

2013 Eastern NC Come to the Table Conference

Program with links to Speakers' Websites and Resources

KINSTON COMMUNITY COUNCIL FOR THE ARTS

400 NORTH QUEEN ST, KINSTON, NC

Monday, February 4th

OPENING PANEL AND GROUP DISCUSSION

The Theology of Food and Agriculture: How Faith Can Guide and Inspire our Work

How does faith inspire our work on issues of hunger, health and agriculture? Hear stories and perspectives from leaders in this movement, followed by group discussion at your table.

Joy Williams, [Partners in Health and Wholeness](#) and [NC Council of Churches](#)

Richard Joyner, [Conetoe Family Life Center](#)

Jeremy Troxler, [Thriving Rural Communities Initiative of Duke Divinity School](#)

- Read Jeremy's [sermon](#) on the power of rural churches
- Read Jeremy's [article](#) on community and Christian leadership. entitled *Flower in the Field*
- View a [fact sheet](#) about the Conetoe Family's Life Center's Farming Program

10:15 - 11:15 AM: BREAKOUT SESSION I

Supporting Farmers, Supporting Families:

How Can Local Food Be More Accessible?

Learn what the challenges are to making fresh and local food accessible, and what creative solutions organizations and farmers have come up with to make healthy local food affordable and practical for all members of their communities. You'll hear about initiatives in Wilmington, Goldsboro, and Greene County with practical lessons for this work in your community and congregation.

Jane Steigerwald, [Feast Down East](#)

Jeremiah Dixon, [Dixon Family Farms](#)

Shorlette Ammons and Corey Montgomery, [CEFS](#) and Produce Ped'lars

Facilitator: Shivaugn Rayl, [Carolina Farm Stewardship Association](#)

- Watch a [video](#) about Jeremiah Dixon
- Read Animal Welfare Approved (AWA) [article](#) about Dixon Family Farms
- Read an [Article](#) about Produce Ped'lars
- Learn about the [Sustainable Local Food Advisory Council](#)
- Read a two-page [overview](#) of Feast Down East's programs.

Understanding Agriculture in Eastern North Carolina: Challenges, Opportunities, and How People of Faith Can Help

Get an overview of agriculture in eastern North Carolina from people who've worked here with farmers and farmworkers for years. This session will cover a range of topics including contract agriculture, farmworkers, and the challenges that

face small and family farms in the region. Participants will leave with practical suggestions for how to better support family farmers and farmworkers in their community.

Benny Bunting, [Farm Advocacy Program](#) at RAFI-USA

Dania Davy, [Landloss Prevention Project](#)

Melissa Bailey, [NC FIELD](#)

Kenny Haines, *Looking Back Farms*.

Facilitator: Scott Marlow, [RAFI-USA](#)

- Watch a [video](#) recording of this session.
- Watch a [video](#) about Kenny Haines and Looking Back Farm
- Learn more about farmworker issues on the [NC Farmworker Advocacy Network](#) and a [Farmworker Factsheet](#)
- Watch [Harvest of Dignity](#) and download the study guide
- Read the [Come to the Table CSA Fact Sheet](#) to learn more about how community supported agriculture can help support local farmers

How School Food Works: Opportunities for Healthy Local Foods in Our Schools

Schools can help young people learn about local food systems, gardening, and healthy eating. Learn about the possibilities and challenges of moving local farmers' produce into public schools, and hear from a Kinston principal about how schools can engage youth through gardening and nutrition education programs.

Jan Holt, [NC Department of Agriculture and Consumer Services \(NCDA & CS\)](#)

Jeannie Holmes and Frances Herring, [Contentnea-Savannah K-8 School and Project DIG](#)

Facilitator: Heather Barnes, [NCDA & CS Marketing Division](#)

- Visit the [Farm to School](#) website

11:30 - 12:30 PM: BREAKOUT SESSION II

Community Organizing 101: Skills for Sustaining Projects in Your Congregation or Community

Food and farming can bring people together, but starting a ministry that crosses denominational, political, racial, and economic lines can be a challenge. Learn the basics of organizing a ministry that builds relationships and engages diverse communities.

Mac Legerton, [Center for Community Action](#)

Community Gardening 101

Community gardens are gaining ground as a way to feed and educate families, connect members to Creation and encourage fellowship within congregations and across racial, economic, and generational lines. Find out what it takes to get a garden started, and how to keep it growing in the years to come.

Joni Torres, [Pitt County Cooperative Extension](#)

Lucy Bradley, [State Cooperative Extension Master Gardener Program](#)

Maggie Castor, [St. Eugene Catholic Church Community Garden](#)

Facilitator: Nicole Sanchez, [NC Cooperative Extension](#)

- Check out NC State's [Community Gardening website](#)

- View the [powerpoint](#) presentation from this session
- Read a [guide](#) for how to start a community garden (Click [here](#) for Spanish version)
- Read the [Come to the Table Community Gardening Fact Sheet](#) for helpful resources and links

Finding Support For Your Ministry or Non-Profit

Cynthia Brown, [Resourceful Communities Program](#)

Arlene Asugbaja, *Philanthropy of Community Pathways*

Facilitator: Susan Sachs, [Resourceful Communities Program](#)

- Read Resourceful Communities Program's handouts here: "[Tips for Relationship-Building with Funders](#)", "[The Search for Grants Sources](#)", and "[Grant Proposal Checklist](#)"
- View a [Powerpoint](#) presentation from Philanthropy of Community Pathways

PANEL DISCUSSION

Food Insecurity in Eastern NC: Why Our Neighbors are Hungry and What You Can Do

Many families in eastern North Carolina don't know where their next meal is coming from and many more are only a paycheck or health problem away from needing emergency food assistance. Hear from hunger relief ministries and those who work with food insecure families about the root causes and effects of food insecurity in eastern North Carolina and learn how ministries and organizations are addressing this challenge.

Mac Legerton, [Center for Community Action](#)

Earline Middleton, [Food Bank of Central and Eastern North Carolina](#)

Wanda Bell, *Word of Faith Ministries*

Laura Early, [Place of Possibilities](#) and *All God's Children UMC*

- Use the "[Map the Meal Gap](#)" in America to find information about food insecurity in your region.
- Learn more about getting involved with [summer food programs](#)

Local Food Councils: Their Purpose and Power

Every region in North Carolina has a variety of programs, people, and congregations working to relieve hunger, make local food more accessible, and support family farmers. What's the best way to coordinate these efforts? Learn about and discuss the resources and skills needed for setting up a local food council in your area.

Gerald Kuester, [Center for Community Action](#)

Shivaugn Rayl, [Carolina Farm Stewardship Association](#)

Facilitator: Mac Legerton, [Center for Community Action](#)

Recipes for Change: How Congregations Can Nourish Body and Soul

As people become aware of the connection between health and food, many congregations are making health central to the practice of their faith and ministry. Learn about resources for clergy and lay people interested in health ministries, and hear some examples of projects in the area.

Angela Doncaster, *Lenoir Memorial Hospital*

Willona Stallings, [Partners in Health and Wholeness](#)

Mary Shands, [Hull Road Free Will Baptist Church](#)

Facilitator: Susan Sachs, [Resourceful Communities Project](#)

- View the [powerpoint](#) on Mary and Angela's health ministry work with Hull Road FWB Church

Empowering Youth Through Food Ministries and Projects

Farming and gardening offer opportunities for young folks to understand where their food comes from, become more engaged in their church and community, and learn critical life skills. You will hear from three compelling projects that engage youth in food and agriculture.

Jasmine Andrews, [Conetoe Family Life Center](#)

Neftali Cuello, Poder Juvenil Campesino and [NC FIELD](#)

Demarcus Williamson and Roman Thomas, [SWARM](#)

Facilitator: Cynthia Brown, [Resourceful Communities Project](#)

- Read an [award winning essay](#) from Neftali Cuello and learn more about [NC FIELD](#)

Season Extension: Tips for Producing Food in Colder Months

Learn simple and low-cost techniques for growing vegetables in the winter. Applicable to your home, church, or community garden.

Nicole Sanchez, [NC Cooperative Extension Service](#)

Joni Torres, [Pitt County Cooperative Extension](#)

Come to the Table is a project of the Rural Life Committee of the North Carolina Council of Churches, coordinated by RAFI-USA with support from The Duke Endowment.

Come to the Table: <http://www.rafiusa.org/cttt> & <http://www.facebook.com/cometothetablenc>

North Carolina Council of Churches: <http://www.nccouncilofchurches.org>

The Duke Endowment: <http://www.thedukeendowment.org>

Rural Advancement Foundation International-USA: <http://www.rafiusa.org>

