

Eat Local . . . Eat Healthy



Eat Local, Eat Healthy, is NVON's Project in Common for 2016-2018 and encourages each member state to work closely with the local foods movement at their respective Extension Service, in order to support women in agriculture.

FINAL PROJECT REPORT

While not all of our eight states participated in Eat Local . . . Eat Healthy, those that did reported doing some awesome things with this project. We know that the other states and members participated in some way but found it difficult to track and report!

Local Foods . . .

- **Local Farmers Markets**
 - 11,077 visits
 - 515 volunteered
 - 29 helped organize
 - 6 joined
 - 24 purchased local Foods at Grocery store
- **Local farmers/roadside stands**
 - 6779 visits
 - 42 volunteered
 - 13 helped organize
 - 2 joined
- **Farm to Table Restaurants**
 - 1260 visits
 - 9 volunteered
- **CSA**
 - 502 participated
 - 37 volunteered
 - 2 joined
- **Food Co-op**
 - 737 participated
- **School Gardens**
 - 236 visits
 - 412 volunteered
 - 8 organized

Circles of Ten . . .

We do know that most members state organizations are involved with the local foods movement in partnership with their Extension Service.

NVON members reached:

- **Businesses -352**
- **Local farmers/roadside stands - 1944**
- **Farmers Markets - 3212**
- **CSA - 477**
- **Food Co-op - 1596**
- **Distributed brochures - 64,786**
- **Engaging volunteers - 5775**

Grow Your Own . . .

- **Container Gardening - 1125***
- **Bed - 777**
- **Plot - 760****
- **Acreage - 224*****
- **Livestock or Wildlife - 7**

* One ECA county gave 150 potted plants at Farmer's Market

** One plot grower reported producing 530 pounds of food that was given to needy families!

** *ECA garden produced 500+ pounds of produce for needy families!



Grow it . . . pots, plots or fields!



Teach it . . . at all ages!



Enjoy it . . .

Members of ALL states reported canning, freezing, preserving and drying to enjoy the fruits of their labor year round!



Joan Staffon reported that Wisconsin HCE surveyed members that covered 13 weeks.

Wisconsin HCE promoted Food Sovereignty, Zero Hunger Challenge and enhancing the nutritional health of Dalit women to support women in agriculture.

Jane Chapman, IAHC President reported that a survey used made members more aware of the benefits of locally grown produce!

One IAHC member canned over 600 jars of home grown or locally purchased produce!

Cleveland County ECA in NC has a P.O.P (Power of Produce) Club to promote healthy eating. It is a children's program at the Farmer's Market. They have published a cookbook for healthy eating and distributed 150 tomato & marigold plants! They distributed "Eat Local, Eat Healthy" brochures at an 11 day fair to reach more than 60,000 people!

Stanly County ECA, NC offered samples of healthy recipes at a Farmer's Market. They have a facebook page that shared eat local ideas and reported more than 250 views.

WVCEOS chose Eat Local, Eat Healthy as a primary goal of 2017.

Sandy Creek CEOS in WV reported members canned or froze 496 quarts and 413 pines from their home gardens in addition to a huge amount of food shared with 50 families and Preston County Food Pantry.

Stephanie Jerabek reported that Indiana EHA members spend more than 400 hours in home preservation. While this PIC was difficult to monitor, many members reported that it made them more aware of where their food came from!