



## Call-to-Action!

Monadnock Farm and Community Coalition member organizations working to stem hunger in the Monadnock Region and what YOU can do to help.

## Advocates for Healthy Youth

Contact: Lauren Bressett, AFHY Coordinator  
 Contact information: dlbrissett@myfairpoint.net, Facebook/  
 Advocates for Healthy Youth.

### Mission:

To create family, school and community environments where children make healthy food and activity choices. Our vision is to ensure that all children in the Cheshire County will live a healthy life by 2020.

## Cheshire County Conservation District

Contact: Amanda Littleton, District Manager  
 Contact information:  
 amanda@cheshireconservation.org  
 603-756-2988 ext.116  
 www.cheshireconservation.org  
 www.facebook.com/CheshireCCD

### Mission:

To promote the conservation and responsible use of natural resources for the people of Cheshire County by providing technical, financial, and educational resources. Our work focuses around building soil health, protecting water quality, and promoting the viability of farm and forest businesses in the region.

## Cheshire County Healthy Eating Active Living Collaborative (CC HEAL)

Contact: Maryanne Keating, Program Coordinator, Cheshire Medical Center/Dartmouth-Hitchcock Keene  
 Contact information: mkeating@cheshire-med.com, 354-5454 ext 2369

### Mission:

Engages Organizational Champions to adopt healthy eating, active living initiatives that promote and support worksite wellness. Using the CDC Worksite Health ScoreCard assessment tool, CC HEAL assists businesses and organizations to implement programs, projects and policies that are relevant and feasible for the worksite. In addition to worksite wellness, CC HEAL is coordinating efforts for healthier menu options in local food venues. Turn a New Leaf (TANL) is a healthy eating program that has been launched locally in restaurants, cafeterias and other food venues to make it easier for Cheshire County residents to choose healthier options when dining out. Menu items are labeled with a lead and a heart to assist patrons in identifying the healthy options. Along with our community coalitions and partnerships, CC HEAL helps businesses and organizations recognize their role in impacting health in Cheshire County.

## Cheshire Medical Center /Dartmouth-Hitchcock Keene

Contact: Kelsey Plifka, Community Health Coordinator  
 Contact information: www.cheshire-med.com, 603-354-5460

### Mission:

Cheshire Medical Center Dartmouth-Hitchcock Keene is a nonprofit community hospital and clinic with a mission to lead our community to become the nation's healthiest through our clinical and service excellence, collaboration, and compassion for every patient, every time.

## Community Garden Connections (Antioch University New England)

Contact: Libby McCann, Antioch Faculty & Environmental Education Director  
 Contact information:  
 email: communitygardens@antioch.edu  
 website: http://www.antiochne.edu/cgc/  
 Facebook Page: https://www.facebook.com/pages/Keene-Community-Garden-Connections/277691318927822

### Mission:

Community Garden Connections (CGC) builds local capacity to grow food and address issues of food insecurity related to climate change, personal and communal health, and resiliency. CGC student coordinators facilitate installation and cooperative maintenance of raised gardens in partnership with local service agencies, students and community members.

Since 2011, CGC has conservatively reached 500 community members; involved 25 community non-profits and social service agency partners; engaged 50 graduate and undergraduate students; established 50+ raised garden beds throughout Keene, NH.

## The Community Kitchen

Contact: Phoebe Bray, Executive Director; Sarah Harpster, Gleaning Coordinator  
 Contact information:  
 pbray@thecommunitykitchen.onmicrosoft.com;  
 www.thecommunitykitchen.org; tckgleaner@gmail.com  
 603 352 3200

### Mission:

The Community Kitchen, Inc. is a not-for-profit direct service United Way Agency providing healthy and nutritious hot meals, take-home food boxes and advocacy to low and moderate income men, women and families with children in the Monadnock Region.

## Call to Action

1. Encourage your PTO's and School Board to connect locally produced food to school cafeterias by ordering online from Monadnock Menus. coordinator@monadnockmenus.org
2. Volunteer to help staff the Double Up Veggie Bucks booth- a program for community members who use SNAP benefits to buy more farm-fresh food, while supporting local businesses who sell at The Farmers Market of Keene. Not only can consumers use their debit and credit cards at the Market Booth, but residents who qualify for federal nutrition assistance can shop at the market using their benefits card, and double their purchasing power up to an extra \$10 per market day. amanda@cheshireconservation.org
3. Volunteer for the Community Garden Connection and help plot-planting, tending, harvesting produce for the community OR volunteer to help with workshops, speakers. emccann@antioch.edu
4. Help Gleaning Coordinator at The Community Kitchen bring more farm and garden fresh produce to the Pantry for distribution. tckgleaner@gmail.com
5. Help the Community Kitchen plan, tend and plant a Community Garden in 2014.
6. Join MFCC's Policy Working group to advocate for local, state and federal policies supportive of local food and sustainable farming. Email coordinator@mfccoalition.org
7. Join MFCC's Education Working group promoting importance of eating and improving access to healthy, locally-produced food. Email coordinator@mfccoalition.org
8. Learn more and spread the word about the Monadnock Food Coop's Healthy Food for All Program, an initiative that assists people receiving Supplemental Nutrition Assistance Program (SNAP) benefits by offering them a 10% discount on everything they purchase. http://monadnockfood.coop/healthy-food/
9. Join your town's Agriculture Committee or work with the Cheshire County Conservation District to start one in your town.
10. Support the Monadnock Conservancy in its effort to conserve agricultural lands, ryan@monadnockconservancy.org
11. Ask nonprofits working on food access issues and all locally owned businesses to participate in "Shift Your Shopping for Good" Event. From November 30 – December 3, 2013, a number of locally owned businesses in our region and nation-wide will donate a portion of a purchase to a nonprofit, when that customer shares the "Shift Your Shopping for Good" flyer. The customer can choose which nonprofit gets the donation. www.monadnocklocal.org/forgood
12. Income eligible parents can call Nutrition Connections to arrange for a home visit and learn about healthy food choices. (603) 352-4550
13. Agencies: host a Nutrition Connections group program for their clients/customers. (603) 352-4550
14. Attend the FREE community health education classes at Cheshire Medical Center.
15. Join the Senior Passport Program to enjoy a healthy meal at Cheshire Medical Center at a discounted price by calling: (603) 354-5460 and access to free health education classes.
16. If you are a farmer, take one of eight workshops offered at Hannah Grimes through Farmers Market Promotional Program focused on educating farmers on how to better market their products available at farmers markets and through CSAs. 603-352-5063
17. For help with finding accessible and affordable land to farm in the Monadnock Region, email Land For Good Melissa@lfg.org
18. Be a part of our community's health initiative, Healthy Monadnock 2020, the goal of becoming the nation's healthiest community by becoming a Champion today at www.healthiestcommunity.org
19. Become a member Advocates for Healthy Youth email: atdlbrissett@myfairpoint.net
20. Ask your school's PE teacher about how to get ready for the Kid's DeMar marathon.
20. Add your voice to strengthen and protect SNAP (food stamps) and raise awareness by joining the 'Full Plates Full Futures' campaign at NHKidsCount.org/get-involved/take-action.
21. Go to takepart.com/table to find ways to bring healthy food to local schools.
21. Raise community awareness and prompt your school to participate in the New Hampshire School Breakfast Challenge. This Challenge tasks schools with increasing school breakfast participation by 25% over the next two years. For more information, please visit NHSchoolBreakfast.org
22. Students:
  - organize or contribute to food drives before vacations and move-out days
  - learn about the Real Food Challenge and other corporate/school partnerships
  - ask classmates, teammates, mentors and administrators to help create spaces for growing food locally
  - exercise your voice through writing, media, advocacy and civic engagement; or lead by educating.
  - enroll in summer Sustainable Agriculture courses and learn how food, community, and economy are connected, and explore sustainable agriculture through practice at local farms and in the campus garden.
  - enroll in the KSC Dietetic Internship program.
23. Share the data regarding food insecurity and obesity rates in the Monadnock Region with people in your social network (the prezzis will be available to share and download on the MFCC web site).
24. Plant a community garden.
25. Eat one more fruit or vegetable each day.
26. Choose beverages with no sugar.
27. Buy local food products.
28. Volunteer at a local farm or CSA.
29. Text FOOD to 77177 to receive mobile updates on policies, actions and developments about hunger and obesity in New Hampshire.
30. If you're part of a group that meets regularly, such as a book club or a faith group, bring the themes from the movie into your regular meetings and brainstorm solutions together.
31. Write or call your legislators about laws relevant to low income families – research and give them a local perspective.
32. Plant an extra row of vegetables and donate the produce to your local food pantry or soup kitchen.
33. Write your legislators to advocate for passing the 2013 Farm Bill ensuring the future of SNAP - one of seven strategies essential for meeting the goal of ending childhood hunger by 2015.
34. Attend Monadnock Menus (online local food ordering) meeting bringing Buyers and Sellers together in mid-January.
35. Grow food with friends and neighbors
36. Get to know your neighbors - host a potluck
37. Subscribe to the Transition Keene website: keenetransition.wordpress.com
38. JOIN THE MONADNOCK FARM AND COMMUNITY COALITION!

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## The Cornucopia Project

Contact: Kin Schilling, Founder

Contact information: admin@cornucopiaproject.org,

www.cornucopiaproject.org; 603-784-5069

### Mission:

Planting the seeds for a lifetime of healthy eating.

We are a nonprofit organization dedicated to teaching sustainable and nourishing life practices to children and adults by connecting them to the land and community through organic gardening. We educate for health by providing hands-on agricultural programs in elementary schools in the ConVal School District.

The Cornucopia Community Garden is a unique, community-built garden model, where volunteers of all ages collectively grow food to benefit local food pantries. Local families who are at a higher risk of poor nutrition are now provided a healthy option of organically grown produce.

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## Hannah Grimes Center for Entrepreneurship

Contact: Mary Ann Kristiansen, Executive Director

Contact information:

maryann.kristiansen@hannahgrimes.com

Website: http://hannahgrimes.com/

Twitter: ;@HannahGrimesCtr

Phone: 603-352-5063

### Mission:

To educate, support and assist in the successful development of entrepreneurs and community builders throughout the Monadnock region. Their success supports Hannah Grimes' broader vision of a sustainable thriving local economy and vibrant community built upon the region's heritage, culture, natural resources, and the civic-minded entrepreneurial spirit of its people.

From business incubator office space, educational workshops, and networking events, to peer leadership development groups, and a locally-based retail marketplace, the Hannah Grimes Center delivers the tools that help organizations take root, grow and thrive.

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## Healthy Monadnock 2020

Contact: Linda Rubin, Director, Healthy Community Initiative

Contact information: lrubin@cheshire-med.com,

354-5400 ext 3930

### Mission:

Healthy Monadnock 2020, formerly named Vision 2020, is a community engagement initiative designed to foster and sustain a positive culture of health throughout Cheshire County and the Monadnock region. Founded and developed by the Cheshire Medical Center/Dartmouth-Hitchcock Keene in 2007, Healthy Monadnock 2020's action plans are being guided in the community by the Healthiest Community Advisory Board, a group of 30 individuals representing schools, organizations, coalitions and businesses. Currently the City of Keene, the Keene School District and five area coalitions are implementing action strategies designed to improve quality of life and prevent the leading causes of death for everyone. Learn more at: www.healthiestcommunity.org.

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## Keene State College Dietetic Internship

Contact: Karen Balnis, Program Director

Contact information: kbalnis@keene.edu,

http://www.keene.edu/academics/programs/di/,

603-358-2916

### Mission:

Keene State College Dietetic Internship is an 11-month post-baccalaureate training program for nutrition professionals. Our program's emphasis area is Community Nutrition Education and Wellness. We partner with many area organization to meet nutrition and health education needs of varied audiences including underserved and food insecure individuals and groups. Our dietetic interns represent a group of emerging nutrition professionals with strong skills in program development, health education, and a clear understanding of the connection between strong local food systems and community health.

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## Land For Good

Contact: Melissa Benedikt-Blindow, NH Field Agent & Project

Coordinator

Contact information:

Email:info@landforgood.org

Website: www.landforgood.org

Twitter: @landforgood, Facebook.com/land4good

### Mission:

Land For Good ensures the future of farming in New England by putting more farmers more securely on more land. Since 2004, we have provided caring support and expert guidance to help farmers, landowners and communities navigate the complex challenges of land access, tenure and transfer. Our comprehensive and collaborative approach achieves customized solutions and helps realize family, farm business and community goals.

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## Monadnock Buy Local

Jen Risley, Program Manager

Contact information:

email:monadnockbuylocal@gmail.com

Website: www.monadnockbuylocal.org,

rss: http://monadnocklocal.org/feed/

Facebook: Facebook.com/MonadnockBuyLocal,

Twitter: Twitter.com/MonadnockLocal,

Phone: 603-355-8008

### Mission:

Monadnock Buy Local is a network of locally-owned businesses, nonprofits & citizens building a stronger local economy and a more vibrant community.

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## Monadnock Conservancy

Ryan Owens, Executive Director

Contact information: 603-357-0600, Ryan@MonadnockConservancy.

org, www.MonadnockConservancy.org, Facebook.com/

MonadnockConservancy

### Mission:

As a land trust for southwestern New Hampshire, our mission is to work with communities and landowners to conserve the natural resources, wild and working lands, rural character and scenic beauty of the Monadnock region. We care for our conservation lands, and we engage people in ways that strengthen their communities and their connections to the land. The Conservancy is nationally accredited and locally has protected 17,000 acres of forest, farmland, shoreline, wetlands, wildlife habitat and recreation trails since 1989.

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## Monadnock Farm

### & Community Coalition (MFCC)

Contact: Roe-Ann Tasoulas, Coordinator

Contact information:

Email: coordinator@mfccoalition.org

Website: www.mfccoalition.org

Facebook: /SupportMonadnockFarms;

Twitter: @mfcc

Phone: (603) 352-7593

### Mission:

MFCC is a regional coalition whose mission is to support a sustainable local food system by cultivating community action and building collaboration to implement effective programs, projects, and policies. Our vision is of a vibrant, safe and efficient local food system that: enhances the health of our community, is profitable for farmers and producers, is accessible to all community members, conserves natural resources, and is sustained by strong leadership and commitment in the Monadnock Region.

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## Monadnock Food Co-op

Contact: Jen Risley, Marketing & Membership Manager

Contact information:

Email:marketing@monadnockfood.coop;

Website: www.monadnockfood.coop,

RSS:http://monadnockfood.coop/feed/

Facebook: /MonadnockFoodCoop;

Twitter: https://twitter.com/MonadnockCoop;

Phone: 603-355-8008

### Mission:

The Monadnock Food Co-op is cooperatively owned and operated by people in our community, and exists to meet our community's need for an accessible, community-owned downtown food market, a marketplace that welcomes and connects community, a healthy, sustainable food system, the support of local farmers and producers, appropriate education and training for the community and a strong, sustainable and improving local economy.

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## Monadnock Menus

Contact: Sara Lovitz ( Monadnock Menus Coordinator), Sharlene

Beaudry (Administrative Coordinator-CCCD)

Contact information:

Email: coordinator@monadnockmenus.org

Website: www.monadnockmenus.org

### Mission:

Monadnock Menus strives to connect and grow community connections with locally produced food through an online market making buying local easy. Our mission is to increase sales of locally grown & produced foods in the cafeterias of local businesses, schools, restaurants, elderly homes, hospitals, correctional facilities and other institutions with the intent of increasing the viability of our agricultural community. Monadnock Menus aggregates, invoices and delivers products from many community producers.

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## NH Kids Counts

Contact: Jenny Reid, Hunger Solutions Coordinator

Contact information:

website: www.NHKidsCount.org

phone: 603-225-2264

### Mission:

Eliminating childhood hunger and its impact on a child's education and long-term well-being is critical for a better New Hampshire.

Formed by NH Kids Count, New Hampshire Hunger Solutions (NHHS) is a statewide coalition of partners working to eradicate childhood hunger in New Hampshire and ensure that every child has three nutritious meals every day. NHHS developed the New Hampshire Roadmap to End Childhood Hunger, a comprehensive strategic plan engaging public-private partnerships to build awareness, maximize use of existing resources and implement policy changes.

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## The Sustainability Center at Franklin Pierce University

Contact: Jess Gerrior, Sustainability Coordinator

Contact information:

Email: gerriorj@franklinpierce.edu

Website: www.franklinpierce.edu

Facebook: /SustainableFPU;

Phone: (603) 899-4175

### Mission:

The Sustainability Center is a hub for sustainability efforts on the Rindge campus, encompassing the Sustainability Council, Sustainability Certificate program (open to all majors), and collaborations including Residential Life, Facilities, Purchasing, I.T., Dining, Student Activities, and signature Environmental Science & Studies programs. The Sustainability Center was created through the Monadnock Institute of Nature, Place, and Culture and serves as the point of contact for the Association for the Advancement of Sustainability in Higher Education (AASHE), American College & University Presidents' Climate Commitment (ACUPCC), and related initiatives. FPU upholds its commitment to climate neutrality by 2050 or sooner.

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## Transition Keene

Contact: Katy Locke

Contact information:

Email: transitionkeene@gmail.com

website: keenetransition.wordpress.com

phone: 603-357-2626

Mission: To support a transition to a more sustainable, resilient, and self-reliant local economy and way of life.

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## UNH Cooperative Extension Nutrition Connections

Contact: Christine Parshall, Extension Program Associate

Contact information:

Email: christineparshall@unh.edu

Website: www.extension.unh.edu;

Phone: (603) 352-4550

### Mission:

Nutrition Connections provides food and nutrition education to limited resource households with children via home visits and small group instruction. Topics include basic nutrition, meal planning, cooking, shopping skills, and food safety. Nutrition Connections also serves children and youth both in school and out-of-school settings (income eligibility applies to schools/organizations as well).