Non-Discrimination Statement

https://www.usda.gov/non-discrimination-statement

• In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs, are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

• Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible agency or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

• To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax (202) 690-7442; or (3) email: program.intake@usda.gov.

• USDA is an equal opportunity provider, employer and lender.
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**  
- **Pilot** $100,000 up to 1 year; 100% match;  
- **Standard** $500,000 up to 4 years; 100% match;  
- **Large-scale** ≥$500,000 up to 4 years; 100% match.

### 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; No match.

### Cooperative Agreement

Nutrition Incentive Program Training, Technical Assistance, Evaluation and Information Centers (NTAE), **$7 million/yr** continuation for 4 years; No match.

### External Stakeholders & Eligible Applicants
- 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 Marianas 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.
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 Marianas 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.
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.
Panelist Information

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. Panelists' 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 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:
Thank You!
Breathitt County Farmers Market
3215 Quicksand Road Jackson, KY
Thank you!
FOOD JUSTICE

IN

Northeast Tennessee

APPALACHIAN R&D COUNCIL
Our mission is to conserve natural resources and improve rural economies through community leadership and enhanced educational opportunities.
**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
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)
- Children in Poverty: 2,116 (2018)
- Free/Reduced Lunch Rate: 73%
- SNAP Recipients: 6,862 (2017)

Source: Economic Research

Photo courtesy of Martin Richards
<table>
<thead>
<tr>
<th>Health Indicator</th>
<th>Letcher County</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td>Premature Death (years lost per 100,000)</td>
<td>12,289</td>
<td>9,034</td>
</tr>
<tr>
<td>Less than Good Health (% Adults)</td>
<td>37%</td>
<td>23%</td>
</tr>
<tr>
<td>Prevalence of Diabetes (% Adults)</td>
<td>23%</td>
<td>13%</td>
</tr>
<tr>
<td>Prevalence of Hypertension (% Adults)</td>
<td>56%</td>
<td>39%</td>
</tr>
<tr>
<td>Heart Disease Deaths (per 100,000)</td>
<td>248</td>
<td>195</td>
</tr>
<tr>
<td>Stroke Deaths (per 100,000)</td>
<td>40</td>
<td>39</td>
</tr>
<tr>
<td>Prevalence of Obesity (Percent Adults)</td>
<td>40%</td>
<td>35%</td>
</tr>
<tr>
<td>Prevalence of Overweight (Percent Adults)</td>
<td>75%</td>
<td>68%</td>
</tr>
<tr>
<td>Lack of Physical Activity</td>
<td>44%</td>
<td>32%</td>
</tr>
<tr>
<td>Recommended Fruit/Vegetable Intake</td>
<td>8%</td>
<td>9%</td>
</tr>
</tbody>
</table>
LIFE EXPECTANCY YEARS PER MILE
PROXIMITY.COM
FARMACY PROGRAM
MOUNTAIN COMPREHENSIVE HEALTH CORPORATION, INC.
A PRESCRIPTION FOR BETTER HEALTH

YOUR PRESCRIPTION FOR LOCAL HEALTHY FOOD

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Market Sales</th>
<th>Farmacy Program</th>
<th>UK Walking Program</th>
<th>Double Dollars</th>
<th>SNAP</th>
<th>Senior/WIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>$6,000.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<tr>
<td>2014</td>
<td>$13,000</td>
<td>$0</td>
<td>$1,000</td>
<td>$100</td>
<td>600</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>$39,000</td>
<td>$19,000</td>
<td>$4,000</td>
<td>$800</td>
<td>$4,000</td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td>$110,000</td>
<td>$6,800</td>
<td>$6,600</td>
<td>$1,800</td>
<td>5,000</td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td>$137,430</td>
<td>$110,000</td>
<td>$13,000</td>
<td>$1,400</td>
<td>5,200</td>
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<tr>
<td>2018</td>
<td>$122,304</td>
<td>$7,5974</td>
<td>$8,394</td>
<td>$4,373</td>
<td>3,250</td>
<td></td>
</tr>
<tr>
<td>2019</td>
<td>$122,130</td>
<td>$5,6528</td>
<td>$7,998</td>
<td>$5,586</td>
<td>3,988</td>
<td></td>
</tr>
<tr>
<td>2020</td>
<td>$94,306</td>
<td>$60,447</td>
<td>$5,267</td>
<td>$3,881</td>
<td>3,404</td>
<td></td>
</tr>
</tbody>
</table>
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
COWAN AND CANE SUMMER MEALS

700,000 Meals served – May-August
2,489 Families Registered
4,907 Children Registered
Cowan Community Action Group, Inc.

- Kids on the Creek Summer Camps
- Berea Appalachian Fund
- Cowan Creek Mountain Music School
- Levitt Amp Whitesburg Music Series
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
Planting Seeds, Harvesting Change.
The Far-Reaching Impact of Healthy Foods in Letcher County, Kentucky
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
  Annies 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
  Appalachian Proud
  KY Dept of Agriculture
  KY Dept of Public Health
  Heritage Kitchen
  Thirsty Heifer Foundation
  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
COMMUNITY FOOD INITIATIVES

COMMUNITY GARDENS
Equitable access to garden space, resources, & education

SCHOOL GARDENS
Lessons & activities engaging students with nature and our food

DONATION STATION
Access to local, healthy food; food waste reduction

DISCOVERY KITCHEN
Recipes and cooking instruction to promote eating seasonally & locally

VEGGIE VAN
Mobile, donation-based farm stand that serves rural areas

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.
Food Access Barriers

Identity

SNAP
Supplemental Nutrition Assistance Program

Stigma

Income

Crisis

Knowledge

RAISE THE MINIMUM WAGE

Location

FROOD INSECURITY

Food Insecurity
State

Food Access Strategies/Resources

Community

Charity

Self-Provisioning

Farming

FREE & REDUCED LUNCH Application

ATHENS COUNTY PUBLIC LIBRARIES

MEALS on WHEELS

SNAP

Supplemental Nutrition Assistance Program

Social Media Icons

VEGGIE VAN

Images of various food access strategies and resources.
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 courtesy 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!

Gloster Memorial Park (near the Veggie Van)  Jacksonville
Friday, May 21st, 3pm-6pm (near the stage)
Friday, May 28th, 3pm-6pm Saturday, May 22nd
Friday, June 11th, 3pm-6pm 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 937-393-3267 or email lmorgan@healthministries.org to make arrangements!

Sponsored by: Sisters Health Foundation

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
   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...
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

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
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
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
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
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