

2013 Western NC Come to the Table Conference

Program with links to Speakers' Websites and Resources

SOUTHWESTERN COMMUNITY COLLEGE, JACKSON CAMPUS
BURRELL BUILDING, 447 COLLEGE DRIVE, SYLVA, NC 28779
Friday, March 15th

9:25 – 10:00 AM: OPENING PANEL

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

Many families in Western 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 agencies and those who work with food insecure families about the root causes and effects of food insecurity in Western North Carolina, and learn how ministries and organizations can address these challenges.

Emily Elders, [MANNA FoodBank](#)

Reverend Pattie Curtis, [St. John's Episcopal Church](#)

Reverend Rob Brooks, [Ashe Outreach](#)

Facilitator: Kathryn Sellers, [Community Transformation Grant Program](#)

- Read [Reverend Curtis' Opening Remarks](#)
- Read about Outgrow Hunger in a [story from Heiffer International](#)

10:05 - 11:15 AM: BREAKOUT SESSION I

Supporting Farmers, Supporting Families: How Can Local Food Be More Accessible

Learn what the challenges are to paying local farmers a fair price for their products and making this food accessible to all members of the community. You'll hear from organizations that address these challenges through initiatives at farmers' markets, consumer outreach and education, and successful community partnerships.

Mike McCreary, [Appalachian Sustainable Agriculture Project \(ASAP\)](#), [Asheville City Market](#)

Lynn Sprague, [Polk County Office of Agriculture Economic Development](#)

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

- Learn more about expanding access to farmers' markets through resources provided on the [Come to the Table Farmers' Market Fact Sheet](#) and on ASAP's, ["Farmers' Markets for All"](#)

Understanding Family Farms in Western NC: Challenges, Opportunities, and How People of Faith Can Help

Get an overview of family farms in Western NC from farmers and people who've worked here with farmers for years. This session will cover a range of issues including farmland loss, marketing opportunities for family farms, and policies that affect agricultural communities. You will leave with practical suggestions for how individuals and congregations can better support family farmers.

Emily Elders, [WNC Food Policy Council](#)

Bridget Kennedy, [Appalachian Sustainable Agriculture Project \(ASAP\)](#)

William Shelton, [Shelton Family Farms](#)

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

- Read the [Come to the Table CSA Fact Sheet](#) to learn more about how community supported agriculture can help support local farmers
- Check out [ASAP's Local Food Guide](#) for a directory of farms, markets, and CSA's in Western NC

Opportunities for Healthy Local Food in Schools

What role can schools play in building a healthy accessible food system? Learn about the challenges of sourcing cafeterias with local food and the available resources for engaging students in nutrition and gardening programs, and hear from administrators of a local school that has made healthy eating a central part of its mission.

Anna Littman, [Appalachian Sustainable Agriculture Project \(ASAP\)](#)

Mary Jo Dyre and Debby Intemann, [The Learning Center! Charter School](#)

Facilitator: Laurie Stradley, [NC Center for Health and Wellness](#), UNC Asheville

- View the powerpoint presentations from [ASAP Growing Minds](#) and [The Learning Center! Charter School](#)

11:25 - 12:35 PM: BREAKOUT SESSION II

Getting Healthy Food into the Hunger Relief System: Tips for Gleaning, Preserving, & Distributing Local Food

As the demand at food pantries increases, availability of emergency food relief from the government and many food banks is decreasing. Hear how local organizations and churches are building partnerships with farmers, gardeners, and hunters to increase the amount of local food in the hunger relief system

Reverend Rob Brooks, *Ashe Outreach/Outgrow Hunger*

Bill Walker, [Society of St. Andrew](#)

Joe Lasher, [Backyard Bow Pro](#)

Facilitator: Rob Hawk, [Swain](#) and [Jackson](#) County Cooperative Extension

- View the [powerpoint](#) presentation from Backyard Bow Pro
- Watch a [video](#) about Backyard Bow Pro

Community Gardening 101: Starting a Garden that Gives

Susan Sides, [The Lord's Acre](#)

Diana Schmitt McCall, [Black Mountain Community Garden](#)

Adam Bigelow, [The Cullowhee Community Garden](#)

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. Learn about different types of community gardens, including gardens that grow for donation, and what it takes to get one started.

- Read the [Come to the Table Community Gardening Fact Sheet](#) for helpful resources and links
- Read a handout on "[Starting a Garden that Gives](#)" and "[Tips for Faith Communities Starting a Garden that Gives](#)"
- View a directory of members in [WNC Alliance of Gardens that Give](#)
- Watch a [video](#) of this session.

Farmworkers: Supporting Those Who Harvest our Food

Those who labor in agriculture are essential to bringing food to our tables, but the living and working conditions of farmworkers are not widely understood or acknowledged. Learn some of the facts about the lives of those who work in the fields and discuss how your ministry or organization can support a harvest of dignity.

Nathan Dollar, Vecinos, Inc. Farmworker Health Program

Victor Huapilla, Farmworker High School student from Henderson County

Facilitator: Father Shawn O'Neal, [St. Joseph & O.L. Guadalupe Catholic Churches](#)

- Learn more about farmworker issues at the [Farmworker Advocacy Network](#)
- Learn more about the [North Carolina Farmworker Health Program](#)
- Check out the documentary, [The Harvest/La Cosecha](#), that features Victor and other farmworkers
- Learn more about the [Justice for Immigrants Campaign](#) of the United States Conference of Catholic Bishops

1:45 - 2:15 PM: KEYNOTE ADDRESS

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

Hear from Fred Bahnson, a nationally recognized Christian author from Brevard, about how congregations and synagogues in NC and around the country have been called to engage with agriculture and food systems as a practice of their faith.

Fred Bahnson, [Food, Faith, and Religious Leadership Initiative at Wake Forest University](#)

- Check out Fred Bahnson's [website](#) and his [presentation](#) at TEDX

2:25 - 3:35 PM: BREAKOUT SESSION III

Discussion- The Theology of Food and Agriculture: How Can Faith Inspire our Work?

Lead by Keynote Speaker Fred Bahnson, this will be an opportunity for you to engage more deeply in a discussion of food and faith, what guidance Scripture can offer in your journey, and what resources may exist for your faith community to become more educated and involved in local food systems.

Fred Bahnson, [Food, Faith, and Religious Leadership Initiative at Wake Forest University](#)

Empowering Youth through Food & Agriculture

Gardening and healthy food projects offer opportunities for young folks to understand where their food comes from, become more engaged in their community, and learn critical life skills. Hear from youth involved in two local projects about their work and get some ideas for how your project can connect more meaningfully with young people.

Jacob Long, [Cherokee Youth Garden](#)

Mattie Sneed, [Cherokee Youth Garden](#)

Carmen Procida, [Asheville Youth Empowered Solutions \(YES!\)](#)

Sierra Garrison, [Asheville Youth Empowered Solutions \(YES!\)](#)

Facilitator: Tes Thraves, [Center for Environmental Farming Systems](#) and [FoodCorps](#)

- View a [video](#) and read a [handout](#) to learn more about YES!

Community Gardening 102: Sustaining a Garden that Gives

Whether you attended the Community Gardening 101 Session this morning, are already involved in a community garden, or want to learn more about the organizing skills important for sustaining community food projects, this session will teach skills for how to keep a garden that gives going for years to come.

Susan Sides, [The Lord's Acre](#)

Diana Schmitt McCall, [Black Mountain Community Garden](#)

Adam Bigelow, [The Cullowhee Community Garden](#)

Finding Support for Your Ministry or Non-Profit

The economic downturn and the volume of new ministries and projects make it difficult to secure grant funding. That's not always a bad thing. Learn when applying for a grant makes sense, when it doesn't and how to find creative and useful support within your community.

Alba Onofrio, Vanderbilt Divinity School

Mikki Sager and Margaret Conrad, [The Conservation Fund - 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](#)"

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>

