



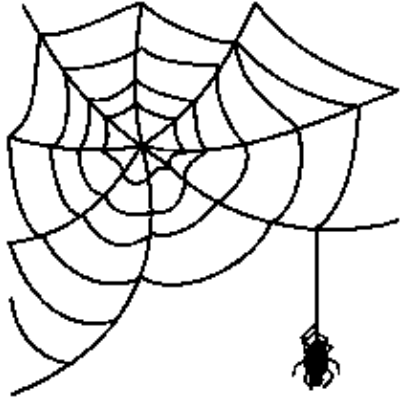
Food Systems and Local Food

Definition and Examples of North Carolina Projects and Programs

Session Objective

Be able to define the sectors of the food system, and cite example projects or Cooperative Extension programs that are working to develop local food systems in North Carolina.

What is a Food *System*?



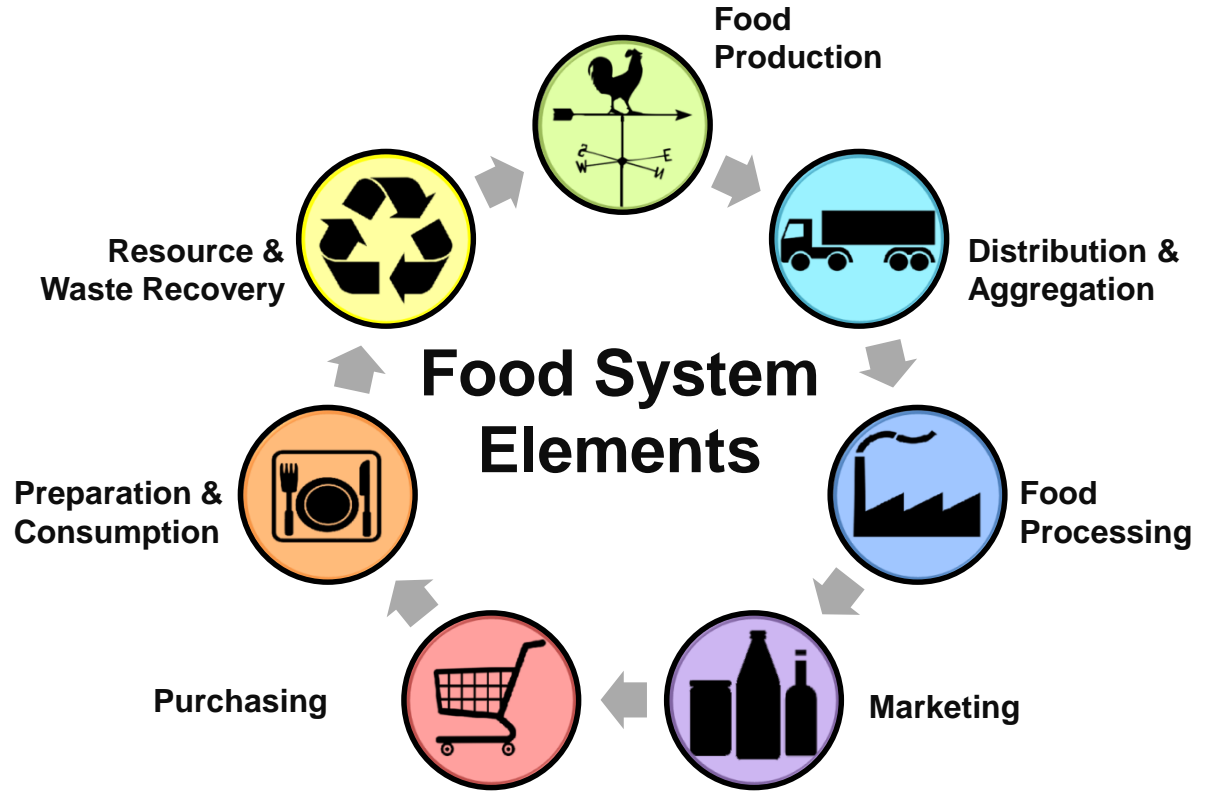
What is a Food System?

sys • tem *noun* \sɪs-tem\

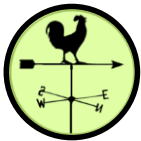
A group of related parts that move
or work together

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 Production



Creative Commons*



CEFS



Joanna Massey Lelekacs



Food Distribution



Simone Keith



NC State University



Food Processing



NC State University



Joanna Massey Lelekacs



Marketing



Joanna Massey Lelekacs



CEFS NC Growing Together Project



CEFS NC Growing Together Project



Purchasing



Creative Commons**



NC State University



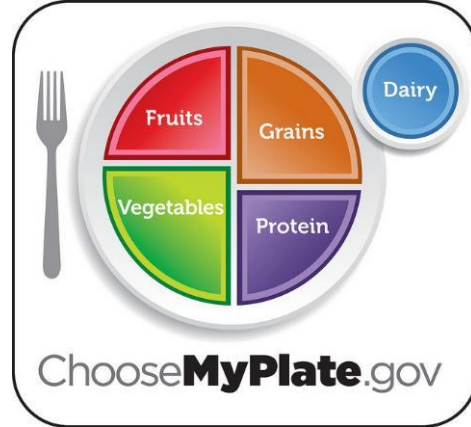
Preparation & Consumption



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Resource & Waste Recovery



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www.ces.ncsu.edu/vermicomposting-north-carolina/earthworms-and-worm-bins

USDA United States Department of Agriculture

REDUCING FOOD WASTE

WHAT SCHOOLS CAN DO TODAY

USDA's Economic Research Service estimates that 31% of the overall food supply at the retail and consumer level went uneaten in the U.S. in 2010.

Research shows **PLATE WASTE NOW** = **PLATE WASTE BEGONE** (reduced cafeteria standards)

Scheduling recess before lunch can reduce plate waste by **AS MUCH AS 30%**

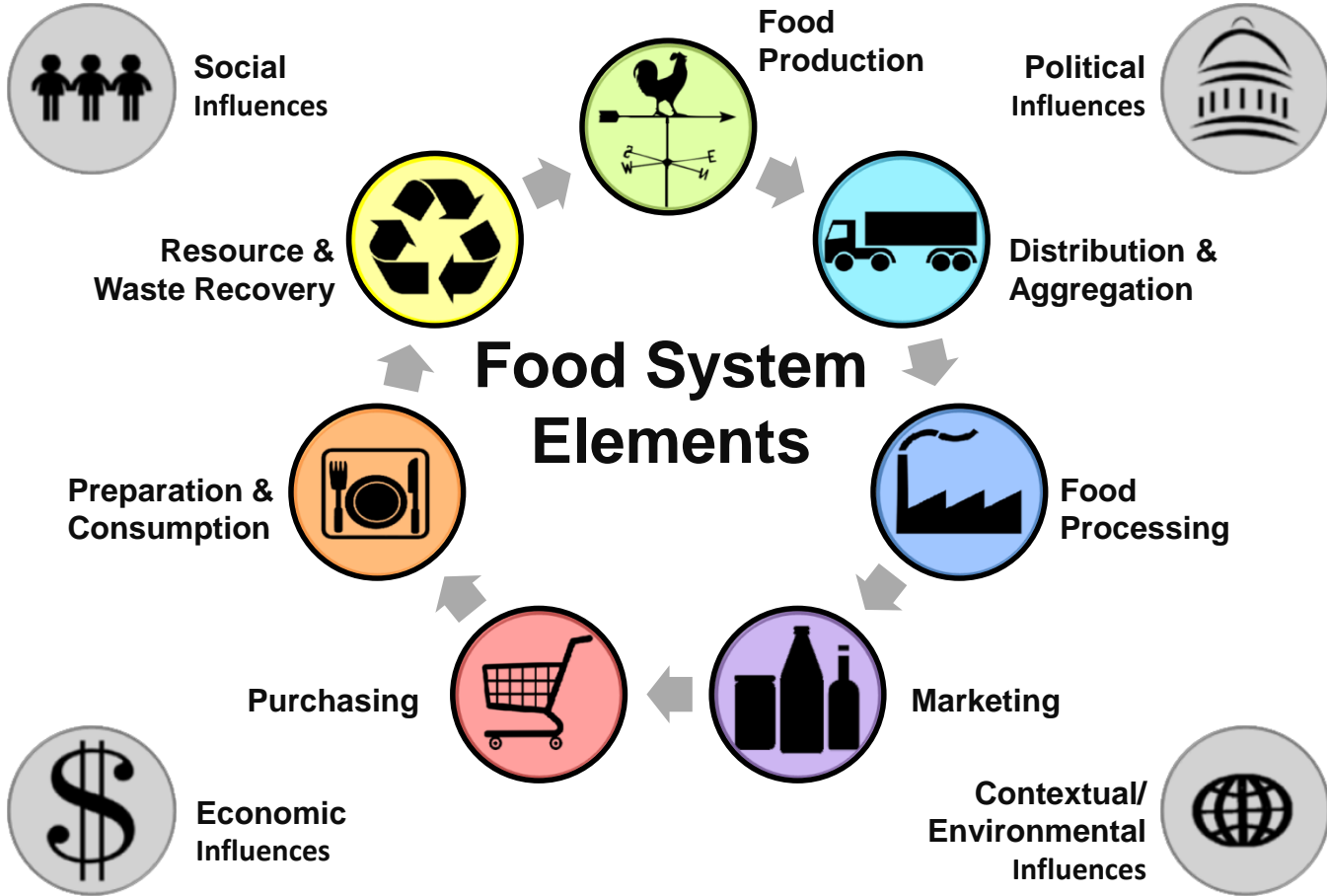
Extending lunch periods from **20 TO 30** minutes reduced plate waste by nearly one-third

SMARTER LUNCHROOM STRATEGIES such as how foods are named and where they are placed in the cafeteria, can facilitate healthy choices and increase fruit and vegetable consumption by **UP TO 70%**

SCHOOLS ACROSS THE COUNTRY ARE STEPPING UP TO THE CHALLENGE WITH INNOVATIVE NEW STRATEGIES, SUCH AS:

- Allowing students to buy extra or to donate food items for use during the week or at school day
- Using individualized **Smart Assessment State Cards** to help reduce food waste
- Reducing or eliminating plastic water dispensers (energy in increasing demand for new plastic water bottles)
- Littering less, all day
- Creating food gardens on school grounds
- Collaborating with staff farmers on donating or food for people
- Collecting excess food items from other vendors to donate to charitable organizations
- Signing on for the U.S. **Food Waste Challenge** to show your strong commitment to reducing, reusing, or recycling food waste

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**What is a
*Local Food System?***

“Local and regional food systems’ refers to place-specific clusters of agricultural producers of all kinds—farmers, ranchers, fishers—along with consumers and institutions engaged in producing, processing, distributing, and selling foods.”

2015 USDA Report to Congress





Food Production in NC



Joanna Massey Lelekacs

Support for New & Beginning Farmers

- NC Farm School – *multiple counties*
- Breeze Farm Enterprise Incubator – *Orange Co.*
- Elma C. Lomax Incubator Farm – *Cabarrus Co.*
- Sustainable Ag Program, Central Carolina Community College – *Chatham*
- Sustainable Ag Conference – Beginning Farmer Track – *Carolina Farm Stewardship Association*



Food Production in NC



www.nccgp.org

Community Gardens

- 214 NC Community Gardens have self-identified through the NC Community Garden Partner website as of 1/27/2016. However, members of the NCCGP estimate the total number to be more on the order of **800-1000**.
- **Share the Harvest of Guilford County**
Donation-focused network of community, church, school, and individual/family gardens.





Aggregation & Distribution in NC

Food Hubs & Aggregation Facilities

Sandhills Farm to Table,
Moore County



TRACTOR, *Yancey County*



Feast Down East,
Southeastern NC

The Produce Box,
Triangle, Triad, Wilmington

Firsthand Foods, *Durham County*



Eastern Carolina Organics,
Durham County



Food Processing in NC



Joanna Massey Lelekacs

Value-Added Processing through Shared-Use Kitchens

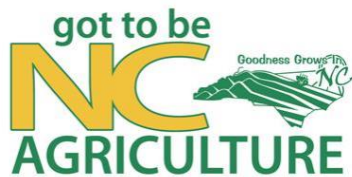
- Blue Ridge Food Ventures, *Buncombe County*
- Eastern Carolina Food Ventures, Incubator Kitchen, *Duplin County*
- The Piedmont Food and Agricultural Processing Center, *Orange County*
- Warren FoodWorks – Working Landscapes, *Warren County*



PIEDMONT FOOD & AG
PROCESSING CENTER
HILLSBOROUGH, NORTH CAROLINA



Marketing in NC



Local brands can assist with *authenticating* local

State Branding

- Got to be NC

Regional Branding

- Piedmont Grown
- Appalachian Grown
- Feast Down East





Purchasing in NC



Joel Smith

Farmers Markets

The 2014 NC Fruit and Vegetable Outlet Inventory reported that NC had 300 farmers markets, 53 of which have one or more vendors accepting SNAP/EBT.



Purchasing in NC

Farm to School: Farm to Cafeteria (2016)

>77% of NC school districts participate in Farm to School.

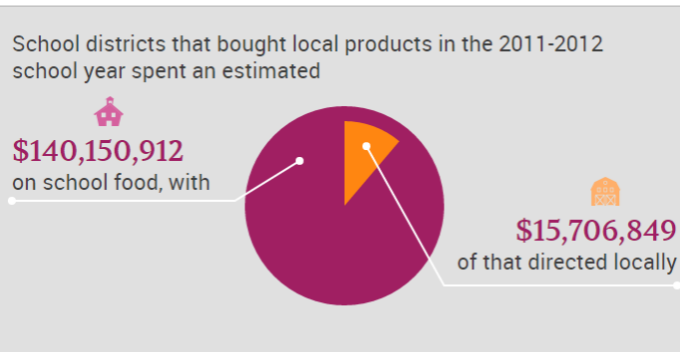
- 1,876 schools
- 1,153,772 children

www.fns.usda.gov/farmtoschool/census#/state/nc

NC 10% Campaign

Center for Environmental Farming Systems program to encourage consumers to commit 10% of their existing food dollars to support local food producers

North Carolina schools invest in local communities with their food dollars



52% of these districts say they will buy more local foods in the future. (See the details)





Preparation & Consumption in NC





Resource & Waste Recovery in NC

Gleaning

- Society of St. Andrew



Diverting surplus and/or grow fresh fruits and vegetables for those in need

- Feeding the Carolinas
- Farmer FoodShare's Donation Stations



Commercial Vermiculture Training

- NC State Vermiculture
Conference



This presentation was adapted with permission from the NC State Extension Master Food Volunteer Program's Food Systems and Local Food Curriculum.

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

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