

FOOD CONNECTION

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NEWSLETTER

Helpful Resources for Local Food Pantries, Farmers and Community Gardeners

by Devan Conley, Campbell student

There are a lot of free, helpful resources available to support food pantries, farms, and community gardens. Here are a few of our favorites that are meant to support your work and inform community collaboration.

Food Pantry Resources:

• **Promoting Healthy Food Options:** Many pantries want to promote healthy food options. This resource provides a how-to guide of ways to help your clients make the healthy choice the easy choice!

<http://healthyfoodbankhub.feedingamerica.org/resource/a-how-to-guide-nudges/>

• **Food Safety:** This food safety resource created by the NC Cooperative Extension specifically for pantries covers topics such as hand washing, time-temperature control, cross-contamination, and standard operating procedures.

<https://foodsafety.ces.ncsu.edu/food-pantries-and-food-banks/>



• **Nutrition Education:** Providing nutrition education can help your clients make the most of their food pantry experience. The Expanded Food and Nutrition Education Program (EFNEP) has a YouTube channel where they share short videos on topics ranging from cooking skills and easy recipes to exercise and gardening. Share these free videos with your clients today!

<https://www.youtube.com/channel/UChBnaUagn4tNVqiOBHZg0Vw>

• **Interested in hosting nutrition education classes at your food pantry or church?** Contact the Harnett County Cooperative Extension office at 910-893-7530.

Farm and Community Garden Resources:

• **Local Food Production and Distribution:** Want to connect with local consumers? Check out this resource for farmers and gardeners producing for local markets.

<https://localfood.ces.ncsu.edu/local-food-production/>

• **Using Technology to your Advantage:** NC A&T's Small Farm Collaborative helps local farmers stay up-to-date with current resources and technologies that can increase efficiency, profitability, and local market connections.

<http://smallfarms.ag.ncat.edu/>

• **Local Community Garden Resources:** Connect with North Carolina community gardens resources and other local gardeners to help you make your garden a success!

<https://nccommunitygardens.ces.ncsu.edu/spotlight/get-involved-in-community-gardens/>

&

<http://www.nccgp.org/>

QUARTERLY SPOTLIGHT: Five N Two Food Pantry

by Gerard Dyckman, Campbell student

“Have you heard the one about the thrift store, the grill, the garden, and the food pantry?”

In southwest Harnett county there is a unique organization that has been helping fight food insecurity since 2007. The Five N Two food pantry is committed to helping serve the growing needs of the community by providing access to food for any Harnett county resident in need. The services being offered are not new and can be found in towns and communities all across North Carolina. What is new is the way in which they are engaging their clients and the model they are using to grow and sustain their operation.

Upon becoming Director, Austin

Reason knew there were a lot of good things taking place at the food pantry. At the beginning of 2014 the pantry underwent a name change (formerly Martha's Place), implemented a “Free Choice” system that allows clients to choose their food items as they would in a grocery store, and expanded their operating hours. Five N Two didn't stop there and has since opened a grill and a thrift store, both of which help support the food pantry. They also operate a garden whose produce is distributed at the food pantry. Serving thousands of Harnett County residents each month, it is shocking to hear that one of Five N Two's biggest challenges is getting the word out to the community about the services they provide.

With all of the great work Five N Two is doing in Harnett County the



future seems bright. Austin Reason is working hard doing community outreach, engagement, and marketing. When asked what the future holds he replied “I see us establishing a funding network... individuals and corporations that have bought into the concept and see the need for our work.”

For more information on the Five N Two food pantry, grill, garden, or thrift shop visit their website at www.fiventwofoodpantry.com or call 919-499-1668. Hours: Mon., Wed., & Fri. 11am-5pm, Sat. 9am-3pm. Location: 17247 NC 27 W, Sanford, NC 27332.

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)



Harnett County 4H Sweetpotato Gleaning: An Unforgettable Annual Experience



by Chanel Wilson, Campbell student

On October 17th, 2015 the Harnett County 4-H hosted their 5th annual sweetpotato gleaning as a part of the "Come Alive Outside" Challenge and the North Carolina 4-H Hungry to Help Campaign to fight hunger across the state. During the event, 175 volunteers from 26 different organizations helped harvest 33,000 pounds of sweetpotatoes for the Food

Bank of Central & Eastern North Carolina and local food pantries across Harnett County. To put 33,000 pounds into perspective, that's 74,000 servings of sweet potatoes to help combat food insecurity.

This year's sweetpotato gleaning is an experience that I will never forget. Volunteering at the gleaning allowed me to experience firsthand where one of my favorite foods comes from. The event had a huge volunteer turn out and everyone there was friendly and eager to lend a hand. Event volunteers ranged from middle school students to local food pantry representatives, with everyone working together to make the event a great success!

The Harnett County 4-H

sweetpotato gleaning is made possible every year thanks to the hard work and dedication of the Harnett County 4-H, community volunteers, and event sponsors. One of the biggest yearly costs for the event is the purchasing of cardboard boxes. These boxes are needed to store and transport the gleaned sweetpotatoes and are an essential item that the event needs assistance with every year.

If you would like to learn more about the 4-H sweetpotato gleaning, or if you're interested in sponsoring or volunteering for future gleanings, please contact Jackie Helton (4-H Agent with the Harnett County Cooperative Extension) at 910-814-6027 or jhelton@harnett.org.



NCSU Campus Box 7606
Raleigh, NC 27695-7606

www.voicesintoaction.org

EVENTS & FUNDING

Events:

Spring 2016 Master Gardener Course
February 26-June 10, 9am-12pm, every Friday

Open House: January 29, 9-11 am
Location: Harnett County Cooperative Extension Office, 126 Alexander Dr., Lillington

Applications & fees (\$120) due by Feb. 5
•For more information contact Matt Jones (Harnett County Horticulture Agent) @ mjones@harnett.org or (910) 814-6024.

Funding Opportunities:

United Way of Harnett County Funding Applications Due: January 5

The United Way of Harnett County is accepting funding proposals from non-profit agencies to support local community programs.

•Learn more: For application

materials or questions, contact David Hodges (Executive Director) @ uwayharnettnc@gmail.com or 910-892-1733.

Fresh, Local and Equitable: Food as a Creative Platform for Neighborhood Revitalization

Proposals Due: January 15 by 5pm EST
Kresge invites proposals from organizations and collaborations leading mission-driven food initiatives in economically distressed urban neighborhoods. Kresge intends to award up to 20 planning grants of up to \$75,000 each in the first quarter of 2016. Planning grants can last up to 12 months, and awardees will have the opportunity to apply for implementation funding.

•Learn more: http://kresge.org/sites/default/files/Fresh_Lo_Planning_RFP_v12_Nov.%2018.pdf & <http://kresge.org/library/fresh-local-equitable-webinar>

Presbyterian Mission Agency Seeks Applications for Programs Addressing Hunger in United States

Letters of Inquiry Due: April 30

Grants of up to \$20,000 will be awarded to projects that address the root and systemic causes of hunger in the United States. Proposals that address direct food relief, development assistance, public policy advocacy, lifestyle integrity, and education and interpretation will be considered. Proposals do not need to fit neatly into one of these five areas but may include activities in multiple areas.

•Learn more: http://philanthropynewsdigest.org/rfps/rfp6172-presbyterian-mission-agency-seeks-applications-for-programs-addressing-hunger-in-united-states?utm_campaign=rfps%7C2015-11-28&utm_source=pnd&utm_medium=email