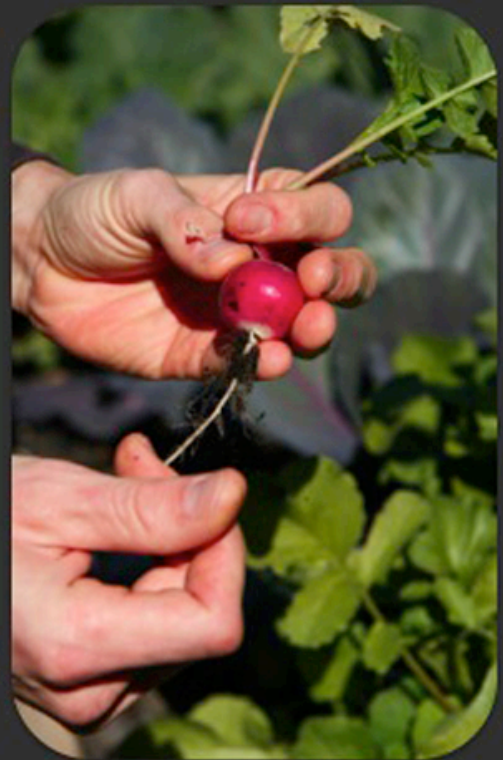


Food Resources for Guilford County, NC

A Directory of
Programs and Services
2012

Compiled by
The Food Policy Think Tank
The University of North Carolina at
Greensboro



Dr. Susan Andreatta & Dr. Marianne LeGreco
Lindsay Armistead, Kelsey Griffith, Kendra Hammond

Sponsored by: The University of North Carolina at Greensboro and
its Lloyd International Honors College, MERGE, College of Arts and
Sciences, and the Office of Undergraduate Research

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Food Policy Think Tank

2011-2012

Participants

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About the Think Tank

The UNCG Food Policy Think Tank is the first think tank effort sponsored by the Lloyd International Honors College and MERGE, an interdisciplinary research network at the University of North Carolina at Greensboro. The think tank connects “students, faculty, and community partners together in a year-long collaborative research project that focuses on a pressing community issue. Think Tank members explore complex issues and design and execute a research project in collaboration with the community.”¹ As part of our community engagement, the Food Policy Think Tank



The UNCG Food Policy Think Tank. From Left to Right: Dr. Marianne LeGreco, Kendra Hammond, Lindsay Armistead, Kelsey Griffith, and Dr. Susan Andreatta

held several conversations with members of the Greensboro community.² Some of these partners expressed the need to strengthen already-existing networks and develop user-friendly resources related to local food issues. The members of the Food Policy Think responded by compiling this list of resources about local food and policy issues for Guilford County, North Carolina.

How to Use this Resource Guide

This resource guide includes contact information for food and agriculture services in Greensboro and Guilford County. Entries include social service organizations, farm networks, local food sources, and non-profit food groups. We have also constructed some appendices for consumers looking for local food resources. Some organizations are community-based, others are regional, statewide, or national; however, they all have a connection to Greensboro or Guilford County.

The organizations are listed alphabetically, as a sort of “phone book” of food resources for Greensboro and Guilford County. Most entries include mailing address, phone numbers, email, and website information. Whenever possible, we have also provided copies of mission statements and policy resources that relate to each organization.

The list is not meant to be exhaustive nor exclusive. We realize that contact information is always updating, and new food-related organizations are always starting. The Food Policy Think Tank will continue to maintain this list and update it as needed. If you feel your organization should be included, updated, or removed, please contact Dr. Marianne LeGreco at melegrec@uncg.edu or 336-908-1388 OR Dr. Susan Andreatta at s_andrea@uncg.edu.

¹ Information about the Lloyd International Honors College/MERGE Think Tanks can be found on the LIHC website at <http://honorscollege.uncg.edu/thinktank/>.

² The Think Tank thanks their guests, which included: Guilford County Department of Public Health, Guilford County Cooperative Extension, Handance Farms, Rudd Farms, LocallyGrownNews.com and Share the Harvest.

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Carolina Farm Stewardship Association

Mailing Address: P.O. Box 448, Pittsboro, NC 27312

Phone: 919-542-2402

Fax: 919-542-7401

Website: <http://www.carolinafarmstewards.org/>

Mission

From their website: “CFSA’s mission is to advocate, educate and build connections to create sustainable food systems centered on local and organic agriculture.”

What CFSA Does

From their website: “CFSA helps people in the Carolinas grow and eat local, organic foods by advocating for fair farm and food policies, building the systems sustainable family farms need to thrive, and educating and organizing communities about organic farming.”

For Advocacy

CFSA provides resources for...

- increasing access to local healthy foods
- preserving farms and other natural resources

For Building Connections

CFSA provides resources for...

- market development that connects growers and consumers
- protecting farmers’ and consumers’ rights
- helping farmers secure federal funds for organic farming

For Education

CFSA provides resources for...

- training farmers to grow organic foods
- supporting beginning farmers through internship and apprenticeship programs
- promoting benefits of local foods through social media, websites, and a newsletter

Become a Member

To join CFSA, please visit the following web address:

- <http://www.carolinafarmstewards.org/membership.shtml>

Deep Roots Market, Natural Food Cooperative

Address: 3728 Spring Garden Street Greensboro, NC 27407

Phone: 336-292-9216

Fax: 336-292-3643

Website: <http://www.deeprootsmarket.coop/>

General Manager:

Joel Landau

generalmanager@deeprootsmarket.com

Mission

Adapted from their website: Deep Roots follows 7 cooperative principles:

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation among Cooperatives
7. Concern for Community

Product Policy

“Deep Roots carries wholesome, pure products. The co-op focuses on buying products that are locally and organically grown or made. We do not knowingly carry products with artificial colors or sweeteners, GMO ingredients, synthetic growth hormones, trans-fats, high fructose corn syrup, ingredients from cloned animals, or aluminum. Our fresh produce is all grown on farms practicing organic techniques. We give priority to companies and vendors that practice environmental sustainability, invest in their communities, treat animals ethically, and use fair labor practices.”

What They Offer

Grocery items include only organic produce, bulk foods, herbs, and spices, packaged and frozen goods, sustainable cleaning products and pet foods and products.

Deep Roots accepts most methods of payment, including major credit cards and food stamps.

Become a Member

Lifetime Owner- \$100 one-time payment

Student Owner- \$25 per year

Membership involves paying a one-time fee of \$100. Benefits of joining the Deep Roots cooperative include Patronage Dividends, Owner Sales, and Owner Appreciation Months. Students can also join Deep Roots at a reduced rate of \$25 per year. Owners elect the Board of Directors and have the option to serve as a board member for the cooperative.

The Edible Schoolyard at the Greensboro Children's Museum

Mailing Address: 220 N. Church Street, Greensboro, NC 27401

Phone: 336-574-2898

Fax: 336-574-3810

Website: <http://www.gcmuseum.com/edible-schoolyard/>

Director/Key Staff:

Stephanie Ashton, Director
336-574-2898, Extension 313
sashton@gcmuseum.com

Kat Siladi, Garden Educator
336-574-2898
ksiladi@gcmuseum.com

Justin Leonard, Garden Manager
336-574-2898
jleonard@gcmuseum.com

Mission:

“The Edible Schoolyard includes a hands-on, half-acre organic teaching garden and a kitchen classroom where children and their families and teachers learn about growing, cooking, and sharing fresh, delicious food. With an ecosystem of plants and animals, the garden features vegetables, herbs, fruits, flowers, trees and shrubs, as well as chickens, rabbits, worms and insects. The Edible Schoolyard team at the Greensboro Children's Museum believes that understanding and participating in the seed to table process helps children develop emotionally, physically, intellectually, and spiritually.”

Programs:

- Garden Tours
- Commercial Teaching Kitchen
- Cooking Programs for K-12 students
- Cooking Programs for Adults
- Community Outreach Programs
- Summer Camps
- Volunteer Opportunities

Additional Resources:

Edible Schoolyard History: <http://www.gcmuseum.com/edible-schoolyard/esyhistory.php>

Original Edible Schoolyard: <http://edibleschoolyard.org/>

Food Assistance, Inc.

Mailing Address: 102 Kirk Road; Greensboro, NC; 27455

Phone: 336-545-4453

Email: foodassistance@bellsouth.net

Website: <http://www.foodassistancenc.com/>

Founder/Executive Director

Jane Y. Carlson, CAE

336-988-8899

janecarlson@bellsouth.net

Mission

From their website: “Groceries on Wheels offers food, friendship and hope to improve health and wellness to low income and disabled seniors in Guilford County.”

What Food Assistance, Inc. Does

Food Assistance, Inc. delivers groceries to 450 families living in Greensboro and Guilford County. The groceries are provided at no cost to the families, and the program gives the opportunity for low-income families and the elderly to build stronger social and food-based network with Food Assistance’s team of 150 community volunteers.

Qualifications for Assistance

Food Assistance will take referrals from public agencies and church congregations. They target individuals and families who meet the following criteria:

- You must be 62+
- Low or fixed income (federal government guidelines)
- Limited mobility or disability
- No family in the area who can help you
- Unable to drive or without transportation
- Not receiving mobile meals

Resources for Volunteers

Individuals and groups may volunteer with Food Assistance, Inc. Forms are available at the following website:

- http://www.foodassistancenc.com/vol_ops.html

Food Corps, INC.

Mailing Address: 281 Park Avenue South; New York, NY 10010

Phone: (212) 596-7045

Fax: (347) 244-7213

Email: info@foodcorps.org

Website: www.foodcorps.org

Mission

From their website: “Through the hands and minds of emerging leaders, FoodCorps strives to give all youth an enduring relationship with healthy food.”

What Food Corps Does

Food Corps matches motivated leaders with limited-resource communities. Service Members sign up for a year of public service, and they work under the direction of local partner. Food Corps follows a “three-ingredient recipe” for healthy kids:

- Deliver hands-on nutrition education
- Build and tend school gardens
- Bring high-quality local food to public school cafeterias

Programs in North Carolina

- NC 4-H and the Center for Environmental Farming Systems
- Guilford County Cooperative Extension Desert City
- Southeastern NC Food Systems Program, UNC Wilmington
- Gaston County Cooperative Extension
- Communities in Schools (CIS)

Benefits of Serving in the Food Corps

- \$15,000 living allowance
- SNAP benefits
- \$5,500 Americorps Segal Education Award
- Student loan forbearance
- Health insurance
- Partial childcare reimbursements

Food Research & Action Center (FRAC)

Mailing Address: 1875 Connecticut Ave NW, Suite 540; Washington, DC 20009

Phone: (202) 986-2200

Fax: (202) 986-2525

Website: www.frac.org

What is FRAC?

From their website: “The leading national nonprofit organization working to improve public policies and public-private partnerships to eradicate hunger and undernutrition in the US. “

What FRAC Does

By focusing Research *and* Action, FRAC helps consumers and organizations answer important questions about food-related issues. These services are listed on their website:

- Conducts research to document the extent of hunger, its impact, and effective solutions
- Seeks improved federal, state, and local public policies that will reduce hunger and undernutrition
- Monitors the implementation of laws and serves as a watchdog of programs
- Provides coordination, training, technical assistance and support on nutrition and anti-poverty issues to a nationwide network of advocates, service providers, food banks, program administrators and participants, and policymakers
- Conducts public information campaigns to help promote changes in attitude and policies

Policy Milestones

- 1973/1976: FRAC has won law suits and court orders to improve the funding for WIC (1973), Elderly Feeding Program (1976)
- 1981: FRAC awareness led to the national issue of “ketchup as a vegetable” and finally outruling the legislation
- 2002: launched D.C. Hunger Solutions
- 2007: launched Maryland Hunger Solutions
- 2010: FRAC focuses: obesity and poverty, the unique intersection of hunger, poverty, and obesity in America

Additional Resources

In March 2011, FRAC released the results of a Gallup Poll on Food Hardships in the United States. Greensboro/High Point ranked with the 4th highest rate of food hardship in major metropolitan areas. The executive summary of that study is available at this weblink:

- http://frac.org/wp-content/uploads/2011/03/food_hardship_report_mar2011.pdf

Good Agricultural Practices Certification (GAP)
North Carolina Department of Agriculture and Consumer Services

Website: http://www.ams.usda.gov/AMSV1.0/GAPGHPAuditVerificationProgram#P25_1498

North Carolina Contact Information

North Carolina Federal-State Inspection Service

Address: 430 State Agriculture Building; 2 W. Edenton Street; Raleigh, NC 27611

Phone: 919-733-7576

Fax: 919-733-9724

Key Contact Person: Mike Hanan

What GAP Does

From the USDA Website: “Good agricultural practices (GAPs) are the basic environmental and operational conditions necessary for the production of safe, wholesome fruits and vegetables. The purpose of GAPs is to give logical guidance in implementing best management practices that will help to reduce the risks of microbial contamination of fruits and vegetables.”

GAP Benefits

GAP Certification benefits the grower and the consumer through...

1. economic risk reduction
2. improved market access opportunities. Some markets require growers to hold a GAP certification their products can be sold.

GAP certification is generally required to sell to...

- major supermarket chains
- school systems
- some restaurants

Additional Resources

To see a USDA GAP Audit Verification Checklist visit the following link:

<http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELPRDC5091326>

GAP User’s Guide: <http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=stelprdc5097151>

GAP Certification Cost Share Assistance Program

The North Carolina Department of Agriculture & Consumer Services has developed the Good Agricultural Practices (GAP) Certification Assistance Program. This program will help North Carolina growers with financial support in obtaining a third party audit to verify they are following effective food safety practices. <http://www.ncagr.gov/markets/NCgradesvc/>

GAP Certified Companies in North Carolina

The following is a table of NC companies that have completed and passed the GAP Certification.

<http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELPRDC5095176>

Goat Lady CSA

Mailing Address: 3515 Jess Hackett Road, Climax, NC 27233

Email: info@goatladydairy.com

Website: <http://www.goatladycsa.com/>

Mission

From their website: “Goat Lady CSA operates under three core principles that make up their mission: Local Food, Farm Education and Community Outreach. The goals of the Goat Lady CSA are to provide local food--fresh, seasonal, nutritious, and delicious—to its shareholders. CSA members have an opportunity to learn firsthand about organic gardening, soil ecology, seasonal cooking and eating, and food preservation. Our CSA is designed to include families of diverse economic and cultural backgrounds and to mentor interns and beginning farmers. Together we nurture our relationship to our food, the land, and the community by offering food preparation workshops, educational newsletters, outreach activities, and special community events.”

Subsidy Fund

From their website: “Goat Lady CSA is one of the only CSA’s that offers a committed subsidized membership fund. Up to 10% of the memberships are those in need who want to participate in Goat Lady CSA but, for whatever reason, can’t afford to pay the entire fee. Goat Lady CSA membership generously donates the extra amount needed for these subsidized shares.”

Membership Information

CSA members agree to pay an annual fee early in the season. In return, members receive a share of freshly harvested non-certified organic vegetables weekly for the 26-week season. Seasons generally run from late April through late October. As part of their membership, CSA shareholders volunteer with Goat Lady to help harvest and distribute vegetables.

Goat Lady CSA is owned and managed by Steve and Lee Tate. In addition, 15 CSA members make up the Core Group, which meets regularly with CSA farmers for management and planning.

Greensboro Urban Ministry (GUM)

Mailing Address: 305 West Lee Street; Greensboro, NC 27406

Phone: 336-271-5959

Website: <http://www.greensborourbanministry.org>

Mission

From their website: “To express the love of God to people in need through practical action in the greater Greensboro area.”

What GUM Does

GUM provides food, shelter, and health services to individuals in need of resources. The majority of their clientele are homeless individuals. They also offer food bank supports, as well as community kitchen that serves a daily lunch to anyone and everyone.

Services Available

Potter’s House Community Kitchen

- Free meals, open to everyone, daily at 11 am

Emergency Assistance Program

- Contact: Tyra Clymer
- Phone: 336-553-2559
- Fax: 336-553-2818

Weaver House Night Shelter

- Contact: front desk @ 336-553-2665

Volunteer Services

- Contact: Gail Gore-Lewis
- Phone: 336-553-2642
- Fax: 336-553-2806

Guilford College Production Garden

Mailing Address: 5800 West Friendly Ave.; Greensboro, NC 27410

Phone: 336-316-2000

Website: <http://sustainability.guilford.edu/>

Garden Contacts

David Petree, Director of Environmental Sustainability

Email: dpetree@guilford.edu

Jim Dees, Farm Manager

Email: deesjh@guilford.edu

Korey Erb, Farm Manager

Email: erbkm@guilford.edu

Purpose

The Guilford College Production Garden was designed to promote sustainability for the campus and access to fresh produce for faculty, staff, and students. From their website, “The production garden will help in the commitment to buying low-carbon, low-transportations produce for the dining hall. It’s also a fantastic educational tool and community builder.”

Resources for Volunteers

Volunteers and supporters can contact the production garden by clicking the “Get Involved” tab at the following website:

- <http://sustainability.guilford.edu/>

Guilford County Department of Public Health

Mailing Address: 1203 Maple Street, 3rd Floor; Greensboro, NC 27405

Phone Number: 336-641-3283

General Website: <http://www.guilfordhealth.org/>

Public Health Director

Merle Green

336-641-3288

mgreen@co.guilford.nc.us

Environmental Health and Food Policy Resources

Website: http://www.co.guilford.nc.us/gheh_cms/flisp/index_flisp.htm

The Food, Lodging, Institutions, and Swimming Pools (FLISP) Division of the Guilford County Public Health Department provides resources including...

- Food Safety Classes in the SERVESAFE program
- Field Inspections for Restaurant Food Safety
- “Check a Grade” links for consumers to check food safety ratings for restaurants

Environmental Health Education Resources

Website: http://www.co.guilford.nc.us/gheh_cms/health%20ed/index_hed.htm

The Environmental Health Education Division of the Guilford County Public Health Department provides resources including...

- Community education outreach opportunities
- Food Safety instruction for schoolchildren grades K-5

Healthy Carolinians

Website: http://www.co.guilford.nc.us/publichealth/divisions/?page_id=4

The Healthy Carolinians project offers community health assessments and assistance in the design, implementation, and evaluation of community-based health programs. These programs focus on issues including...

- Food access
- Physical activity
- Healthy eating practices
- Environmental health factors

Guilford County Public Schools: School Nutrition Services

Mailing Address: 501 W. Washington St., Greensboro, NC 27401

Phone: 336-370-3266

Website: <http://www.gcsnc.com/education/school/school.php?sectiondetailid=266541>

Director/Key Staff:

Sara Williams, RD, LDN

Registered Dietitian

School Nutrition Services

Guilford County Schools

Phone: 336-370-3250

Fax: 336-271-3349

willias2@gcsnc.com

Mission:

From their website: “Through actions of integrity, teamwork, and excellence, the School Nutrition Services team members commit to providing to all students nutritious meals in pleasant eating environments at affordable prices.”

Programs:

- National School Lunch Program
- National School Breakfast Program
- Free and Reduced Meals for Eligible Students

Free and Reduced Meal Policies:

- Free and Reduced Meals are offered by the USDA
- Families must complete an application to see if they are eligible for meal benefits
- Only one application per family is required.
- A new application must be completed each year.
- Applications for Guilford County are available:
 - At your child’s school
 - On the School Nutrition Services website
 - At the School Nutrition Services Office at 501 W. Washington Street

Procurement Policies

- Food manufacturers must meet federal standards and practices
- Food distributors must have a food safety and security plan to prevent contamination
- Product specifications must include information regarding quality grade, size, growing location, ingredients, allergens, and nutrition factors for fat, sodium, etc.

Guilford County Department of Social Services: Food and Nutrition Services

Mailing Address: 1203 Maple Street; Greensboro, NC; 27405

Phone: 336-641-3000

EBT Toll Free: 888-622-7328

Website: <http://www.co.guilford.nc.us/government/socservices/food.html>

Director/Key Staff:

Robert Williams, Social Services Director

Phone: 336-641-3000

Mission

From their website: “The Food and Nutrition program is a federal food assistance program that helps low income families or individuals to buy food. Eligible households receive monthly benefits to purchase food.”

Programs

- Electronic Balance Transfer (EBT) benefits for Guilford County residents
- Supplemental Nutrition Assistance Program (SNAP) administration for Guilford County

Program Eligibility Requirements

In order to receive EBT benefits, applicants must meet eligibility requirements in these categories:

- ID Verification
- Household composition
- Residency
- Authorized Representatives
- Citizenship/Immigration Status
- Student Status
- Social Security Enumeration
- Work Requirements
- Resources
- Income Verification
- Cooperation with Quality Control
- Controlled Substance Felon

Apply Online:

<http://info.dhhs.state.nc.us/olm/forms/>

Guilford County Soil and Water Conservation District

Address: Guilford County Agriculture Center; Greensboro, NC 27405

Phone: 336-375-5401

Fax: 336-375-5042

Website: <http://countyweb.co.guilford.nc.us/soil-and-water-homepage>

Mission

From their website: “The Soil and Water Conservation Section supports the Guilford County Soil and Water Conservation District, and agency that deal with soil erosion and water quality problems. The district provides technical assistance to landowners and educational programs on soil and water quality. The district also administers a State program that provides cost share funds to farmers and landowners with water quality problems to install Best Management Practices on their farms.”

Conservation Programs and Services

- North Carolina Agriculture Cost Share Program (NCACSP)
- Community Conservation Assistance Program (CCAP)
- Environmental Quality Incentives Program (EQIP)
- Voluntary Agricultural District Program

Educational Programs

- Poster, Essay and Public Speaking Contest
- Envirothon
- School Presentations
- Farm Tours
- Resource Conservation Workshop
- Food Land & People Workshop

Resource Information

- Aerial Photography
- Soil Survey

Additional Resources

Other cost-share programs are under USDA-NRCS and are found on the following website:

- www.nc.nrcs.usda.gov

The Interactive Resource Center (IRC)

Mailing Address: 407 E. Washington Street; Greensboro, NC 27401

Phone: 336-332-0824

Website: <http://gsodaycenter.org/>

Hours: Mon-Fri 8:00am-3:00pm

Key Contact

Liz Seymour, Executive Director

Phone: 336-544-5422

Email: liz@gsodaycenter.org

Mission

From their website: “The Greensboro Interactive Resource Center assists people who are homeless, recently homeless or facing homelessness reconnect with their lives and the community at large. We offer showers, laundry facilities, computers, phone, resume writing and much more.”

What the IRC Does

The IRC is becoming more and more involved in local food initiatives across Greensboro and Guilford County. They are building a community garden, and they are serving as a food drop-off and pick-up location for local food redistribution programs. By focusing on food with the homeless community, they are also making sure that Greensboro’s food security needs are met.

Resources for Volunteers

The IRC has an extensive support network of volunteers. To get involved at the IRC...

Contact: Tiffany Dumas

Email: tiffany@gsodaycenter.org

Phone: 336 544-5423

LocallyGrownNews.com

Website: <http://locallygrownnews.com/>

Email: info@locallygrownnews.com

Key Contact

Michelle Ferrier, Editor

Phone: 386-366-4037

Email: info@locallygrownnews.com

Mission

From their website: “LocallyGrownNews.com is an online community designed to foster the eating locally movement. Our mission is to generate conversation around sustainable, healthy lifestyles.”

What LocallyGrownNews Does

This online community provides individuals and groups with calendars of upcoming food events, policy updates at local and regional levels, and a chance for people to connect virtually while acting locally. These are some benefits of membership as posted on their website:

- Learn about local foods and local producers
- Share seasonal recipes and prized gardens
- Find out about ideas for sustainable living
- Rate favorite markets
- Post regional events

Resources for Members

You can become a member of LocallyGrownNews and start building your profile by visiting the following weblink:

- <http://locallygrownnews.com/register.html>

NC Local Sustainable Food Advisory Council

Submit a Message: <http://www.ncagr.gov/localfood/contactusform.htm>

Website: <http://www.ncagr.gov/localfood/>

Mission

From their website: “To provide services that promote and improve agriculture and agribusiness, protect consumers and businesses, and preserve farmland and natural resources for the prosperity of all North Carolinians.”

What the Advisory Council Does

The purpose of this council is to build and promote a local food economy. Their actions promote job growth, access to healthier and fresher foods, and doing so in a sustainable way that reduces our use of fossil fuels to ship food. On their website, they highlight the following goals:

1. Protect citizens from unsafe food products and from economic loss due to unlawful business practices and build consumer confidence in agricultural and consumer products.
2. Enhance North Carolina’s agricultural economic competitiveness and sustainability through regulatory and consultative services, laboratory testing, animal and plant disease and pest surveillance, outreach, and emergency preparedness to promote a profitable business environment for producers and agribusiness.
3. Expand market opportunities, build awareness of available services, and educate citizens on agriculture’s contributions to the State’s economy.
4. Partner with organizations to support development of agricultural practices and products.
5. Support the conservation of natural resources and working lands.
6. Continuously review the quality, cost-effectiveness, and customer satisfaction of the department’s programs and services.

Additional Resources

The Advisory Council also offers detailed programs and services for...

- Marketing Programs
- Consumer Programs
- Grower Programs
- Farmer Services
- Business Services
- Homeowner Services
- Guides and Publications

**North Carolina Division of Waste Management
North Carolina Department of Environment and Natural Resources
Composting and Land Application Branch**

Mailing Address: 217 West Jones Street; Raleigh, North Carolina 27603

Telephone: 919-707-8200; Toll Free: 877-623-6748

Website: <http://portal.ncdenr.org/web/wm>

Mission

From their website: “North Carolina’s solid waste policy reflects the state’s desire to reduce, reuse and recycle before turning to disposal as a management option for solid waste. To that end, the NC Legislature established a hierarchy of preferred alternatives to using landfills. The first option, after reduction, reuse and recycling, is composting.”

Solid wastes that can be composted include:

- Yard waste, Mixed paper, Food wastes, Agricultural processing wastes
- Waste water treatment plant residuals and animal manure are not considered solid wastes, but may be managed at a solid waste compost facility

NC Solid Waste Management Rules require a permit from the Solid Waste Section to operate a facility that composts solid wastes. The Solid Waste Section is part of the North Carolina Division of Waste Management. To obtain your permit, contact the Solid Waste Section at 919-707-8200.

Composting Policy- Solid Waste Rules, 15A NCAC 13B Section .1400

From the website: <http://portal.ncdenr.org/web/wm/sw/rules/rulelist>

Requirement for a Permit:

“All persons whose purpose is or includes the production of compost from solid waste or solid waste co-composted with other wastes shall not construct, operate, expand or modify a facility until a currently valid permit for a solid waste compost facility is issued by the Division. This provision also applies to facilities that accept, store, or produce compost or mulch from yard waste or from residues from agricultural products and processing.

A permit is not required for the following operations:

- (1) Backyard composting.
- (2) Farming operations and silvicultural operations where the compost is produced from materials grown on the owner's land and re-used on the owner's land or in his associated farming operations and not offered to the public.”

Composting Links

NC Compost Council (NCCC): <http://www.carolinacompost.com/>

Solid Waste Association of America (SWANA): <http://www.swana.org/>

US Composting Council: <http://www.compostingcouncil.org/>

Vermicomposting: <http://www.bae.ncsu.edu/topic/vermicomposting>

North Carolina Food & Drug Protection Division Home-Based Food Business

Mailing Address: 1070 Mail Service Center; Raleigh, NC 27699

Phone: 919-733-7366

Fax: 919-733-6801Jim

Website: <http://www.ncagr.gov/fooddrug/food/homebiz.htm>

Key Contact

Jim Melvin, Assistant Director of Regulatory Programs

Phone: 919-733-7366

Email: Melvin@ncagr.gov

Resources for Manufacture of Good in the Home:

1. Complete a “Home Processor Inspection” application
2. Review high-risk foods (cannot be home produced)
 - a. Refrigerated or frozen products
 - b. Low-acid canned foods
 - c. Dairy products
 - d. Seafood products
 - e. Bottled water
3. Cannot have an indoor pet at any time of any day
4. Check your home processing area to ensure it meets federal guidelines: refer to Good Manufacturing Practices (GMP)
5. Check local license and zoning information (www.ncacc.org/countyinfo.htm)
6. Complete a well-water inspection if you’re home uses well-water or present a recent water bill from the city if otherwise
7. Develop business plan
8. Label you’re food product (find requirements at www.fda.gov)
9. Submit application to homeprocessing@ncagr.gov

***Farmers DO NOT need a business license to sell commodities grown on their farm

Resources for Commercial Food Manufacturers

This organization also provides information for commercial manufacturers at the following link:

- <http://www.ncagr.gov/fooddrug/food/commercial.htm>

Key Policy Links

NC Drug and Cosmetic Policy:

http://www.ncleg.net/EnactedLegislation/Statutes/HTML/ByArticle/Chapter_106/Article_12.html

FDA Good Manufacturing Practices Guidelines

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?CFRPart=110>

Additional Resources:

Community Kitchen Example:

http://takomaparkpc.org/Commercial_Kitchen_Fact_Sheet_ML.pdf

**North Carolina Farm Fresh
Marketing Division for
The North Carolina Department of Agriculture**

Website: <http://ncfarmfresh.com>

Purpose

From their website: “North Carolina Farm Fresh is a directory of pick-your-own farms, roadside farm markets, and farmers markets throughout North Carolina. It is designed to help the consumer, find the freshest locally grown fruits, vegetables, christmas trees, ornamental plants, flowers, and herbs.”

What North Carolina Farm Fresh Does

Farmers wanting to locate their farms and where they sell their farm fresh produce can list it on the following website: Farm Fresh <http://www.ncfarmfresh.com/farmmarkets.asp> for the “Got to be NC Agriculture” supporting the Goodness Grows in North Carolina Campaign.

The website helps farmers to sell their products directly to consumers – be at roadside stands, farmers markets, community supported agriculture (CSA) arrangements, or pick-your-own farms. The website also helps to connect consumers to farmers that may specialize in specific commodities such as fruits, vegetables, trees, ornamentals, flowers and herbs. Should there be a specific item such as a Christmas tree the consumer could locate a farmer in a particular region of North Carolina. Farmers Markets are listed by name and county, making easy for consumers and farmers to locate.

Resources for Membership

You can sign up to be a member of the North Carolina Farm Fresh network at the following weblink:

- <http://www.ncfarmfresh.com/signup.asp>

North Carolina State A&T University Farm

Department: School of Agriculture and Environmental Sciences

Mailing Address: 1601 E. Market Street; Greensboro NC 27411

Phone: 336-334-7500

Website: <http://www.ag.ncat.edu/farm/index.html>

Primary Contact

Leon Moses, Farm Superintendent

Phone: 336-334-7548

Email: ljmoses@ncat.edu

Overview

The NCA&T University Farm is a 492-acre working farm in Guilford County. The farm focuses on both horticulture and livestock production, and it allows A&T students the opportunity to learn about agriculture in a very applied and hands-on capacity. The farm features specific sections on the following areas:

- Beef Unit
- Dairy Unit
- Equine Unit
- Horticulture Unit
- Poultry Unit
- Small Ruminant
- Swine Unit

Additional Information

The NCA&T farm once produced both livestock and produce for the A&T cafeteria. Now, much of the livestock – including cows, chickens, and goats – are sold to wholesalers. Much of the produce is donated to charitable organizations for redistribution to people who are in need of food.

North Carolina State University/A & T State University Cooperative Extension

Phone: 919-515 -2011

Website: <http://www.ces.ncsu.edu/>

Purpose

From their website: “North Carolina Cooperative Extension gives residents easy access to the resources and expertise of NC State University and NC A&T State University. Through educational programs, publications, and events, Cooperative Extension field faculty deliver unbiased, research-based information to North Carolina citizens. North Carolina Cooperative Extension is based at North Carolina's two land-grant institutions, NC State University and NC A&T State University, in all 100 counties and with the Eastern Band of Cherokee Indians.”

Programs and Services

NC Cooperative Extension Provides assistance with:

- Agriculture and Food
- Animal Agriculture
- Commercial Horticulture and Nursery and Turf
- Farm Health & Safety
- Field Crops
- Food Safety & Processing
- Local Foods
- Pest Management
- Specialty Crops
- Community
- Environment
- Forest Resources
- Health and Nutrition
- Home and Family
- Lawn and Garden
- 4-H

Additional Resources

Most of the Cooperative Extensions work is administered at the County Level. You can find information for the Guilford County Branch of the NC Cooperative Extension on the following page of this resource guide.

**North Carolina State University/A&T State University Cooperative Extension
Guilford County Center**

Mailing Address: 3309 Burlington Rd; Greensboro, NC 27405

Phone: 336-375-5876

Fax: 336-375-2295

Website: <http://guilford.ces.ncsu.edu/>

Key Contacts

Wick Wickliffe, County Extension Director

Phone: 336-375-5876

Email: wick_wickliffe@ncsu.edu

Karen Neill, Master Gardener Program

Phone: 336-375-5876

Email: Karen_Neill@ncsu.edu

Geissler Baker, Family and Consumer Sciences

336-375-5876

Email: geissler_baker@ncsu.edu

Mission

From their website: “North Carolina Cooperative Extension partners with communities to deliver education and technology that enrich the lives, land and economy of North Carolinians.”

What the County Cooperative Extension Does

The Guilford County Center is open Monday - Friday, 8am to 5pm. The cooperative extension and consumer services agents provide a variety of information and assistance on: agriculture and food, community gardening, local foods, animal agriculture, commercial horticulture, nursery and turf, specialty crops, pest management, forestry management, environment, community, health and nutrition, home and family, lawn and garden, 4-H Youth Development. Educational programs are offered on a regular basis to benefit to farmers, rural and urban residents, community leaders, homemakers, parents, and youth.

Additional Resources

The Guilford County Center is networked with a wide range of local and regional growers and consumers. Please contact them via the following weblink to get involved:

- <http://guilford.ces.ncsu.edu/index.php?page=contact>

The Guilford County Center also has a calendar of events on their website that can be accessed via the following weblink:

- <http://guilford.ces.ncsu.edu/index.php?page=events>

The Guilford County Center also provides information about community garden projects across Greensboro and High Point. Additional information can be found at this weblink:

- <http://www.guilfordgardenanswers.org>

**Robyn Van En Center
Wilson College**

Mailing Address: 1015 Philadelphia Ave.; Chambersburg, PA 17201

Phone: 717-264-4141

Website: www.csacenter.org

Purpose

From their website: The Robyn Van En Center is a national resource center about Community-Supported Agriculture (CSA) for people across the nation and around the world. The center provides outreach and works to gain publicity about CSA farms in order to benefit community farmers and communities everywhere.”

What the Robyn Van En Center Does

Robyn Van En introduced the concept in 1985 in North America and it has spread across the country ever since. The website is housed at Wilson College in Pennsylvania. For a nominal fee (what one can afford), farmers and growers can list their CSA farm on the national listing for CSAs. This site is a way for the public to locate CSA farmers in their area.

Resources for CSAs

Apply on-line to list your CSA farm via the following weblink:

- <http://www.wilson.edu/about-wilson-college/fulton/robyn-van-en-center/csa-locator/index.aspx>

Share the Harvest

Website: <http://www.sharetheharvestguilfordcounty.org/>

Mission

From their website: “This new project is making it a possibility to reach more people in our community with fresh food provided by local farmers, churches and citizens of Greensboro....As Share the Harvest develops and grows, it is our goal to help people in our community overcome food insecurity through connections within our community”

What Share the Harvest Does

Share the Harvest is a food re-distribution program. Volunteers gather extra produce grown by community gardens, urban and rural farms, and other community-based food programs. Then, they work with local food banks, shelters, and outreach organizations to get food to the people who need it.

How to Donate:

1. We accept harvest quality produce.
2. Locate a collection site near you (see website for collection sites and drop off times)
3. Do not drop off outside of the drop off times, due to risk of the produce becoming rotten. To ensure its rapid recovery and redistribution, produce will be collected by volunteers at the end of the drop off time.

How to Receive Produce:

Food collected is stored at the Interactive Resource Center and later redistributed to local food banks, pantries, and individuals who need the food. On the website there is a “contact info” section under the following weblink:

- <http://www.sharetheharvestguilfordcounty.org/contact-information.html>

Simply go to this page and enter your information and needs. Someone should be able to direct you to a location to receive the food or participate in the programs.

Recent News

A recent story on a local Greensboro news station offers more information on Share the Harvest. The story can be accessed at the following weblink:

- <http://www.digtriad.com/news/local/article/209484/327/Share-The-Harvest-Help-The-Hungry>

UNCG Campus Gardens

Location: 123 McIver St.; Greensboro 27403 (Location)

Mailing Address: 433 Graham Building, PO Box 26170; Greensboro, NC 27402

Key Contacts

Susan Andreatta: Phone: 336-256-1164; Email: s_andrea@uncg.edu

Guy Sanders: Phone: 336-334-4222; Email: gmsander@uncg.edu

Purpose

From their plotholder application form: “The purpose of the UNCGreensboro Gardens is to build healthy, interactive urban communities through the collective production of locally grown, organic food.”

What the UNCG Campus Gardens Do

UNCG’s Campus Gardens are located on the university’s campus and serve as a resource for the UNCG community which includes undergraduate and graduate students, faculty, staff, and alumni. The Gardens consist of approximately 50 plots and can be rented by semester or for an entire year. The Gardens place an emphasis on community interaction, sustainability and establishing relationships through shared expertise. All garden plots are requested to use organic growing practices such as using organic fertilizers and abstaining from chemical pesticides or herbicides.

Resources for Membership

From their plotholder application form: “Members of the garden recognize the need for education and sustainability and draw on the varied expertise at the University and within the local community.”

Each plot measures 4X8 and costs \$10 per semester (Fall, Spring, or Summer), or \$30 for the entire year. All fees are used for maintenance and operations of the Gardens. Classes, organizations, university departments, and groups of individuals are eligible to rent plots.

Garden plots can be requested by filling out the Plot Holder Application Form. This form can be accessed at:

- http://www.uncg.edu/aas/uncg_gardens/pdf_files/Revised_All_forms_for_campus_garden_final_2012.pdf

This document outlines guidelines for plot distribution, rules pertaining to plot participation, application review process, contact information, and a release agreement form.

Web Resources:

UNCGreensboro Campus Gardens Website: http://www.uncg.edu/aas/uncg_gardens/

Garden Planner: <http://gardenplanner.motherearthnews.com/gardenplanner/gardenplanner.html>

Project Green Leaf (agro food system resources): <http://greenleaf.uncg.edu/>

WIC: Special Supplemental Nutrition Program for Women, Infants, and Children

Address 1: 1100 E. Wendover Avenue; Greensboro, NC 27405

Address 2: 501 East Green Dr.; High Point, NC 27260

Greensboro Phone: 336-641-3214

High Point Phone: 336-845-7571

Website: http://www.co.guilford.nc.us/publichealth/divisions/?page_id=165

Key Contact

Rebecca Gilliland, M. Ed., RD/LDN

Nutrition Program Director, Guilford County Department of Public Health

What WIC Does

The WIC program provides food, nutrition, and health services to children and their mothers. In order to participate in the Guilford County WIC program, the County Department of Public Health outlines the following qualifications:

- Live in Guilford County.
- Be a pregnant woman; a postpartum woman who has had a baby in the last 6 months; a breastfeeding woman who has had a baby in the last 12 months; an infant or child up to age five.
- Be income eligible. Income is based on the size of the family unit and the total household income. Persons participating in Medicaid, Food Stamps, or Work First are already income eligible. Click here for the specific Qualifying Income Guidelines.
- Have a qualifying medical or nutritional need as determined by a WIC Nutritionist

What to Bring to Your First Meeting

- In order to register for WIC benefits, bring the items on this documentation list:
Proof of income eligibility (medicaid card)
- Proof of residency (license)
- Proof of identity (women)
And/or
- Proof of identity (child/infant)
And/or
- Proof of pregnancy

WWOOF USA (Worldwide Opportunities on Organic Farms)

Telephone: 949-715-9500

Email: info@woofusa.org

Website: <http://www.woofusa.org>

Mission

From their website: “Worldwide Opportunities on Organic Farms, USA (WWOOF-USA™) is part of a worldwide effort to link volunteers with organic farmers, promote an educational exchange, and build a global community conscious of ecological farming practices.”

The Basics

One-half day of volunteer help is traded for food and accommodation, with no money exchanged. This is not paid work on farms; it is an exchange of education and culture. Any farm, community, or garden project in the US that is willing to host and accommodate volunteers can participate in our program. There are currently 72 host farms registered on WWOOF in North Carolina.

Become a Host Farm

Host farms decide and describe the criteria for accepting volunteers: length of stay, experience desired, hours worked per day or week, etc. We do not allow Host Farm Profiles to mention any exchange of money, as WWOOFers are not farm laborers.

Cost for Membership: Sliding scale of \$5 to \$50 for rights to produce your farm information in the online and printed directory

Registration Form: https://www.woofusa.org/Host_Farm_Registration

Being a WWOOF host may be right if you:

- will provide a safe, comfortable, and welcoming environment for a volunteer
- are participating in organic or sustainable activities
- have projects and tasks that you could use help with
- are interested in sharing your knowledge and daily life with volunteers
- recognize that WWOOFers are not laborers, and can not receive any monetary compensation for work

Become a WWOOFer

Woofers usually volunteer on organic farms in the USA for a half-day in exchange for meals and accommodations. A membership includes access to an online and printed directory of the more than 1,400 WWOOF Farms in the USA.

Cost for Membership: \$30-\$40

Registration Form: https://www.woofusa.org/WWOOFer_Membership

News: http://www.woofusa.org/About_WWOOFUSA/News

Appendix A: Restaurants that Source Local Foods

The demand for local foods is increasing, and restaurants are taking notice. The following is a list of restaurants that are registered with the 10% Campaign and serve local foods on their menus. The 10% Campaign is a program sponsored by the Center for Environmental Farming Systems (CEFS).

The campaign strives to build North Carolina's local food economy through the support of farmers, businesses, and communities. It is a pledge to spend 10% of your existing food dollars locally.

If you feel your name should be added to this list, we urge you register with the 10% Campaign at the following weblink:

- <http://www.ncsu.edu/project/nc10percent/index.php>

Restaurants:

Ghassan's Famous Steak Subs and Kabobs

1605 Battleground Avenue
Greensboro, NC 27408
336-272-8400
Fax 336-273-2266

400 E. Cornwallis Drive
Greensboro, NC 27405
336-272-8400
Fax 336-378-1918

2501 High Point Road
Greensboro, NC 27403
336-294-4060
Fax 336-294-6656

<http://www.ghassans.com/index.php>

Ghassan's serves a variety of subs, salads, and kabobs from three different locations in Greensboro. They deliver, and also accept UNCG Flex.

Lucky 32 Southern Kitchen

1421 Westover Terrace
Greensboro, NC 27403
(336)370-0707
<http://www.lucky32.com/greensboro.htm>

American southern cuisine served in an upscale environment.

Simply Scrumptious Bakeshop

(336) 317-6762

Greensboro, NC

<http://simplyscrumptiousbakeshop.com/>

Sticks & Stones Clay Oven Pizza

2200 Walker Ave.

Greensboro, NC 27403

(336) 275-0220

Local Food Sources:

- Natural, free-range, grass-fed beef and pasture-raised hogs from Bradd's Family Farm (Climax, NC).
- Antibiotic and hormone-free cream and butter from Homeland Creamery (Julian, NC).
- Goat cheese from Goat Lady Dairy (Climax, NC).
- Free-range, natural eggs from Eggman Eggs (Pleasant Garden, NC).
- Pizza dough made in-house from locally milled organic flour from Lindley Mills (Eli Whitney, NC).
- Local produce is dependent on season, but much of it comes from Faucett Farm (Browns Summit, NC).

Appendix B: Grocery Stores that Source Local Foods

The following grocery stores stock local foods and produce. If you feel your grocery store should be added to this list, we ask that you contact Dr. Marianne LeGreco at melegrec@uncg.edu or Dr. Susan Andreatta at s_andrea@uncg.edu.

Bestway

2113 Walker Avenue
Greensboro, NC 27403
Phone: 336-2724264

Bestway stocks local cheeses and dairy products, North Carolina seafood, Greensboro-made beers, and local tomatoes in the summer months.

Deep Roots Market

3728 Spring Garden Street
Greensboro, NC 27407
Phone: 336-292-9216

Deep Roots stocks local cheeses and dairy products and local produce when in season.

Whole Foods Market

Friendly Center Plaza
Greensboro, 27408
Phone: 678-638-5888

Whole Foods opened in Greensboro in April of 2012. They have made an effort to stock local produce and breads in addition to the organic offerings that are common in many of their stores.

Appendix C: Farmers Markets in Guilford County

Guilford County is home to both the oldest and the largest Farmers Markets in North Carolina. The following list offers locations and hours for current markets. New Farmers Markets are starting up every season. If you would like to add your market to this list, please contact Dr. Marianne LeGreco at melegrec@uncg.edu.

Greensboro Farmers Curb Market

Location: 501 Yanceyville Street; Greensboro, NC 27405

Phone: 336-373-2402

Website: www.gsofarmersmarket.org

Hours of Operation

Saturdays (year-round): 6:00 am-12:00 noon

Wednesdays (May through December): 7:00 am-1:00 pm

Contact Information

Elizabeth Gibbs

336-373-2402

The Piedmont Triad Farmers Market

Location: 2914 Sandy Ridge Road; Colfax, North Carolina 27235

Phone: (336) 605-9157

FAX:(336) 605-9401

Hours of Operation

Open Daily

Office: Monday - Friday 7:30 am to 4:30 pm

Market: Monday-Sunday 7:00am-6:00pm

South Elm Urban Market

Location: 340 S. Elm Street; Greensboro, NC 27401

Phone: 336-274-4595

Hours of Operation

Open May thru November

Every Sunday 12:00 noon – 5:00 pm

Warnersville Farmers Market

Location: 400 W. Whittington Street; Greensboro, NC 27406

Phone: 336-908-1388

Hours of Operation

Open April thru November

Every Thursday 3:00 pm – 7:00 pm

