

Appendix A: Current Community Projects Focused on Healthy Eating, Food and Farming

This list was gathered from various sources including personal interviews and internet searches. This is a list of recent efforts made to support healthy food access, nutrition education and farming in the Beaufort County community. There are many existing programs and efforts in the county that are listed in various other sections of this report. Despite our best efforts to provide a comprehensive list at the time of the assessment, some programs and efforts may not be included.

Beaufort County Ag Expo

Partners: Beaufort County Schools, Beaufort County Farm Bureau

Tel: (252) 717-1488 or (252) 943-7362

Beaufort County Schools and the Beaufort County Farm Bureau held the inaugural Beaufort County Agriculture Expo on November 26, 2013. The event was born from local farmers who felt the need to expose current students in Beaufort County high schools (public and private) to career opportunities in the various agricultural areas. The goal of the event was to promote agricultural careers in the 21st century. Students will also had the opportunity to hear from professionals working in agriculture.

Boys and Girls Learning Healthy Habits

Partners: Beaufort County Boys and Girls Club, Vidant Foundation

Tel: (252) 943-3233

The Triple Play/Healthy Habits program demonstrates how eating smart, keeping fit and forming positive relationships adds up to a healthy lifestyle. The program promotes health and wellness for approximately 110 club members age 6-18.

Collaborative Cooking Classes

Partners: Washington Pediatrics, Kids Eat Right

Contact: Andrea Nikolai, Registered Dietician, Washington Pediatrics

Tel: (252) 946-4134; **Email:** amnikolai@gmail.com

A Kids Eat Right mini-grant from the Academy of Nutrition and Dietetics enabled Andrea Nikolai to recently provide cooking sessions to teen moms at the Washington High School, and with the general public at St. John Church of Christ and Beaufort County Cooperative Extension.

Community Transformation Grant, Region 10

Partners: North Carolina Division of Public Health, U.S. Department of Health and Human Services, Center for Disease Control and Prevention

Contact: Allison Swart, Community Transformation Grant Project Coordinator, Region 10

Tel: (252) 902-2273; **Email:** allison.awart@pittcountync.gov

Contact: Diana Vetter-Craft, Community Transformation Grant Healthy Food Systems Coordinator, Region 10

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

The NC Division of Public Health was awarded money in 2011 as part of the U.S. Department of Health and Human Services' Community Transformation Grants (CTG). The grant is supporting public health efforts in local communities to

reduce chronic diseases, promote healthier lifestyles, reduce health disparities, and control health care spending. CTG Region 10 includes Beaufort, Carteret, Craven, Green, Lenoir, Jones, Pamlico, Pitt and Wayne counties.

CTG Region 10 is actively working to help local consumers connect with local producers of healthy food. They are focused on increasing the number of new or enhanced farmers markets, mobile markets, farm stands and CSA (Community Supported Agriculture) programs. These enhancements include, but are not limited to, support in marketing, SNAP/EBT, and paying for supplies. CTG also works to connect community partners with resources. In addition to this healthy eating strategy, CTG works with city planners to incorporate health considerations into comprehensive plans. This can include language that will promote healthy eating. Also, some counties in CTG Region 10 are moving towards the creation of Food Policy Councils (FPC's), and CTG staff is working to facilitate those meetings.

CTG Region 10 has recently partnered with Jones County Cooperative Extension to create a newsletter for farmers that will be sent out by mail. The newsletter will highlight food hub activity across the country as well as local trainings and educational opportunities for fruit and vegetable producers.

Consulting with Child Care Providers

Partners: Beaufort-Hyde Partnership With Children, Vidant Foundation, local child care providers

Contact: Sherry Clark, Registered Nurse, Beaufort-Hyde Partnership for Children

Tel: (252) 975-4647, ext. 8; **Email:** sherry@beaufortcountykids.org

The Child Care Health Consultant works with over 30 licensed child care providers in Beaufort County to assess the health and safety needs and practices of the child care facility, establish and review health policies and procedures, connect families with community health resources, provide health education for staff members, families and children and assist in creating specialized health care plans for children with identified medical needs. Approximately 1,200 children will be served through this initiative.

Cooking Opportunities with Food Pantry Clients

Partners: Eagle's Wings Food Pantry, Beaufort County Cooperative Extension

Contact: Sally Love, Executive Director, Eagle's Wings Food Pantry

Tel: (252) 975-1138; **Email:** flowerchild41@hotmail.com

Contact: Louise Hinsley, Family and Consumer Science Agent, Beaufort County Cooperative Extension

Tel: (252) 946- 0111, ext. 29; **Email:** louise_hinsley@ncsu.edu.

Eagle's Wings Food Pantry provides a client's choice food pantry experience. After meeting with a caseworker to provide income and expenses, families may choose their own food. Poundage determined by size of family and selections include lots of fresh produce. The food pantry has partnered with Cooperative Extension to provide cooking demos to clients while they wait in line to choose their food. Louise Hinsley, Family and Consumer Science Agent, is providing "train the trainer" services to food pantry volunteers. These volunteers will be trained on the curriculum and skills needed to provide cooking demos that engage clients in tasting new and healthy foods.

Demonstration Lab for Outdoor Learning Environment

Partners: Beaufort-Hyde Partnership for Children, Care-O-World Enrichment Center, Blue Cross Blue Shield NC, NC State School of Design, Kate B. Reynolds Charitable Trust

Contact: Jason Carrow, Chief Operating Officer, Care-O-World Enrichment Center

Tel: (252) 975-2811; **Email:** carrowj@careoworld.org

Contact: Sherry Clark, Registered Nurse, Beaufort-Hyde Partnership for Children

Tel: (252) 975-4647, ext. 8, **Email:** sherry@beaufortcountykids.org

The purpose of this three-year collaborative project is to prevent obesity by design and to create a demonstration lab to model the design to others in the community. Partners are working to create an outdoors space that is engaging for children to play in and that connects students with growing and eating healthy food. Part of the project involves the

installation of a community garden and raised beds. Food grown in the beds will be used in learning activities and in the commercial kitchen onsite. The community garden will be planted late winter / early spring 2014 and the play space will be completed in phases. The infant and toddler play space will be completed by the end of January 2014.

Exploring Community Gardening in Aurora

JSD Resource Outreach Community Center

Contact: Eve Hemby, Executive Director

Tel: (301) 992-9493; **Email:** ehemby@jsdrocc.org

JSD Resource Outreach Community Center (JSD ROCC) is a non-profit organization focused on using holistic approaches to meet the educational and social needs of local youth. Eve Hemby, Executive Director, has been working to build energy around healthy eating and active living in the Aurora, Edwards, and Blounts Creek areas. JSD ROCC is attempting to partner with other community members and organizations to start a community garden in the area.

Fresh Produce at Southside High

Partners: Southside High School Future Farmers of America, Blue Cross and Blue Shield of NC, North Carolina Recreation and Park Association, Nourishing North Carolina, Beaufort County Cooperative Extension, Beaufort County Health Department, Beaufort County Master Gardeners, NC Public Health Foundation, Mid-East Commission, Beaufort County Farm Bureau

Contact: Joshua Singleton, Agriculture Educator, Southside High School

Tel: (252) 940-1881

Blue Cross and Blue Shield of North Carolina (BCBSNC) awarded Southside High School Future Farmers of America a grant through Nourishing North Carolina, a statewide community garden effort making local, healthy food more accessible to people across the state. In June 2011, BCBSNC launched the program in partnership with the North Carolina Recreation and Park Association to create or enhance community gardens in all 100 North Carolina counties.

“This grant will allow us to install a garden on the Southside High School campus so we can provide fresh, local produce for more people in our community and encourage healthy eating habits,” said Joshua Singleton, Agriculture Educator at Southside. “We are proud to be part of the Nourishing North Carolina network. Our garden not only provides healthy food, it also provides a safe area for our neighbors to work together, share a public green space and be physically active through gardening.”

The Southside FFA Chapter, a student-led organization, was looking for opportunities to educate youth on the value of gardening as well as helping the community by providing fresh produce to Eagle’s Wing Food Pantry. Through Nourishing North Carolina, FFA and Horticulture classes at Southside will grow vegetables in the school garden and give most of the yields to Eagle’s Wings. The remainder of the produce will go to the Career and Technical Education Foods labs at Southside. Through this process, students will have the opportunity to gain hands-on experience in garden management while seeing first hand how fresh produce, grown well and properly maintained can positively impact their community when donated to local food banks or soup kitchens.

Greenhouse and Market Garden Development

Partners: Beaufort County Developmental Center, Inc., North Carolina Division of Vocational Rehabilitation

Contact: Mark Batton, Horticulture Employment Project Coordinator

Tel: (252) 946-0151, ext. 204; **Email:** mbatton@bcdcsolutions.org

Beaufort County Developmental Center (BCDC) received American Reinvestment and Recovery Act funds through the North Carolina Division of Vocational Rehabilitation in 2012 to start “The Herb Shop.” The Herb shop had two goals: 1) provide a work opportunity for those with developmental disabilities and provide general vocational services, and 2) create a social enterprise for the agency, by bringing in funds from herbs sales to local restaurants and at the farmers market. The funds paid for a 24’ x 60’ greenhouse and many local restaurants initially agreed to purchase their herbs.

Everything was put on hold after Hurricane Irene hit one month after the opening of the green house, however three people have graduated from the program and two of the trainees continue to work for the operation.

BCDC realized that the herb business was not as profitable as they had initially projected, so they changed their model and started a Wednesday market stand on site to sell to the public. They also built four large raised beds and began growing an assortment of vegetables. They began selling these extra products at the Washington Saturday Farmers Market. BCDC is currently looking for ways to bolster their program and support their clients while also providing healthy food and educational opportunities to the community.

Healthy Eating Active Living (HEAL) Collaborative

Partners: North Carolina Public Health Foundation, Beaufort County Cooperative Extension, Kate B. Reynolds Charitable Trust

Contact: Renee Harvey, CTG Community Catalyst Coordinator

Tel: (252) 946-0111; **Email:** renee.harvey@ncphf.org

The new HEAL Collaborative is working in Beaufort County under the guidance of Renee Harvey, Beaufort County CTG Catalyst Coordinator. The group serves as an inclusive countywide convening vehicle to help further the progress of the Healthy Eating and Active Living movement in Beaufort County. A group of diverse stakeholders and community leaders are meeting regularly to exchange information on new and existing Healthy Eating and Active Living initiatives.

Beaufort County, located within CTG Region 10, is one of four counties in North Carolina participating in the Community Transformation Catalyst (the Catalyst) program funded by the Kate B. Reynolds Charitable Trust. In line with the NC CTG Project, the Catalyst aims to create places where healthier choices are available and easier to make: The Catalyst fosters collaboration and strengthens community engagement in evidence-based and promising strategies to increase healthy eating and active living. Each meeting creates great networking and resource sharing opportunities regarding nutrition and physical activity.

Attendees of the Collaborative are representatives of traditional and nontraditional stakeholders all across Beaufort County. Local residents, business owners, government departments, public health officials and grassroots agencies make up the group participants.

Healthy Eating Active Living Initiative

Partners: Resourceful Communities Program, Kate B. Reynolds Charitable Trust

Contacts: Sarah Guidi, RCP Community Trainer

Tel: (919) 951-0114; **Email:** sguidi@conservationfund.org

This initiative of the Resourceful Communities Program is working with grassroots organizations in the Eastern part of North Carolina to implement healthy eating and active living initiatives. Resourceful Communities provides technical assistance and networking opportunities, and currently has the Creating New Economies Fund (CNEF). CNEF has two types of grants available in Eastern North Carolina: one for projects that advance local food and one for triple bottom line projects that integrate economic development, environmental stewardship and social justice.

Healthy Protein for Food Pantry Clients

Partners: Acre Station Meat Farm, North Carolina Hunters for the Hungry, Eagle's Wings Food Pantry

Contact: Richard Huetman, Acre Station Meat Farm

Tel: (252) 927-3489

Contact: Dick Hamilton, President, North Carolina Hunters for the Hungry

Tel: (919) 883-1923; **Email:** dick@ncwf.org

The process is simple. Hunters harvest deer from an overabundant population, Acre Station Meat Farm produces high protein ground deer burger meat and Eagle's Wing Food Pantry distributes the meat to people who are in need. North Carolina Hunters for the Hungry uses tax-deductible financial donations provided by corporations and organizations to

raise money to reimburse Acre Station for the processing of the meat. They are always looking for more hunters to participate and help to feed the community.

Home Delivered Meals

Partners: Beaufort County Department of Social Services (DSS), Vidant Beaufort Hospital, Washington Housing Authority and Mid-East Regional Housing Authority

Contact: Kristen Hamilton, Home Delivered Meals Coordinator, Beaufort County DSS

Tel: (252) 940-6063; **Email:** kristen.hamilton@beaufort.nc.gov

Beaufort Vidant Hospital partners with Beaufort DSS to provide meals five days a week to homebound individuals in the community. There is usually a waiting list. The hospital dietician prepares the meals which are transported to the Washington Nutrition Site, located at East Haven Apartments on East 3rd St in Washington. Three volunteer-driven routes deliver the food: one route in Bath, one route in Belhaven, and one route in Blount's Creek/Aurora. Each route consists of roughly seven clients that need a meal. Food is also served at the East Haven site by Beaufort County to anyone 60 years of age and older who is a resident of the community. Donations are accepted; the meal is served 5 days a week, and roughly 40 people per day are served.

Hospital Farmers Market

Partners: Vidant Beaufort Hospital, neighbors

Contact: Ashley Corbett, Outpatient Dietician, Vidant Beaufort Hospital

Tel: (252) 975-4116; **Email:** Ashley.Corbett@vidanthealth.com

Efforts are currently underway at Vidant Beaufort Hospital to host a farmers market near the hospital grounds. Organizers are currently partnering with neighbors to find available parking lot space to hold the market. The goal is to be running by Spring 2014 with tentative plans of holding a market day either weekly or biweekly on Friday afternoons from 2:00 pm – 6:00 pm. Local food producers interested in becoming vendors at the market should contact Ashley Corbett at the contact information listed above.

Local and Regional Foods for Beaufort County Kids

Partners: Beaufort County Schools, USDA Farm to School Program

Contact: Gwyn Roberson-McBride, Child Nutrition Director, Beaufort County Schools

Tel: (252) 946-2012; **Email:** gmcbride@beaufort.k12.nc.us

“Homesteading Our School Meals” is a two-year project that is increasing the usage and consumption of locally and regionally sourced food products in the Beaufort County Schools Child Nutrition Program. The project is supporting and enhancing gardening and nutrition education efforts at the district's elementary and secondary schools including Career and Technical Education (CTE) agriculture, horticulture, and foods programs.

The project targets two distinct but interdependent groups: child nutrition staff that prepare and serve school meals and the population that consumes these meals. The majorities of grant funds have and will be used to build the capacity of the Child Nutrition Program to procure fruit, vegetables, grain, and protein foods from local and regional suppliers and serve these foods at increased frequency in the district's 14 schools. The Child Nutrition Director and food service professionals have trained Child Nutrition staff in the safe and nutritious preparation of fresh, locally sourced foods “from scratch.” As peak production for many crops occur during the summer months when schools are closed, a limited number of child nutrition staff will be employed in summer to process and preserve seasonally available produce and food products including blueberries, tomato sauce, and salsa.

Encouraging consumption of fresh locally sourced products among cafeteria patrons require enhanced marketing efforts by Child Nutrition staff. Monthly menus continue to feature one or more vegetables or fruits and offer recipes that can be prepared at home. Tasting events will encourage students to sample foods grown or produced in the region or state. The Child Nutrition Director is working with the BCS Public Information Officer (PIO) to expand the Child Nutrition website to include promotional information, recipes, and success stories regarding the Farm to School initiative. School

Cafeteria Managers will be provided with digital cameras and will be trained by the PIO to post relevant photos and stories to the Child Nutrition website.

Principals and teachers are integral to the success of the Farm to School project. Grant funds will be used to create or expand school gardens; integrate gardening and nutrition activities into the curriculum; conduct field trips to local farms and agricultural facilities; host classroom visits by farmers and agricultural producers; and participate in national initiatives including “Agriculture in the Classroom” (www.agclassroom.org/), “Know Your Farmer, Know your Food” (www.usda.gov/wps/portal/usda/usdahome?navid=KNOWYOURFARMER), and “Let’s Move!” (www.letsmove.gov/).

Mobile Food Pantry Deployment

Partners: Food Bank of the Albemarle, Vidant Foundation, food pantries

Contact: Carolyn Anderson, Food Resource Coordinator, Food Bank of the Albemarle

Tel: (252) 335-4035, Ext. 114; **Email:** caranderson@feedingamerica.org

This initiative provides nutrition to households in Beaufort County who do not have the means to access one the traditional food pantries. The program estimates 3,300 people will be served by this initiative, all of whom are financially needy.

My Plate Project

Partners: Beaufort County Physical and Nutrition Coalition, Beaufort County Schools, Vidant Foundation

Contact: JaNell Lewis, Public Health Education Specialist, Beaufort County Health Department

Tel: (252) 940-5090; **Email:** janell.lewis@bchd.net

The My Plate Project teaches K – 3rd grade children in the Beaufort County Schools about proper serving sizes for different food groups using USDA “My Plate” tool. Approximately 600 children will be served through the program.

New Farmers Market in Aurora

Partners: Aurora-Richland Chamber of Commerce, Town of Aurora

Contact: Joy Dunn

Tel: (252) 322-4405; **Email:** joydunn05@gmail.com

Access to fresh produce is an important topic in the Town of Aurora. Limited access to grocery stores and complaints about the quality of available fresh produce led the Aurora-Richland Chamber of Commerce to start the Aurora Farmers Market in the summer of 2013. The market ran for 5-weeks and saw much interest. The main challenge faced by organizers was finding enough local producers who were willing to participate. The goals for winter are to plan for next season, get together marketing materials and signage and to find more area producers willing to participate so that they can hit the ground running in the spring of 2014. Local families with big gardens are encouraged to contact organizers and to plant heavy in the 2014 season so that they can be vendors at the market. Local food producers interested in becoming vendors at the market should contact Joy Dunn at the contact information listed above.

Playground in Belhaven Highlights Walking and Gardening

Partners: TEAM Coalition, Beaufort-Hyde Partnership for Children, Kate B. Reynolds Charitable Trust, Kaboom!, Town of Belhaven

Contact: Lisa Woolard, Executive Director, Beaufort-Hyde Partnership for Children

Tel: (252) 945-3156; **Email:** lisa@beaufortcountykids.org

The TEAM Coalition is a recently formed alliance of eight local Belhaven churches who are combining resources to more effectively conduct missions and improve peoples’ lives by meeting their needs, whether local or international. This new playground will provide more than 300 children in Belhaven and the surrounding area with a safe place to play. This will

be the fourth build in a series of playground construction and mapping projects in Beaufort, Halifax and McDowell counties supported by a grant from the Kate B. Reynolds Charitable Trust.

Phase 1 of the playground occurred on October 26, 2013. It is a 50' x 50' playground with benches and picnic tables with checkerboards on top. The concession stand received a coat of paint and a permanent chalkboard was mounted in the playground area.

Phase 2 is the transformation of the larger green space where the playground, the Boys & Girls Club, and all the ball fields are located in the Town Park, with walking trails integrating the existing streets and sidewalks into a large loop that transports visitors past the library, down to the Charlie Smith Center, back through downtown business district, to the public docks and around town back to the park. Interactive stations along the way will not only offer a bit of the history of Belhaven, but will promote physical fitness. Eventually the goal is to have the trails integrate with the farmers market and the community garden.

Residential Veggie Empowerment

Partners: Washington Housing Authority and Mid-East Regional Housing Authority, The Church of the Latter Day Saints

Contact: Marc Recko, Executive Director, Washington Housing and Mid-East Regional Housing Authority

Tel: (252) 946-0061, ext. 221; **Email:** marc@whamerha.com

Currently the Washington Housing Authority and Mid-East Regional Housing Authority provides residential gardening opportunities in two neighborhoods. The first is a community garden site at the East Haven Development, which is a 40-unit neighborhood for the elderly and disabled. The second is individual gardens that are being built in the Oak Crest Gardens neighborhood. This is a 115 unit complex and there are currently 40 gardens in individual units. The organization collaborates with the Church of Latter Day Saints; they hold a workday to build new gardens every year at the start of spring.

Appendix B: Food, Nutrition & Farming Education Opportunities

This list of educational opportunities in Beaufort County was gathered from various sources including personal interviews, internet searches, and existing resources lists. Despite our best efforts, some of the information may not be accurate or up-to-date. It is always a good idea to call in advance for hours and availability.

Beaufort County Cooperative Extension

North Carolina Cooperative Extension Service has a long tradition of developing relevant solutions for real-world problems. From food safety to helping businesses stay competitive, NC State and NC A&T extension programs are helping people in even the most remote communities improve their quality of life. Through educational programs, publications and events, cooperative extension agents deliver research-based information to North Carolina citizens. From protecting well water, to helping families improve their eating habits, to improving indoor air quality, extension programs cover a broad spectrum. For general information, please call Beaufort County Cooperative Extension at (252) 946-0111.

Master Gardener Program

Contact: Jacob Searcy, Agriculture – Horticulture Agent

Tel: (252) 946-0111, ext. 30; **Email:** jacob_searcy@ncsu.edu

The Master Gardeners are a group of community volunteers who have been trained and educated on North Carolina State University based research and publications on growing regional plants, fruits and vegetables. The group serves as an information source for the community.

Ask A Master Gardener

The group sets up a booth at the Washington Saturday Farmers Market from April - mid-July to answer questions from the community about spring and summer planting. Residents can also call the Cooperative Extension office Monday, Wednesday or Friday from 10 am - 12 pm to have home gardening or landscaping questions answered by a master gardener.

Community Gardens

The master gardener group helps maintain three gardens located next to the Cooperative Extension office on Airport Rd. in Washington. Two are demonstration gardens to teach community members about what grows in the region, and one is a community garden that has plots open to rent to all community members. Community garden plots are available for the following prices per season: 6' x 12' plot = \$20, 12' x 20' plot = \$30 and 20' x 20' plot = \$40.

Family and Nutrition Services Programming

Contact: Louise Hinsley, Family and Consumer Science, 4-H Agent

Tel: (252) 946- 0111, ext. 29; **Email:** louise_hinsley@ncsu.edu

Cooperative Extension provides classes for adults, and summer camps for youth, on cooking and healthy eating based on the Cook Smart Eat Smart curriculum. Each class provides an opportunity to learn a different cooking technique. Classes focus on using recipes that focus on low sodium, low fat, and complex carb ingredients. Classes provide education on how to stretch lean meats and how to cook using new and different healthy ingredients. "Train the Trainer" opportunities are also available for community members wishing to share the curriculum with others in the community.

4-H Programming

Contact: Erin Massie, 4-H Development Agent

Tel: (252) 946-0111; **Email:** erin_massie@ncsu.edu

Contact: Louise Hinsley, Family and Consumer Science, 4-H Agent

Tel: (252) 946- 0111, ext. 29; **Email:** louise_hinsley@ncsu.edu

1,500 Beaufort County children participated in 4-H programming in 2012. 4-H is an informal educational program open to all young people in Beaufort County between the ages of 5 through 18. Trained volunteers serve as mentors and coaches as they guide youth and develop new skills while have fun learning through over 260 areas of 4-H curriculum.

Chartered 4-H Clubs in Beaufort County

Bath Creek 4-H Club, (with 7 project clubs: Rabbit, Horse, Livestock, Chickens, Cooking/Sewing, and Shooting Sports Club), Talented Dreamers 4-H Club of Chocowinity and Up the Creek 4-H Club. Each club meets at least once a month for a brief business meeting, a hands-on educational program, and both boys and girls have fun learning and socializing. 4-H Clubs require at least 5 members and one trained volunteer. New clubs members are welcome.

4-H Special Interest Programs

These one-day programs are short-term courses that teach life skills while marketing 4-H club involvement. Special interest programs must be at least 6 hours in length. Examples in Beaufort include (day camps) 4-H Critter Camp, 4-H Camp Wannagoma, Electric Workshops, Kids in the Kitchen, Character in Motion and teacher workday workshops.

4-H Camps

In the summers of 2011-2013, 98 youth attended 4-H Residential Camp in Beaufort County. The fee for camp in 2013 is \$465 per camper and includes transportation, camp fees, store card and meals on trips. Over the past 5 years summers grants in excess of \$30,000 have fully support clothing, medical exams, transportation and fees for over 50 disadvantaged youth to attend residential summer camp anonymously with the Beaufort County 4-H group.

4-H School Enrichment

Beaufort County Schools purchased 25% of the NC 4-H School Enrichment Kits sold in 2007 in North Carolina. With this investment, principals supported local training of 137 teachers to implement 4-H School Enrichment in their classrooms. These kits support the standard course of study with hands-on science for the students. Second grade classes are implementing Bug Out and Embryology curriculum. New Soil Solutions curriculum has expanded into third grade classes. Fourth grade classes are implementing Creepy Crawlies and Magic of Electricity. 5th Grade classes are implementing Eco-wonders and Vermicomposting Curriculum. In 2012, Beaufort County Schools and Beaufort County 4-H led 7,775 students with planned hands-on educational experiences that supported the standard course of study, or newly named Essential Skills.

4-H for Adults

Adult volunteers are needed to teach Beaufort County youth about food and agriculture! Volunteers must be 19 years of age or older and may serve as a club leader, a contest judge, workshop presenter, and more. All 4-H Adult Volunteers that work directly with children must be interviewed, complete an application, have a background check and complete 4-H orientation training.

Beaufort County Health Department

Tel: (252) 946-1902

Website: www.bchd.net

Beaufort County Health Department's mission is to protect public health and enhance the quality of life by striving to improve the health and wellness of the community.

Public Health Education Specialist

Contact: JaNell Lewis

Tel: (252) 940-5090; Email: janell.lewis@bchd.net

The Public Health Education Specialist at the Beaufort County Health Department provides health and nutrition education services at community events around the county. Anyone is welcome to stop in at the Health Department to get resources on healthy eating and nutrition. Special presentations can be arranged for groups interested in learning more about nutrition and healthy eating.

Women, Infants and Children Supplemental Nutrition (WIC)

Contact: Lynn House, WIC Coordinator

Tel: (252) 946-9705; Email: lynn.house@bchd.net

WIC provides general and individualized nutrition education related to a specific need or concern for women who are pregnant or have children under the age of five. Call to apply for benefits.

Beaufort County Schools

Future Farmers of America, School Gardens, Agriculture, Horticulture and Food Programs

Contact: Stacey Gerard, Career and Technical Education Coordinator

Tel: (252) 940-6567, Email: sgerard@beaufortk12.nc.us

Beaufort County Schools has a strong tradition of training and educating students on agriculture, horticulture and food. Each high school has gardens, and some have greenhouses and animals. Future Farmers of America chapters are very active in the county. Contact Stacey Gerard at the information provided above for more details.

Vidant Beaufort Hospital

Nutrition Education Programs

Contact: Laurel McKenzie, Assistant Manager of Clinical Nutrition Services

Tel: (252) 948-4933; Email: laurel.mackenzie@vidanthealth.com

The following nutrition education opportunities are available through Vidant Beaufort Hospital:

- Outpatient nutrition counseling by physician referral
- Cardiac and pulmonary rehabilitation programs by physicians referral through wellness center that includes nutrition education and counseling
- Diabetes clinic by physician referral
- “Nutri-moves”: Eight-week exercise and nutrition program at the Vidant Wellness center. Fee: \$175.
- “Exercise is Medicine”: Six-week program by physician referral that includes a health coach and exercise. Fee: \$60.

Appendix C: Emergency Food Providers

This list of emergency food resources was gathered from various sources including personal interviews, internet searches, and existing resources lists. Despite our best efforts, some of the information may not be complete, accurate or up-to-date. It is always a good idea to call in advance for hours and availability.

Beaufort County Department of Social Services

Address: 632 W 5th St. Washington

Tel: (252) 975-5500

Food & Nutrition Services: Call or visit to apply for Supplemental Nutrition Assistance Program (SNAP) benefits

Tel: (252) 940-6103

Home Delivered Meals Program: Call or visit to inquire about waiting list.

Tel: (252) 975-5500

Beaufort County Health Department

Address: 1436 Highland Dr. Washington

Tel: (252) 946-1902

Women, Infants, and Children Supplemental Nutrition (WIC): WIC provides healthy foods and nutrition information for women who are pregnant or have children under the age of five. Call to apply for benefits.

Tel: (252) 946-9705

Deeper Life Ministries

Address: 4470 US Hwy 264 W. Washington

Tel: (252) 946-4874

Food Pantry: Open on Wednesdays 9 am -11 am

Limited to once a month, bring an ID and proof of income

Eagle's Wings

Address: 932 W 3rd St. Washington

Tel: (252) 975-1138

Client's Choice Pantry: Every Tuesday, 9:00 am - 11:30 am, 2:00 pm – 6:00 pm. No pantry on 5th Tuesdays.

After meeting with caseworker to provide income and expenses, families may choose their own food. Poundage determined by size of family. Selections include all food groups. Lots of fresh produce. Each family may come once a month.

Homebound Program: Around 35 pounds of staples, fresh produce, and bread are delivered on Mondays to people who are bedridden, disabled, or elderly, have no one to pick up food for them, and are unable to come to our facility. Each family receives food once a month.

Eaglet Pals Backpack Program: Weekend food is provided to children throughout the school year at Snowden Elementary in Aurora and Chocowinity Primary.

Eagle's Wings Mobile Pantry: Distributes food on the 4th Saturday of each month at Snowden Elementary from 9:30 am -10:15 am and at Haw Branch Church of Christ in Chocowinity from 11:30 am – 12:15 pm.

Emergency Food Assistance: Provided on a daily basis as needed.

First Church of Christ

Address: 520 E 10th St., Washington

Tel: (252) 946-5236

Food Pantry: Food distributed the 2nd Saturday, 11:00 am – 12:00 pm

Food Bank of the Albemarle

Address: 109 Tidewater Dr., Elizabeth City

Tel: (252) 335-4035

The mission of Food Bank of the Albemarle is to fight hunger and poverty in their 15-county service area (Beaufort, Bertie, Camden, Chowan, Currituck, Dare, Gates, Hertford, Hyde, Martin, Northampton, Pasquotank, Perquimans, Tyrrell and Washington) in northeast North Carolina. They are a regional clearinghouse for the collection and distribution of food and grocery items to non-profit and faith-based organizations for their food programs.

Haw Branch Church of Christ

Address: 1501 Mile Rd. Chocowinity

Tel: (252) 946-5083

Food Pantry: 4th Saturday of every month- food distributed by Albemarle Food Bank, 11:30 am - 12:15 pm

Macedonia Church of Christ

Address: 1678 Swamp Rd., Pantego

Tel: (252) 944-6396

Food Pantry: Food distribution once a month- usually the 3rd Wednesday of every month, 9:00 am - 12:00 pm

Maranatha SDA

Address: 501 E 6th St. Washington

Tel: (252) 975-1025

Soup Kitchen: Serve food on Saturdays at 1:00 pm

Food Pantry: Open on Wednesdays from 1 pm - 3 pm

The Martha Project

Address: 857 N Main St., Belhaven

Tel: (252) 943-2110

Food Pantry: Wednesdays

Mother of Mercy:

Address: 112 W 9th St. Washington

Tel: (252) 946-2941

Food Pantry: Wednesdays, 9:30 am - 11:00 am

Interview required

Salvation Army

Address: 112 E 7th St. Washington

Tel: (252) 946-2523

Food Pantry: Mon – Fri, 9 am - 4 pm (closed 12 pm – 1 pm for lunch)

Each individual or family can come once a month, must have a picture ID and social security numbers

St. John's Missionary Baptist Church

Address: 953 Main St. Ext., Aurora

Tel: (252) 322-7289

Food Pantry: Call for distribution days and times.

Zion Shelter & Kitchen

Address: 114 W Martin Luther King Jr. Dr. Washington

Tel: (252) 975-1978

Soup Kitchen: Serves lunch Monday – Friday, 11:00 am - 11:30 am

Appendix D: Farmers, Producers and Vendors Supplying Healthy, Fresh, Local Foods in Beaufort County

This list was gathered from various sources, including personal interviews and public sources such as ncfarmfresh.com, pickyourown.org, ncfreshlink.com, ncagr.gov, and LocalHarvest.com. Despite our best efforts, some of the information may not be up-to-date. Due to the seasonal nature of farming it is always a good idea to call in advance for hours and availability.

Acre Station Meat Farm: butcher and meat market, farm store

Address: 17076 NC Hwy 32 N., Pinetown

Tel: (252) 927-3489

Email: info@acrestationmeatfarm.com

Website: www.acrestationmeatfarm.com/

Hours: Store: Monday-Saturday 6:30 am-7:00 pm. Closed on Sundays

Meat Department: Monday-Saturday 6:30 am-5:00 pm

Meat Farm Grill: Monday-Saturday 6:30 am-2:00 pm

Meat Farm Processing: Monday-Friday 7:00 am-2:00 pm

Aurora Farmers Market: seasonal farmers market

Address: Hwy 33, Aurora, next to Thompson Farm Supply

Tel: (252) 322-4405

Email: joydunn05@gmail.com

Hours: 8:00 am to 12:00 noon in the summer, call for more details

Avis Wainwright: honey and beekeeping supplies

Address: 3553 Wainwright Rd., Jamesville

Tel: (252) 975-7429

Hours: Call for hours

Bath General Store and Market: general store that sources local products and fresh local produce

Address: 502 Carteret St., Bath

Tel: (252) 923-4361

Bay City Crab Company: fresh local seafood

Address: 1131 Main St Ext., Aurora

Tel: (252) 322-5291

Beaufort County Developmental Center: produce, flowers, and herbs

Address: 1435 W. Main St., Washington

Tel: (252) 946-0152; **Email:** MBatton@bcdcsolutions.org

Website: www.bcdcsolutions.org/

Hours: April – October, Mon – Thu, 9:00 am – 1:00 pm; vendor at the Washington Saturday Farmers Market

Belhaven Market: open market for craft and food producers

Address: 133 E Main St, Belhaven

Tel: (252) 943-3055

Hours: Various

Vendors can pay a monthly or daily fee to set up and sell products at their convenience.

Bennett Vineyards: vineyard and winery, Muscadine grapes, plans for grape juice and value added products

Address: 6832 Bonnerton Rd., Edward

Tel: (252) 322-7154

Website: www.bennettvineyard.com

Hours: Monday-Friday, 8:00 am-3:00 pm, open weekends

Big Oaks Farm: honey and beekeeping supplies

Address: 1568 Clay Bottom School Rd., Blounts Creek

Tel: (252) 946-3861

Black Brothers Farm: produce, greenhouse tomatoes & U-Pick and pre-picked strawberries

Address: 681 Black Rd., Washington

Tel: (252) 946-7092

Bob's Organic Blueberries: u-pick, pesticide-free blueberries

Address: 4248 Cherry Rd., Washington

Tel: (252) 975-9859

Hours: seasonal, call for hours

Carolina Seafood: local seafood

Address: 161 Muddy Creek Rd, Aurora

Tel: (252) 322-4355

Edward's Blueberry Farm: apples, pears, blueberries & Muscadine grapes. U-Pick and pre-picked

Address: 4692 NC Hwy 92, Bath

Tel: (252) 944-8405; **Email:** melbatuten@embarqmail.com

Hours: 7 days a week

Flatland Ag: contract onion grower, sometimes has product available for general public

26813 Hwy 33 E, Aurora

Tel: (252) 341-6824; **Email:** jdpeed@flatlandag.com

The Garden Spot: farm market, garden center, florist & produce

Address: 7201 Free Union Road, Pinetown

Tel: (252) 943-6853

Hours: Monday to Saturday 8:00 am to 7:00 pm, April 15 - December 24

Ginn's Seafood: fresh local seafood

Address: 837 Carolina Ave, Washington

Tel: (252) 946-4834

Leggett Farm Organics: USDA certified organic produce

Address: 1520 Leggett Rd., Washington

Tel: (252) 917-2396; **Email:** ben@leggettfarmorganics.com

Website: www.leggettfarmorganics.com/

Spring and summer CSA subscription available

M & W Produce: produce, market garden and roadside stand

Address: Highway 264 East, Pantego

Tel: (252) 943-4491

Hours: Thursdays, Fridays, and Saturdays from 8:00 am – 5:00 pm

Mac Jones Seafood: fresh local seafood

Address: 33 Mimosa Shores Dr., Washington

Tel: (252) 946-9424

Nana's Produce: Variety of produce; roadside stand

Address: 2014 W 5th St., Washington

Tel: (252) 940-0303

North Slope Farm: u-pick strawberries, sweet corn

Address: 5323 Railroad Bed Rd., Pantego

Tel: (252) 945-5227

Petals & Produce: farm & garden stores, produce, CSA subscription

Pinetown Store (Yeatesville Community): 19821 Hwy. 264 E.

Tel: (252) 943-3116; **Email:** petalsandproduce@gmail.com

Hours: Open Year Round: Monday-Friday 8:00 am – 5:30 pm; Saturday 8:00 am – 3:00 pm

Washington Store: 1101 John Small Avenue

Tel: (252) 940-0012

Hours: Open Year Round: Monday-Friday 9:00 am – 6:00 pm; Saturday 9:00 am – 3:00 pm

CSA Subscription

Spring/Summer is a 15-week program, fee is \$235. Starts around mid-May.

Fall/Winter is a 10-week program, fee is \$160. Starts around the first of October.

Raindrop Ridge Herb Farm: herb bedding plants

Address: 1356 Camp Leach Rd., Washington

Tel: (252) 402-6017; **Email:** raindropherbs@embarqmail.com

Hours: March - June, Sunrise - Sunset, 7 days a week

Raised in a Barn Farm: produce, eggs, jams/jellies, cheese, honey, classes and community events

Address: 2106 NC Hwy 33 East, Chocowinity

Tel: (252) 945-6153; **Email:** jboahn@aol.com

Website: www.raisedinabarnfarm.com/

Hours: open year round 9:00 am to 6:00 pm, closed on Wednesdays and Sundays

Sadler Farms Natural Beef: grass-fed beef

Address: 450 Indian Run Road, Pantego

Tel: (252) 935-5431; **Email:** contactus@sadlerfarmsnaturalbeef.com

Website: www.sadlerfarmsnaturalbeef.com/

For sale at Acre Station Meat Farm or order online

Seafood Xpress: local seafood

Address: 516 N Market St, Washington

Tel: (252) 974-1009

Slatestone Organic Garden: pesticide-free produce

Address: 5713 Slatestone Rd., Washington

Tel: (252) 927-1916; **Email:** huguelet@bellsouth.net

Vendor at the Saturday Market in Washington

Call ahead if you'd like to visit the farm

Southside Farms: produce, u-pick & pre-picked strawberries & blackberries

Address: 320 Harding Ln, Chocowinity

Tel: (252) 946-2487; **Email:** info@southsidefarms.com

Website: www.southsidefarms.com

Hours: April - July: Monday – Saturday, 7:00 am – 6:00 pm, Oct. – Nov.: Monday – Saturday, 9:00 am – 5:00 pm

Farm truck sets up to sell produce next to the Wal-Mart parking lot April - July

Call ahead for farm sales hours after November

Vendor at the Washington Saturday Farmers Market

Washington Crab & Oyster Company: specialize in local, fresh North Carolina and East Coast seafood

Address: 321 N Pierce St., Washington

Tel: (252) 946-5795; **Email:** washingtoncrab@embarqmail.com

Website: www.washingtoncrabandseafood.com

Hours: Mon - Thurs: 9 am – 5:30 pm Friday: 9 am – 6 pm Saturday: 8 am – 5 pm

Washington Saturday Farmers Market: farmers market

Address: Stewart Pkwy & Main St., Washington

Tel: (252) 946-3969; **Email:** whda@washingtononthewater.com

Hours: every Saturday, April – Second weekend of October, 8:00 am – 12:00 pm

Waters Produce: produce

Address: 1890 Gray Rd., Chocowinity

Tel: (252) 402-9966

Hours: April - July: Monday - Friday 8:00 am-5:00 pm, Saturday 8:00 am-1:00 pm

Accept orders during off season (August-May).

Watson's Strawberry & Vegetable Farm: produce and strawberries

Address: NC Hwy 264, Belhaven

Tel: (252) 943-2812

Hours: mid April - Oct.: Monday - Saturday 7:30 am - 6:30 pm,

Appendix E: Farmers, Producers and Vendors Supplying Healthy, Fresh, Local Foods in Surrounding Counties

This list was gathered from various sources including personal interviews and public sources such as ncfarmfresh.com, pickyourown.org, ncfreshlink.com, ncagr.gov, and LocalHarvest.com. Despite our best efforts, some of the information may not be up-to-date. Due to the seasonal nature of farming it is always a good idea to call in advance for hours and availability.

Bertie County

Triple H Farms: u-pick and roadside market, strawberries, onions, cabbage, broccoli and collards.

Address: 125 Blackbeard's Ln, Ahoskie

Tel: (252) 209-9019; **Email:** gregoryhughes@embarqmail.com

Craven County

Morris Brothers Blueberry Farm: blueberries

Address: 800 Hwy 17 North, New Bern

Tel: (252) 637-6630, (252) 637-6896

Nelson Blueberry Farm: blueberries

Address: 198 E. Street, Bridgeton

Tel: (252) 637-2180; **Email:** debgus@suddenlink.net

New Bern Farmers Market: farmers market

Address: 421 S. Front St., New Bern

Tel: (252) 633-0043

Hours: Year round: Saturdays, 8:00 am – 2:00 pm, Spring through Dec. 17th: Tuesdays, 10:00 am – 2:00 pm

'R Garden: produce, bedding plants, herbs, and flowers

Address: 2800 Millinder Lane, New Bern

Tel: (252) 637-4172

Hours: Monday – Friday, 9:00 am – 5:00 pm; Saturdays at New Bern and Onslow Farmers Markets

Tootle's Produce: various seasonal produce

Address: 4020 NC Hwy 43, Vanceboro

Tel: (252) 349-2153

Village Creek Farm: various seasonal produce

690 Biddle Rd., Dover

Tel: (252) 229-3816, (252) 523-9518

White's Farm & Greenhouses: various seasonal produce

Address: 5200 US 17 N, Vanceboro

Tel: (252) 244-2106

Williams Farm & Garden Center: various seasonal produce

Address: 1309 Old Cherry Point Rd., New Bern

Tel: (252) 638-1983

Hertford County

Burgess Farm: watermelon, cantaloupe, pumpkin

Address: 790 Deloatch Mill, Conway

Tel: (252) 585-0970, (252) 585-1429

Diamond City Produce: vegetables, peanuts, pecans, watermelons, etc.

Address: 300 Diamond St, Murfreesboro

Tel: (252) 209-4797

McCaskey Farms: produce and strawberries

Pick your own and roadside market

Address: 145 McCaskey Rd, Ahoskie

Tel: (252) 332-2855, (252) 398-2419

Murfreesboro Farm: watermelon and cantaloupe

Address: 145 US 158 Business, Murfreesboro

Tel: (252) 398-5830; **Email:** melons@embarqmail.com

Winborne Farms: various seasonal produce

Address: 309 Quebec Rd, Harrellsville

Tel: (252) 642-9024; **Email:** teriwinborne@gmail.com

Hyde County

Alligator River Farms: Produce; specializing in onions

Address: 3278 Airport Rd, Engelhard

Tel: (252) 925-9731; **Email:** arg@hughes.net

Carawans Farm: u-pick blueberries

Address: 12 miles west of Engelhard on Hwy 264, 14 miles east of Swan Quarter

Tel: (252) 926-5861; **Email:** carawans@carawans.com

Hours: late June - mid July, daylight hours daily

Chris' Grocery Store: sells local produce

Address: 13221 US Hwy 264, Swan Quarter

Tel: (252) 926-9493

Clark Farms: various seasonal produce

Address: 841 Farrow Fork Rd, Engelhard

Tel: (252) 925-6121

Mattamuskeet Fresh: packer/shipper of local produce; snap bean grading facility

Address: 2089 Piney Woods Rd, Fairfield

Tel: (252) 926-1040; **Email:** rberry6372@yahoo.com

Tunnell Farms: beans, cabbage, corn, cucumbers and squash

Address: 809 Main St., Swan Quarter

Tel: (252) 929-2856, (252) 944-3694

Martin County

Carolina Country Fresh, LLC: u-pick and roadside market, various seasonal produce and peanuts
Address: 7067 N Main St, Robersonville
Tel: (252) 795-2926

Farmers Garden Berry Patch: strawberries
Address: Highway 64 E, Robersonville
Tel: (252) 795-4776, (252) 795-4903

Grey Farm Greenhouse: cucumber, greenhouse tomatoes, greenhouse vegetables, herbs
Address: 3065 Grey Farm Rd, Jamesville
Tel: (252) 793-3160

J & J Farms: various seasonal produce
Address: 1085 Pierce Ln, Jamesville
Tel: (252) 809-0319

Jo Ann Parnell: various seasonal produce
Address: Tel: (252) 799-6252; Email: japarnell27892@yahoo.com
Sells at the Martin County Farmers Market

Martin County Farmers Market: farmers market
Address: 4001 West Main Street Extension, Williamston
Tel: (252) 799-6252
Hours: May – September: Saturdays 8:00 am-12:00 noon

Off the Beaten Path: various seasonal produce
Tel: (252) 809-3655; Email: brownfield.jeanc@gmail.com
Sells at the Martin County Farmers Market

The Berry Patch: u pick and roadside market, blueberries, strawberries, watermelons, various produce
Address: 7375 US Hwy 64
Tel: (252) 795-4903, (252) 714-8188

Pamlico County

KD's Garden: various seasonal produce
Address: 88 Beech Ln, Grantsboro
Sells at New Bern Farmers market

Neuse River Fish Farm: largemouth bass and bream
Address: 4747 Neuse Rd, Grantsboro

Pitt County

Briley's Farm: produce, strawberries, and pumpkins
Address: 5290 Old Pactolus Rd., Greenville
Tel: (252) 754-5029
Website: brileysfarmmarket.com

Strawberries and pumpkins sold on farm; produce is sold at the Washington Saturday Farmers Market and at a farm stand on the corner of 14th St. and Greenville Blvd, Greenville (May - October).

Blue Truck Program: delivers produce boxes to Washington, Chocowinity, Aurora and other towns with enough demand

Brock's Berries and Produce: various seasonal produce

Address: 978 Laurie Ellis Rd, Winterville

Tel: (252) 321-2197; **Email:** brocksberries@gmail.com

Hours: April 15 – midNovember, Tuesday – Saturday, 8:00 am – 11:00 am

Greenville Produce Company: produce Wholesaler

Address: 1060 Taylors Creek Dr. Greenville

Tel: (252) 758-1700, (252) 625-7153; **Email:** joyce@greenvilleproduce.com

Homegrown Agriculture: Beef and pork; Crop consultant

Tel: (252) 341-3966; **Email:** rwjames3@gmail.com

Locavore Market: CSA subscription and delivery service for local produce

Email: info@locavore-market.com

Website: www.locavore-market.com

Nooherooka Natural: hormone, antibiotic, and steroid free beef and pork

Address: 2029 Mewborn Church Rd., Snow Hill

Tel: (252) 747-5054; **Email:** contact@nooherooka.com

Website: www.nooherooka.com

Sells at Pitt County Farmers Market, Spring Run Market, Uptown Umbrella Market, and Petals & Produce; pre-order and delivery available to some locations; CSA meat subscription available

Pitt County Farmers Market: farmers market

Address: 4560 County Home Rd., Greenville

Tel: (252) 355-7612, (252) 902-1709

Hours: March – Dec., Tuesdays, Thursdays and Saturdays 8:00 am – 1:00 pm, Friday 8:00 am – 3:00 pm

Spring Run Market: farmers market

Tel: (252) 714-5722; **Email:** contact@springrunmarket.com

Website: www.springrunmarket.com

Strawberries on 903: strawberries, various seasonal produce, eggs, pork, and poultry

Address: 4064 NC 903 S., Winterville

Tel: (252) 321-3204; **Email:** info@strawberrieson903.com

Website: www.strawberrieson903.com/

Hours: Monday - Friday: 8:00 am – 6:00 pm, Saturday: 8:00 am to 2:00 pm, Sunday: Closed

Sells at Pitt County Farmers Market, CSA available

Uptown Umbrella Market: farmers market

Tel: (252) 561-8400; **Email:** info@uptowngreenville.com

Hours: May – September, Wednesdays from 5:00 pm – 8:00 pm

Washington County

Luton's Fresh Produce: cabbage, collards, corn, greens, pecans, pumpkin, sweet potatoes, watermelons

Address: 1500 Backwoods Rd, Roper

Tel: (252) 793-4429

Washington County Farmers Market: farmers market

Address: Located on US 64 E, Plymouth, approx. one mile east of intersection US 64 & NC 32

Tel: (252) 793-2163

Hours: June – Sept.: Monday – Friday: 9:00 am-5:00 pm, May – Dec.: Saturday 8:00 am – 3:00 pm

Regional Suppliers

Backyard Produce: Delivery service that includes options in Beaufort County

Tel:(919) 348-0740

Website: www.byproduce.com/