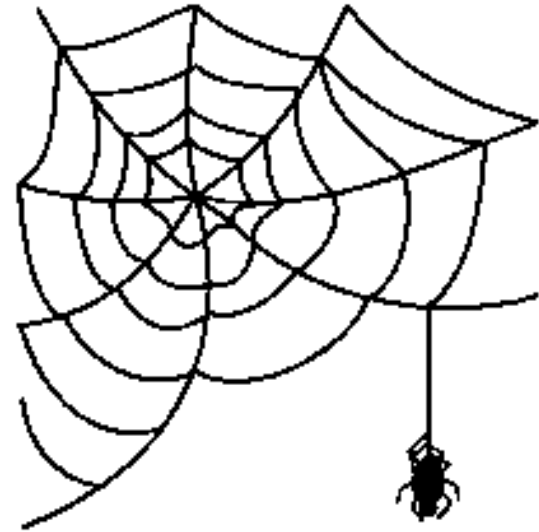


Local Food

What, Why, and How



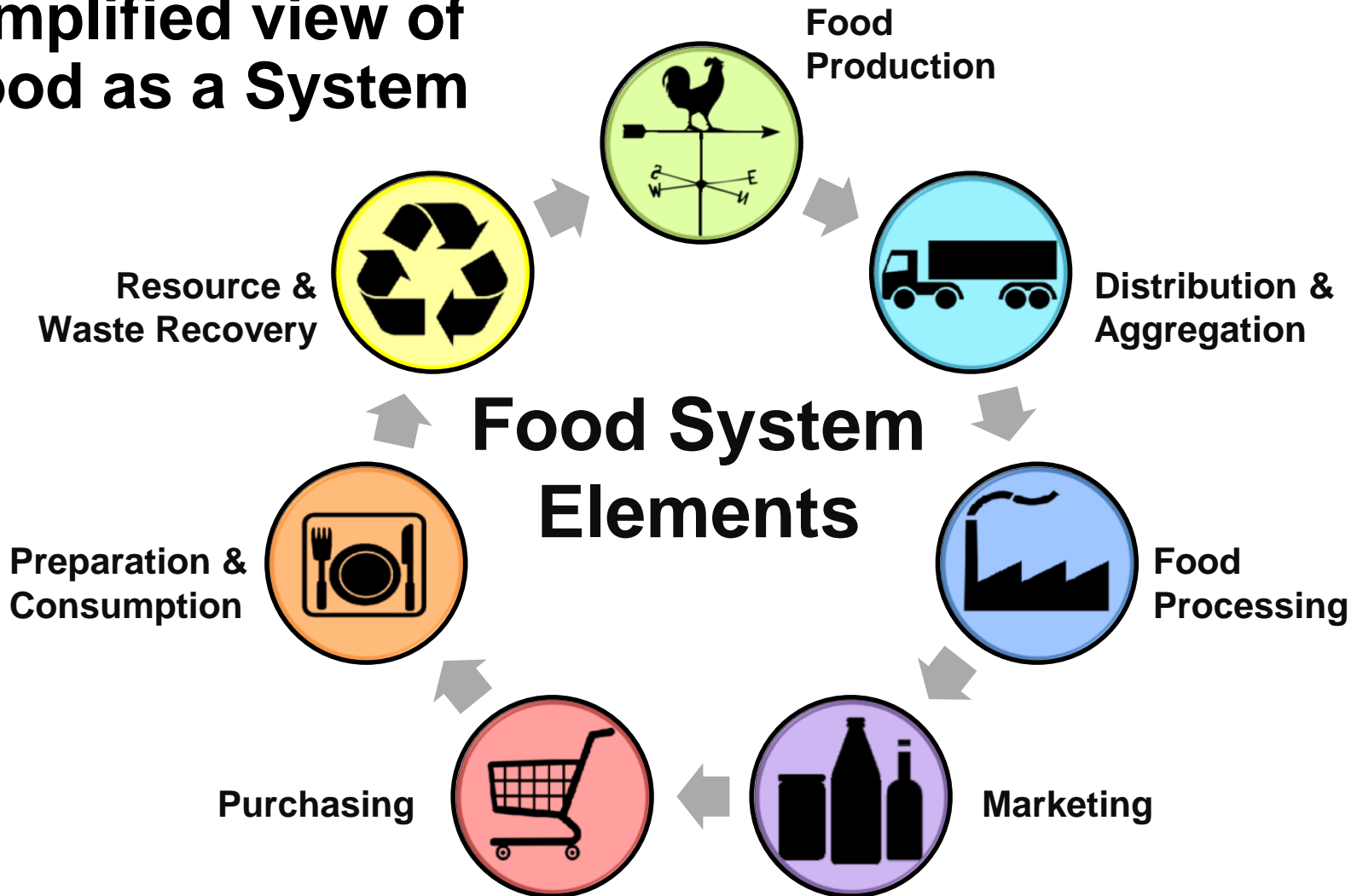
What is a Food System?

sys·tem *noun* \ˈsɪs-təm\

A group of related parts that move or work together

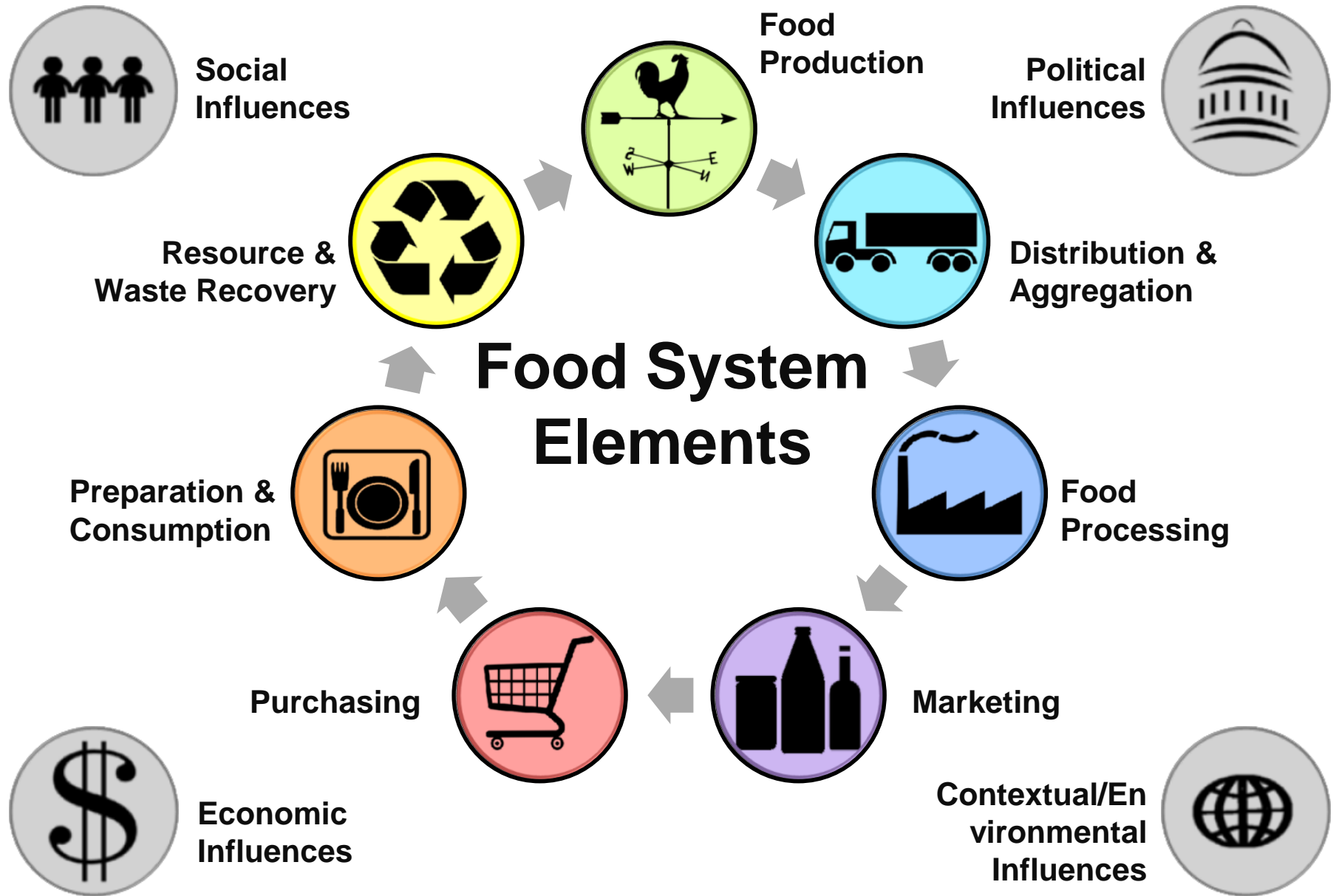
Merriam-Webster Dictionary

Simplified view of Food as a System



Adapted by Christy Shi, from Cornell University, *Discovering the Food System; A Primer on Community Food Systems: Linking Food, Nutrition and Agriculture*.

Food Systems





Overview

- **What** is local food?
- **Why** do we talk about local food?
- **How** can promoting local foods enhance your Faithful Families work?



Overview

- **What** is local food?
- **Why** do we talk about local food?
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The 2008 Farm Bill defined local/regional as food that is grown and transported less than 400 miles, or within the same state.



Example: Asheville, NC to New Bern, NC= 360 miles



The NC Department of Agriculture & Consumer Services defines local food as food that is caught, raised, or grown in North Carolina.



cogginsconservation.org

Popular definitions of local food among consumers include:

- Buying direct from a farmer
(*ex. Farmers' market*)
- Mileage
(*ex. The 100 mile diet*)
- How or by whom it was grown
(*ex. Small, family-owned farmer*)

NCCE 2012: Local Foods Flagship Program

“For reporting and evaluation purposes within Extension, local foods are defined as foods that meet all of the following three criteria: 1. produced, 2. marketed (if product is sold), and 3. consumed in North Carolina.”

What is a Local Food System?

The Local Food Council of North Carolina statewide work supports:



Vibrant Farms



Resilient Ecosystems



Strong Communities



Healthy People



Thriving Local Economies

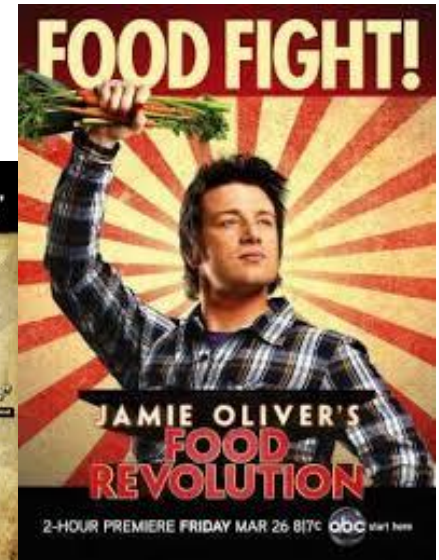
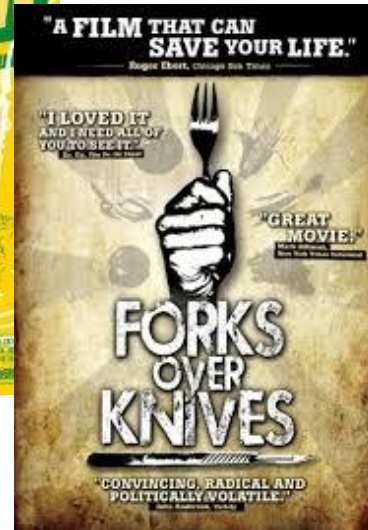
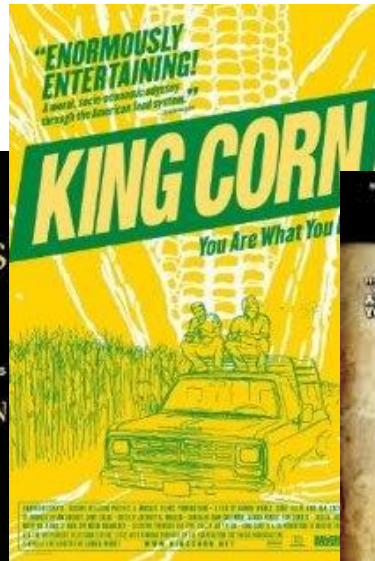
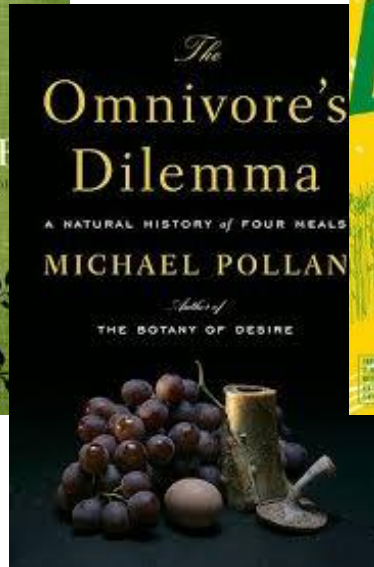
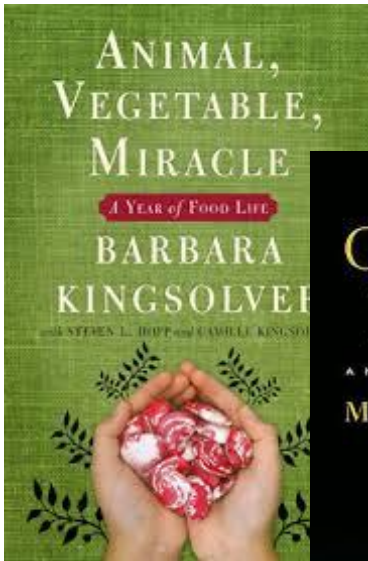
Slide source: Adapted from Center for Environmental Farming Systems



Overview

- What is local food?
- **Why** do we talk about local food?
- How can promoting local foods enhance your Faithful Families work ?

There is increased consumer interest in where food comes from and how it was produced.



Consumers expect benefits from buying local, such as:

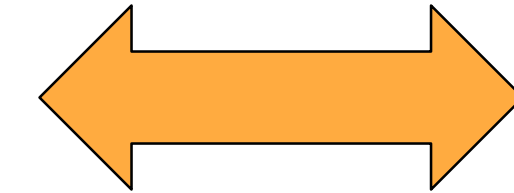
- Health
- Quality
- Food Safety
- Supporting local economies

Communities expect impacts from local foods:

- Address health disparities
- Support the local economy
- Ensure farmers receive fair compensation
- Address hunger/ food insecurity



(Bond et al. 2008, Nurse & Thilmany 2010, Onozaka et al, 2010, Ostrom 2008, Schneider & Francis 2005)



Why local food?

Economic
Development

Healthy
Eating




LOCAL FOOD
community support is growing


Economic Development: Local Food Sales Are Increasing in NC

From 2007 to 2012*

of farms selling directly
to individuals for human
consumption

 **21%**

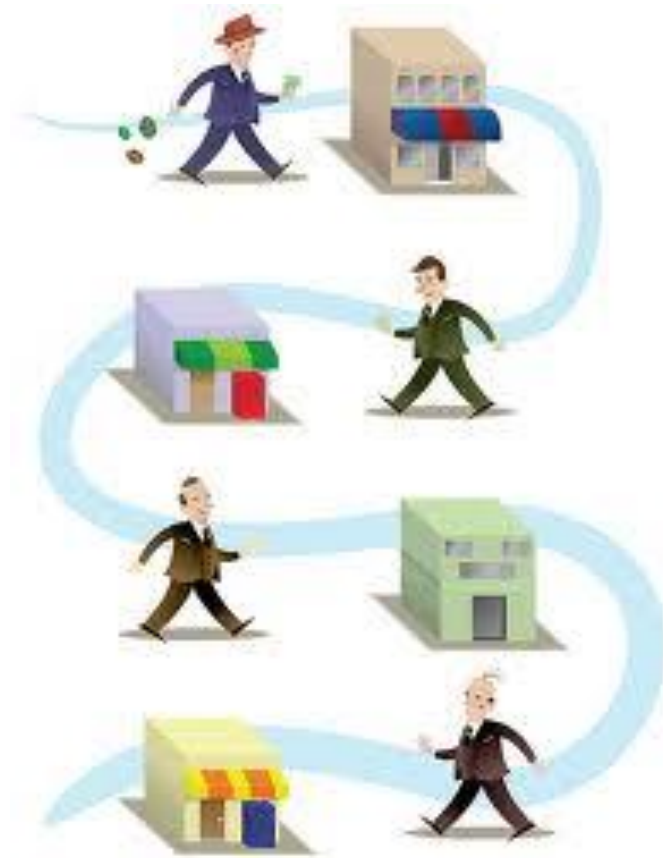
Value of agricultural
products sold directly to
individuals for human
consumption

 **9%**



*2012 Ag Census,
<http://www.agcensus.usda.gov/>

Local food projects can contribute to positive economic benefits.



Meter 2010

Health Issues in the US

- **One in three children** are overweight or obese.
- Obese children are **more likely to have asthma, type 2 diabetes, high blood pressure and high cholesterol**
- **A third of the children** born in 2000 or later will develop diabetes
- **25% of those going to military recruiting centers** are deemed unfit to serve due to being overweight or obese
- NC annual expenditures to treat obesity and diabetes—**\$5 billion**
- Financial loss due to loss of productivity **\$73 billion nationally**

<http://www.cdc.gov/healthyouth/obesity/facts.htm>

<http://www.cdc.gov/obesity/childhood/basics.html>

Local food projects can have positive health benefits.



<http://origin.www.fns.usda.gov/outreach/eupdates/vista.htm>



keepoaklandbeautiful.org



Overview

- **What** is local food?
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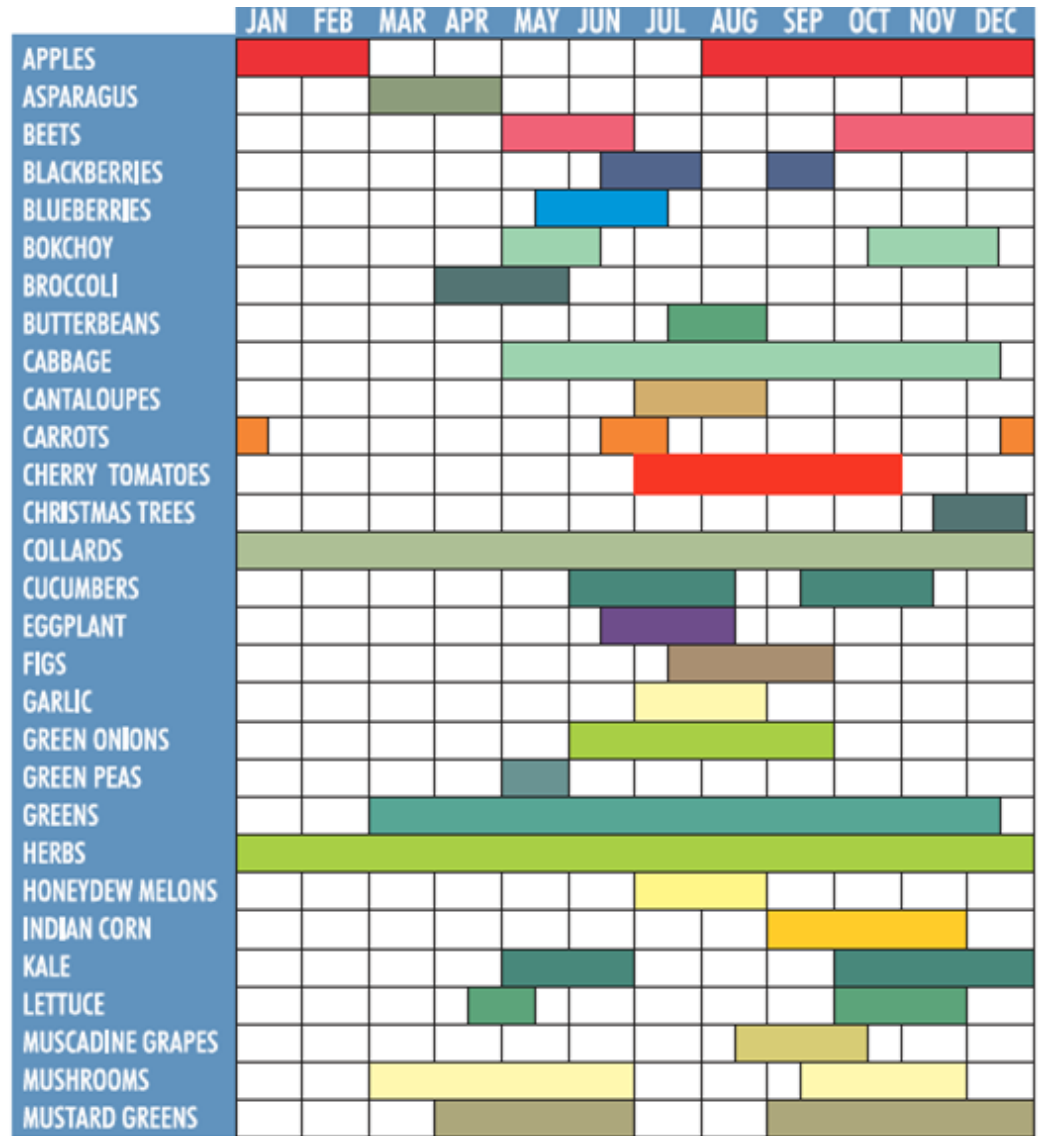
Local Food and Policy, Systems and Environment (PSE) Changes

- Faithful Family Classes and Faith Community Meals and Events
- Food Pantries
- Community Gardens
- Farmers' Markets

Local Food and PSE Changes:

1. Learn what's in season and try to adapt recipes to use those products.

North Carolina Fruit and Vegetable Availability



Local Food and PSE Changes:

**2. Partner with
a local farmer
or community
garden to provide
fresh produce.**



[photo by Jay Blausler]

Local Food and PSE Changes:

3. Join the NC 10% Campaign!



www.ncsu.edu/project/nc10percent

Local Food and Food Pantries

- **Connect with Farmers- Gleaning**

- Society of St. Andrews <http://endhunger.org/>



The Gleaners ([Léon Augustin Lhermitte](#), 1898)

“And when you reap the harvest of your land, you shall not make clean riddance of the corners of your field when you reap, neither shall you gather any gleaning of your harvest: you shall leave them to the poor, and to the stranger.” Leviticus 23:22

Local Food and Food Pantries

•Connect with Local Gardens

- ampleharvest.org
- Share the Harvest- Guilford County
- Plant a Row for the Hungry



Garden Writers Association Foundation

www.gardenwriters.org

Call Toll Free (877) 492-2727

Local Food and Food Pantries

•Connect with Farmers' Markets

–Farmer FoodShare's Donation Stations

<http://www.farmerfoodshare.org/programs/donation-stations/>

DONATION STATION PROGRAM

Start a donation station at your Farmer's Market

Get fresh food flowing locally and empower community members to address hunger.

Donation stations are operated at farmer's markets by volunteers.



Collect monetary donations to buy food

This is a sustainable model that supports both farmers and people who need food!

Market shoppers can make cash donations. Volunteers will spend 100% of the money buying produce from farmers at that market.



Collect donated and excess food

Give shoppers an option to have a more hands-on part of the process.

Shoppers can purchase produce directly from farmers to donate.

Farmers can donate produce they weren't able to sell to reduce waste.



Distribute food to people in need

All of the collected food is donated to an agency of the market's choice that is serving hungry people in the community.



Community Gardens

- Provide:
 - Gathering place for social activity, civic engagement, and cultural celebrations
 - Opportunity for physical activity
 - Increased fruit and vegetable consumption
 - Chance to grow varieties from different cultures
 - Opportunities for intergenerational interactions and youth engagement



Community Gardens

- Resources:

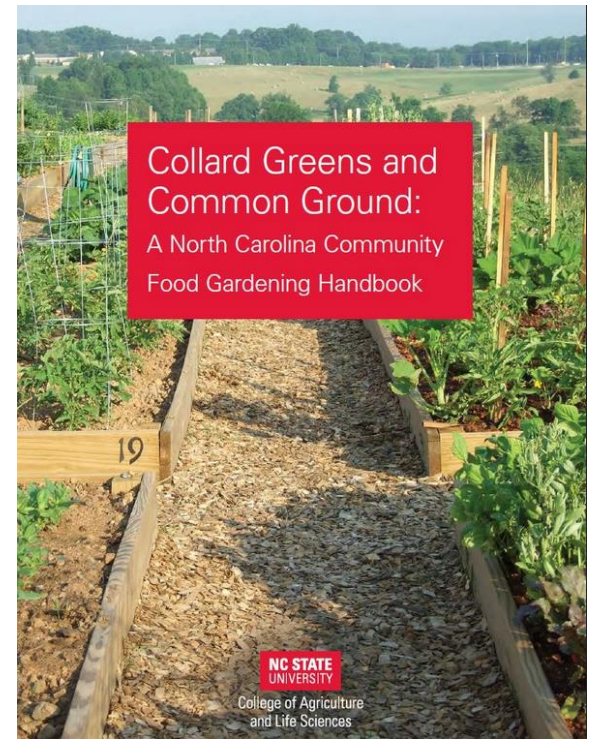
- Community Garden Web Portal

- <https://nccommunitygardens.ces.ncsu.edu/>

- North Carolina Community Garden Partners <http://www.nccgcp.org/>

- Collard Greens and Common Ground: A North Carolina Community Food Gardening Handbook*

- Local Extension Agent and Extension Master Gardeners



Food Systems



New Beginnings Community Church Faith Garden




Parrish Manor Community Garden



The Lord's Acre

Farmers' Market Tours

FARMERS' MARKET TOURS A Guide for Nutrition Educators



EFNEP
Expanded Food and Nutrition Education Program

USDA
United States Department of Agriculture
National Institute of Food and Agriculture

NC State University

FARMERS' MARKET RECIPES

Garden Frittata

From the North Carolina Expanded Food and Nutrition Education Program

INGREDIENTS

- 4 large eggs
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 medium unpeeled red potatoes
- 1/2 tablespoon olive oil
- 1 bunch Italian kale, or other kale variety (approximately 6 oz)
- 1/4 cup chopped onion
- 1/2 red bell pepper (chopped)

DIRECTIONS

1. Beat eggs, pepper, and salt in large bowl, set aside.
2. Microwave potatoes until slightly soft, but not completely cooked, then cube. (Alternate method without microwave: cube potatoes and boil 5 minutes until slightly soft, drain)
3. Chop remaining vegetables while potatoes cool. Mix vegetables together.
4. Heat oil in a 10-inch non-stick skillet. Sauté vegetables for 5–8 minutes; add to eggs and mix well.
5. Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about 8–10 minutes.
6. Cover and let sit until eggs are completely set, about 5 minutes. Egg dishes should be cooked to 160°F.

For more recipes, tips and information visit www.ncfamilieatingbetter.org



Sweet Potato and Apples

Nutrition Information

Calories 190	Protein 2g	Sodium 95mg
Total Fat 4g	Total Carbohydrate 41g	
Saturated Fat 0.5g	Dietary Fiber 4g	



Substitutions: Butternut Squash



Storage: If you do not plan to use the potatoes right away, store them in a cool, dry, dark place. Do not refrigerate sweet potatoes, as they will dry out.



Tip: Watching your sugar intake? Reduce sugar in this recipe by using juice that is 50% reduced sugar and eliminate extra sugar.

To find local farmers' markets in North Carolina, visit <http://myeatsmartmovemore.com/FarmersMarkets>



Food Systems





Tell us:

How do YOU work with local food in your faith community?

Resources are available on the Cooperative Extension Local Food Portal



EXTENSION PUBLICATIONS

YOUR ROLE IN THE FOOD SYSTEM:

- Farmer Selling Locally
- Distributor/ Aggregator
- Food Processor
- Retail Grocer
- Farmers' Market Manager
- Food Service/ Institution

FEATURED CONTENT



Farmers' Market Resources

Looking for resources to help plan or improve a farmers' market?

[READ THE REST »](#)

-  [Center for Environmental Farming Systems](#)
-  [Food Access Information and Resou...](#)
-  [Statewide Local Food Systems Infrastructure...](#)
-  [Support for Food Councils across NC](#)
-  [Farmers' Market Resources](#)

NEWS

[View All](#)



Local Food Certifier, Piedmont Grown Announces Fifth Annual Conference March 10: Increasing Farm Profitability through Efficiency, Diversified

EVENTS

[View All](#)

North Carolina Muscadine Growers' Association Annual Conference

Sat Jan 30 - Sat Jan 30, 2016 - ALL DAY

Where:

Dunlin County Center, 165

Portions of this presentation were adapted from a presentation developed by the Center for Environmental Farming Systems.