



The Food Connection on the Shore

Steps to Food & Community Resiliency



Our Mission



To create **healthy,**
economically stable families
through

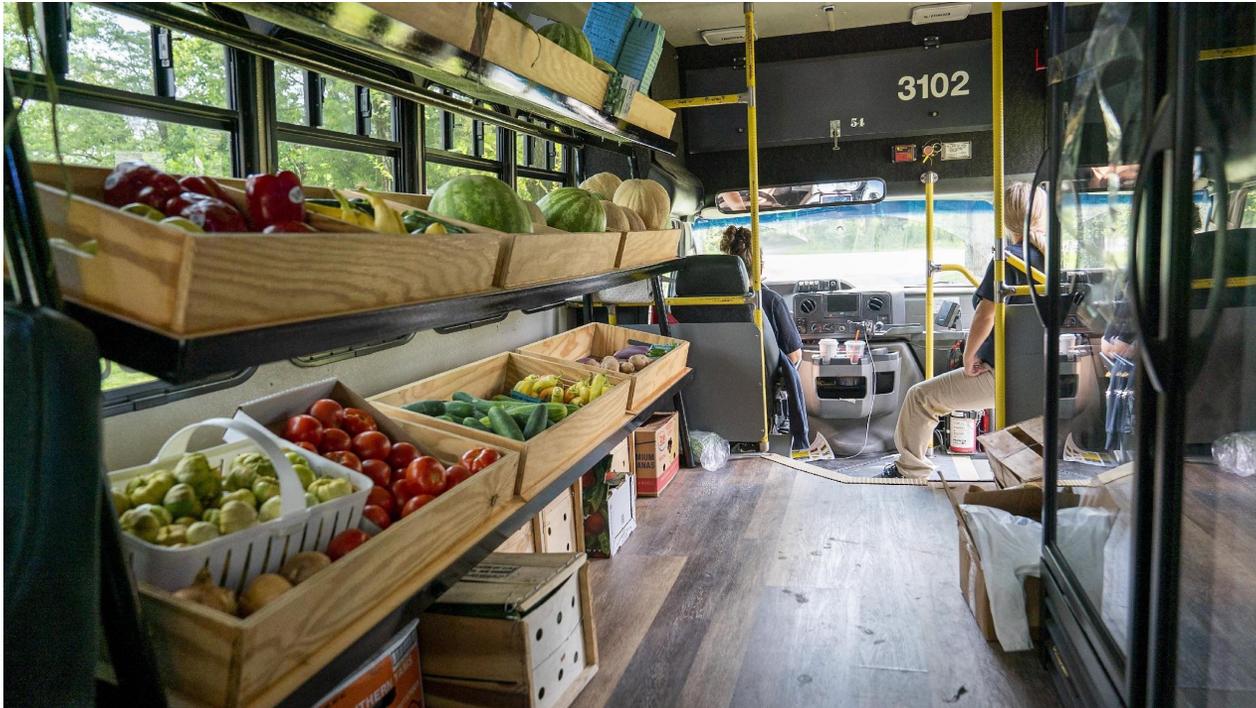
- ✓ **food equity**
- ✓ **job training**
- ✓ **youth prevention**
- ✓ **economic development**
- ✓ **education**

Food Access

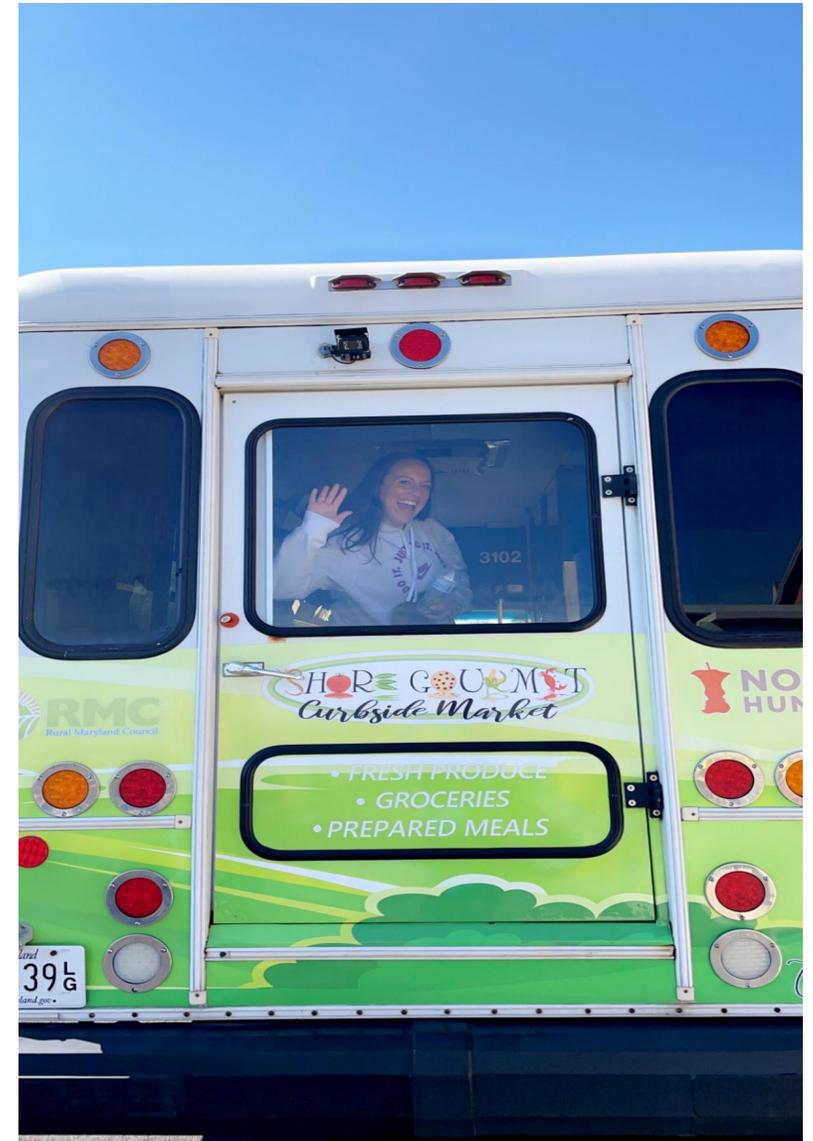
- Wholistic approach to our community
- School nutrition hub in the community
- Storage: Climate controlled and cold
(Farmers & Pantries)
- Mobile units to go into
- Pantries
- School Foods/ Summer Meals
- Bread Coin (new project -food equity)



Go MOBILE!



*No access to fresh produce or transportation?
Let' go to the community with it.*



Why a Mobile Market?

- Summer Meals
- Promotion of local farmers
- SNAP (pending)
- Senior Citizen Farm vouchers
- Local economic development
- Connect with your community
- Food equity and security
- Farm scripts/ Employee Wellness Incentives





Partnerships

- Library for free books
- Choptank Health mobile unit for wellness checks and "food is medicine" scripts for produce
- Local farmers (stands) for summer harvest & Walmart during the winter months
- University of MD extension for recipe cards, labeling, and educational materials





Funding Sources

- Rural MD Council
- Local Government Board
- Private Funders
- No Kid Hungry
- Foundations

Approved for a second bus!



FarmScripts/ Wellness Incentives



CHOPTANK
community health
See how healthy you can be!

Questions? 410-479-5772 | choptank.org/produceRX

EXPIRES: 12/01/2022 | RX No. 0001

Redeemable for \$5 toward the purchase of
FRESH PRODUCE

Sho Go Mobile Market Daily Locations: carolineculinaryarts.org/shogomobile

Easton Farmer's Market: avalonfoundation.org/easton-farmers-market



Caroline County
PUBLIC SCHOOLS
GROWING THE ESSENTIALS FOR LEARNING



Made possible by the School-Based Health Center (SBHC) Food Access Learning Network and Share Our Strength's No Kid Hungry Campaign

Central Back Pack Program

800 back packs served a week



JOB Creation & Higher Income

- Farmers
 - School procurement
 - Diversified crops
 - Climate controlled growing (year round)
 - Value add
 - composting
- Waterman
 - Blue cat year round/ no limit
 - Market creation for higher demand
- Processors
- Food Based Entrepreneurs
- Culinary Training



Re-purposed Vacant Poultry Houses



- Climate controlled growing
- Renewed source of income
- Opportunity for new farmers
- Branding the Delmarva
- Economic boost for the region



USDA Compliant
Child Nutrition (CN) Label



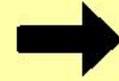
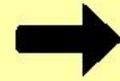
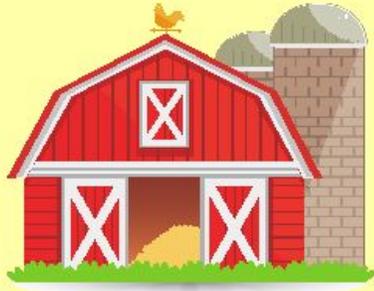
Blue Cat in School Foods

- Delicious, nutritious
- Food resiliency
- Harm reduction on ecological system of the bay and tributaries

Markets- Targeted Messaging & Education

- Military, National and state food supply
- Schools and institutions
- Food Banks
- Seafood Markets
- Restaurants/ Catering
- Consumers





FARM TO FREEZER

INDIVIDUAL QUICK
FREEZING EXTENDS
SHELF LIFE OF
FOOD

12 MONTH
GROWING
SEASON FOR
FARMERS

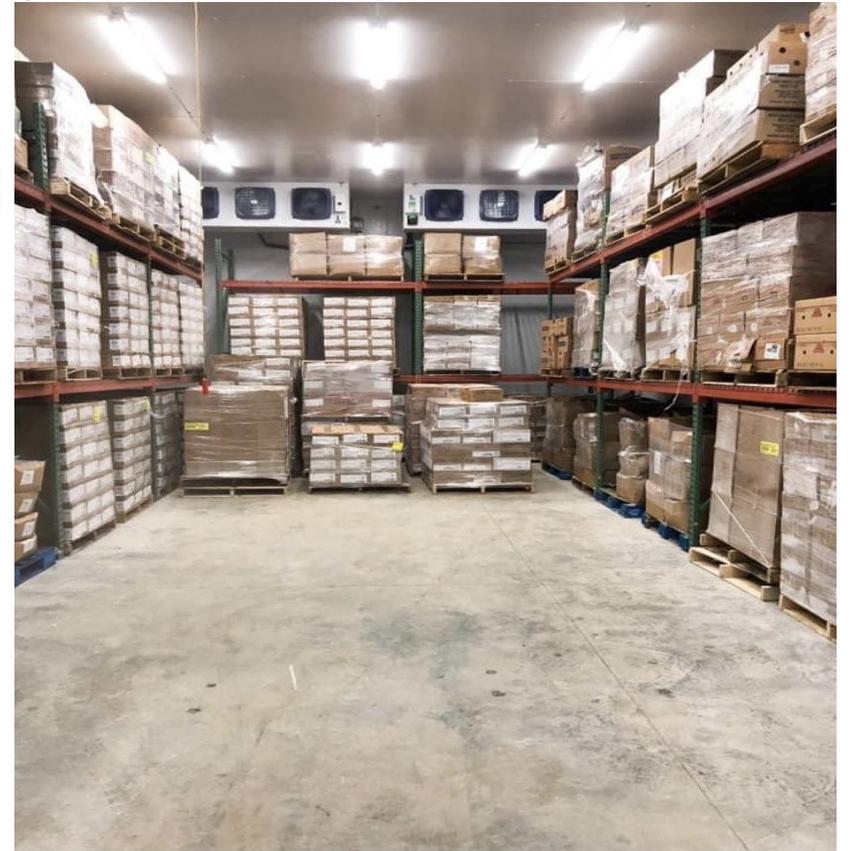
MORE RELIABLE
MARKETS FOR
GROWERS = MORE
RESILIENT LOCAL
FOOD SYSTEM

LARGER
MARKET
REGIONAL
BRANDING

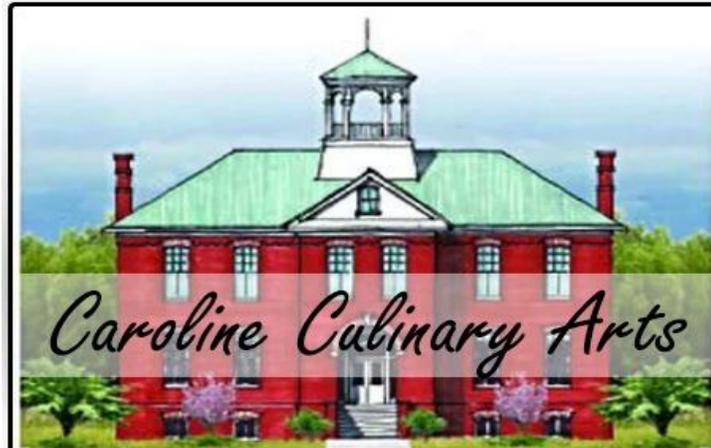
INCREASED FOOD
ACCESS & MORE
EQUITABLE
DISTRIBUTION
THROUGHOUT
DELMARVA

STORAGE-Emergency Surplus

- Designated building for central weekend backpack
- Climate controlled building for pallets of dry food for backpack program and local food pantries
- 24x40 Freezer forklift accessible
- 10x12 walk-in refrigerator
- 20x20 climate controlled room for school nutrition shelf stable foods



Local Drivers



Community Kitchen



CAROLINE COUNTY
PUBLIC SCHOOLS



F O O D

S E R V I C E S

Well-Fed Kids · Happy Kitchens

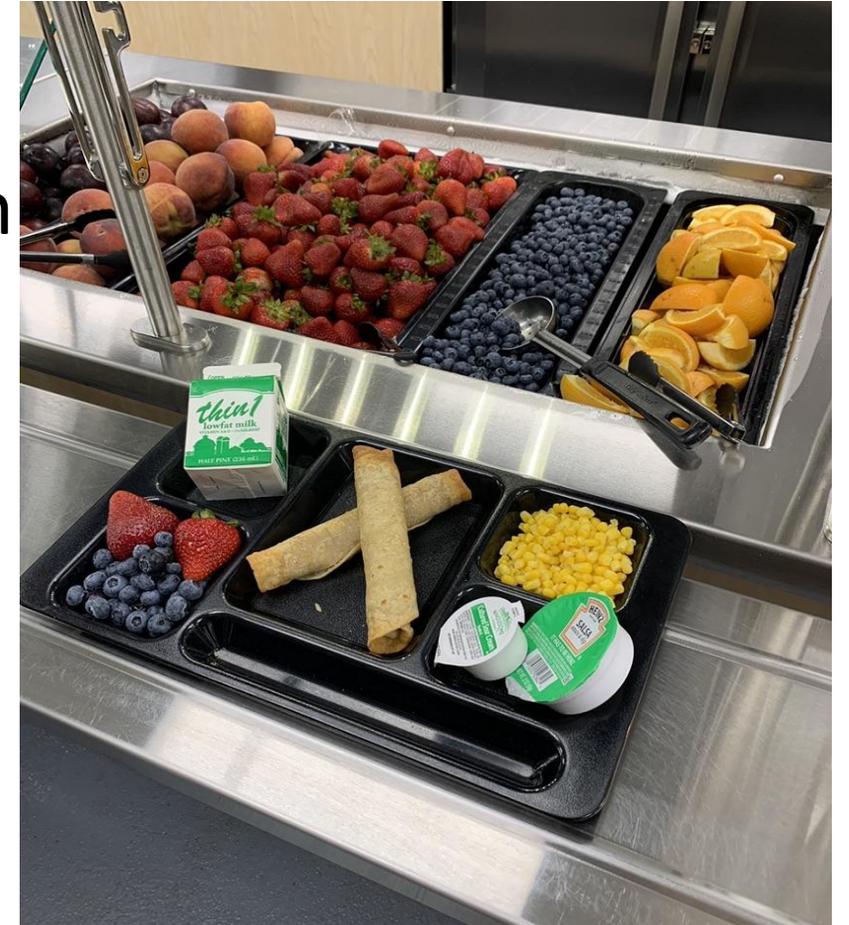
What We Do!



- Process 10,000-15,000 lbs of local produce during the summer in our vacant school kitchen (uglies & overages). Purchase local all year!
- Hire “lunch ladies” to make extra \$ during the summer
- Purchase local hydroponic lettuces
- Work with Ag class purchase pigs to serve pork during Farm to School week
- Purchase 30 bushels of apples a month from local orchard
- Serve local bakers muffins with local blueberries & apple cider doughnuts from local orchard

Cafeteria Information

1. District Community Eligibility Provision
2. Fresh veggie & fruit bars
3. Limited fillers on protein
4. Dispensed milk -cut waste
5. Farm to tray/ tray to farm
6. Fruit Infused Water
7. Composting Program





Waste Reduction on the Line

- Limited packaging
- Variety of choices
- Signage



**Bulk
Milk**

The logo consists of the words "Bulk" and "Milk" stacked vertically in a bold, blue, sans-serif font. To the right of the word "Milk" is a stylized blue icon of a milk carton with a white top and a spout.

Less Waste, Great Taste



Composting in School

- Signage
- Buckets
- Staff/ staff training
- Storage/ Pick up
- Messaging to parents
- Education for students



NEW GROUNDS COMPOSTING



Composting & Live Stock Feed



IN School Gardens



Connecting the Farm to School & Life

- Aeroponic growing tower
- All schools
- library & Judy centers
- Business yearly sponsorships
- Nutrition and science learning
- Intro to culinary & ag education
- Art class



Benefits

- 4-5 week growing
- Low maintenance
- No weeds
- Grows all the time
- No summer worries
- Portable
- Engaging
- Safe environment
- No cranky maintenance peeps
- Fun
- Calming for kids



Caroline County Public
Schools - Food & Nutrition
Services

May 16, 2022 · 🌐

North Carolina High School has string beans in their Tower Garden! How cool is that?! 🌱 #FeedCaroline



Caroline County Public
Schools - Food & Nutrition
Services

Nov 27, 2023 · 🌐

Mrs. Bradner's lettuce is growing!!! A Tower Garden harvest was in order! 🌱



Let's Eat



Caroline County Public Schools - Food & Nutrition Services

Oct 23, 2023 · 🌐

Lettuce harvested from Preston Elementary Tower Gardens going on subs for lunch! 🥪 Can't get... See more



...

Harvest time at Ridgely Elementary & making some delicious caprese salad sticks at Federalsburg Elementary! These Tower Gardens provide not only an abundance of greens, but education & FUN too! #FeedCaroline 🌱



Caroline County Public Schools - Food & Nutrition Services

1d · 🌐

Colonel Richardson High School used cilantro from their Tower Garden for Taco Day last week! 🥰🌱🌿🌮



Infused Water

Our food wasn't the only thing that was festive today! Look at these hydration stations!!! BONUS: the mint used in these waters was from the Tower Gardens! 🌱🍓🍋



Caroline County Public Schools - Food & Nutrition Services

Jan 22 · 🌐

Mint from our Tower Gardens...BUT! Let's play a game - which one is peppermint & which one is... See more



Art Class



In Class Salad Par



**Caroline County Public
Schools - Food & Nutrition
Services**

Oct 29, 2023 · 🌐

4th graders harvesting lettuce from
their Tower Gardens at Preston
Elementary School! 🌱



**Caroline County Public
Schools - Food & Nutrition
Services**

29m · 🌐

Yesterday's haul from Colonel
Richardson Middle School's Tower
Gardens! 🌱 🌿



**“ALONE WE CAN
DO SO LITTLE;
TOGETHER WE
CAN DO SO MUCH.”**

- Helen Keller