

FOOD CONNECTION

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NEWSLETTER

Save the Date! Harnett County Food Pantry Meeting - April 28th at 10am

by Blake Faircloth, Campbell student

Voices into Action and the Food Bank of Central and Eastern North Carolina (FBCENC) would like to invite all Harnett County food pantries to an open meeting regarding local outreach efforts related to food pantry support and resources. The meeting will be held on **Thursday, April 28th, 2016 from 10am-12pm at the Harnett County Cooperative Extension office** located at 126 Alexander Dr., Lillington, NC, 27546. After the meeting, lunch will be provided by the FBCENC, giving food pantries time to speak with each other and the community resources present at the meeting.

Over the past year, Voices into Action and the FBCENC have partnered with Harnett County food pantries to connect food pantries with one another and local food sources. The goal of the project is to increase food pantry resources and provide



local pantries with support in serving the emergency food needs of their communities. Last March, Voices into Action and the FBCENC hosted a meeting with Harnett County food pantry directors to get their feedback on ways to support their work. The meeting also served to connect food pantries with support services available through the Harnett County Cooperative Extension. Feedback from this meeting led to the creation of this quarterly newsletter and food pantry contact list. The meeting also helped connect Harnett County food pantries with the annual 4-H sweetpotato gleaning, providing about 8,000 pounds of sweetpotatoes to local pantries.

The April 28th, 2016 meeting at the Harnett County Cooperative Extension

office will provide an opportunity for local food pantries to share their feedback on the past year's outreach efforts in order to determine what is working and what can be improved. The meeting will also connect local food pantries with resources at the Cooperative Extension that can help them make their food pantries flourish. Resources that will be presented on include nutrition and food safety education, community development tools such as grant writing workshops, and community gardening support.

Don't forget to Save the Date! **April 28th, 2016, 10am-12pm at the Harnett County Cooperative Extension office (126 Alexander Dr, Lillington).** Complimentary lunch will be served after the meeting. All Harnett County food pantries are welcome and encouraged to join the discussion!

Please contact Zandra Alford with any questions or to RSVP (919-513-2858, zaalford@ncsu.edu).

QUARTERLY SPOTLIGHT: Harnett Voices Community Garden and the Teens On Point Farmstand

by Elise Jorgensen, NCSU student

Harnett Voices for Community and Leadership Development (a 2015 Voices into Action mini-grant recipient) and the Teens On Point youth group have created a community garden and farmstand in order to increase access to healthy foods and to promote healthy eating in their community. The garden and farmstand (**located at 41 Leanna Lane, Erwin, NC, 28339**) are tended to by Kittrane Sanders (Kit) from the Harnett County Cooperative Extension, youth from the Teens On Point youth group, and other members of the community. In addition to providing locally grown produce through the farmstand, fruits and vegetables from the garden are also donated to

elderly members of the surrounding community and local food pantries.

The Harnett Voices Community Garden is also working on collaborating with local corner stores to increase the availability of healthy foods for the community residents of Bunnlevel and Shawtown. In the coming months, the garden hopes to supply partner corner stores with produce that can be sold directly to the community. Kit has been graciously working on this project along with Belinda Rayner from the Harnett County Health Department and Dr. Frances Harrington from Healthy Harnett.

Kit's vision is to eventually create a network of gardens in order for everyone to have at least one fruit or vegetable in



their backyard. She wants to help make healthy food much more accessible in Harnett County.

Check out the community garden and the Teens On Point Farmstand on Facebook, <https://www.facebook.com/pages/Riverside-Community-Project/1614061072208786?fref=ts>. For further information about the garden or if you are a local food pantry interested in receiving produce donations, please contact Kittrane Sanders at 910-814-6028 or ksanders@harnett.org.

Check for upcoming community events in Harnett County: harnett.ces.ncsu.edu/events & voicesintoaction.org/events



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Find helpful videos on [youtube.com/user/NCEExtension](https://www.youtube.com/user/NCEExtension)



The Harnett Co. Food Pantry List: Helping Food Pantries and Farmers Connect



Ms. Alicia Coats maintains the Food Pantry List, included with this issue of the Harnett County Food Connection Newsletter

by Blake Faircloth, Campbell student

The Harnett County Food Pantry List is an important part of the *Harnett County Food Connection Newsletter*. It is included in order to connect food pantries with each other and with local food producers so that pantries can offer healthier food options and food producers can reduce their food waste.

The attached food pantry list is maintained by Ms. Alicia Coats of the Harnett County Department of Social Services (DSS). Until recently, Voices into Action maintained their own food pantry list. However, after receiving the winter issue of the newsletter, Ms. Coats reached out to share that she also keeps a food pantry list and agreed to share her list for use with future newsletters.

According to Ms. Coats, she maintains the food pantry list to help people meet their food needs during times of financial hardship. In particular, as DSS connects people with government benefits such as EBT (i.e. Food Stamp), Ms. Coats' efforts are intended to help her clients connect with emergency food assistance while

they are waiting for their benefits and to help them supplement the food that they are able to purchase with their benefits. The list is available to the public at the DSS office in Lillington.

To ensure that the list is accurate, Ms. Coats updates the food pantry list monthly by calling pantries to get their most current information. An updated version of the list will be included with every quarterly *Harnett County Food Connection Newsletter* in order to allow food pantries and local food producers to better connect with each other.

To update your pantry's information, please contact Ms. Alicia Coats at accoats@harnett.org or 910-814-6558.



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CALENDAR OF EVENTS

Events:

2016 Small Farm Week (30th Annual)

March 20-26

Sponsored by the Cooperative Extension Program at NC A&T State University, Small Farms Week will be celebrated with workshops, tours, farming demonstrations and other events.

- For more information visit <http://www.ncat.edu/events/2016/03/small-farms-week.html>

Healthy Cooking on a Budget (Free class)

March 30, 12-1pm

Location: Harnett County Cooperative Extension Office, 126 Alexander Dr., Lillington

Learn how to prepare low-cost and healthy meal options. Bring your lunch and enjoy samples from the Chef's table. The class is free, but registration is required.

- Registration deadline: March 25.

To register contact Harnett Co. Dept. of Public Health (910-814-6196).

Grant Writing 101 Workshop

April 26, 10am-12pm, repeat 6-8pm

Location: Harnett County Cooperative Extension Office, 126 Alexander Dr., Lillington

Cost: \$5

Class will cover grant writing basics.

Registration is required.

- Registration deadline: April 20.

To register contact Kittrane Sanders (910-893-7535, kittrane_sanders@ncsu.edu).

Harnett County Food Pantry Meeting

April 28, 10am-12pm (free lunch will be provided after the meeting)

Location: Harnett County Cooperative Extension Office, 126 Alexander Dr., Lillington

Open meeting regarding local outreach efforts related to food pantry support and

resources. All Harnett Co. food pantries are welcome and encouraged to come.

- Contact Zandra Alford with any question and/or to RSVP (zaalford@ncsu.edu, 919-513-2858).

Natural Assets: Roots of Community Power (Free Training)

May 10-11

Location: Caraway Conference Center just outside of Asheboro, NC.

Cost: Free, pre-registration required. Mileage allowance available. Lodging is provided to those driving more than 2hrs. This event brings together community representatives and resource groups from across NC to share their work, explore trends, and strengthen skills.

- Contact Donna Pratt at dpratt@conservationfund.org.
- For more information visit: <http://www.conservationfund.org/what-we-do/resourceful-communities/upcoming-events>