a traditional Appalachian potluck meal using seasonal produce and fruit. NNC will provide recipes and produce for participants to prepare their potluck items.

Gift Cards will be provided to participants who complete 2 of the 3 workshops.

Workshops will be held at the
Coolville Library

26401 Main Street
Coolville, Ohio 45723

For more information contact _____



Resources and More Info

CFI also offers “train the trainer” workshops on facilitating conversations that empower community members to work together with organizations to increase food access and security.

To learn more about CFI please visit

<https://communityfoodinitiatives.org>

<https://communityfoodinitiatives.org/news-events/newsletter-social-media.html>

<https://communityfoodinitiatives.org/programs/nourishing-networks.html>



Programs at ARCD that Promote Community Empowerment within the Local Food System

Rosie McVeigh, Appalachian RC&D Council



Build It Up Backyard Gardening

- Teaching families how to grow food in their own backyards
 - We serve families in a tri-county radius in East Tennessee
 - Focus on accepting low income families, individuals living on disability, single parent families, and folks living on SNAP/EBT benefits
 - 6 workshops on how to start and maintain a vegetable garden
 - Material distributions for everything needed for an in ground vegetable garden
 - Food preservation workshops throughout the year
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Summer Field School

- 8 on-farm workshops throughout the summer
 - Focus on small-scale, sustainable farming practices i.e. no till, organic, rotational grazing, silvopasture, etc.
 - Work with NRCS and UT Extension to educate beginning farmers on cost-share opportunities and resources for beginning farmers
 - Region served: 10 counties of East Tennessee
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Winter Business Intensive



- A course for beginning farmers who want to learn the business side of farming
 - 8 workshops, November-March, on business, marketing, and financial planning
 - Work with Extension, NRCS, FSA, TDA, Farm Bureau
 - Full scholarships for veteran, minority, and limited resource farmers
 - Region served: 10 counties of East Tennessee
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Women Farmer Learning Circles

- A group of women farmers in East TN
 - Meet once a month to learn a new skill
 - Past workshops include: mushroom inoculation, fruit tree grafting, on-farm chicken processing, tractor maintenance
 - Excellent way for women farmers to network and gain new ideas to improve their farms
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Women Preserving Farmland for the Future

- A series of 3 workshops twice a year for women farmers who have inherited land and want to learn how to preserve their farmland for future generations.
 - Taught by women in the industry
 - Each series of workshops takes place in a different county
 - Topics covered: leasing, easements, estate planning, financials, natural resource conservation, and succession planning
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