

## Food and Farming Resource Bank

### Learn More

Resource	Summary
<a href="#">EPA 'Climate Change Impacts on Agriculture and Food Supply' webpage</a>	Find how changing temperature and weather events affects farming in the United States
<a href="#">USDA 'Food Loss and Waste'</a>	Information on how food waste is created across different industries and processes
<a href="#">UT Institute of Agriculture and UT Extension</a>	Resources for local gardeners and farmers as well as educational and financial programs, volunteering, and research

### Take Action – For Everyone

Action	Resource
Access free food and produce from local foodbanks and farms and apply for assistance programs if you need support	<ul style="list-style-type: none"> <li>Find a nearby food bank through <a href="#">Second Harvest</a></li> <li>Access free, nutritious produce and space to grow your own produce at <a href="#">Beardsley Community Farm</a></li> <li>Look into other ways to access free produce and other farmed foods through <a href="#">Nourish Community</a></li> <li>Search for specific food assistance programs you may qualify for as a parent, low-income family, mother, college student, or more through the <a href="#">Tennessee Justice Center's resource list</a></li> </ul>
Eat local and seasonal food	<ul style="list-style-type: none"> <li>Use <a href="#">East TN Local Food Guide</a> and <a href="#">Appalachian Grown Online Local Food Guide</a> to find local and seasonal foods, growers and retailers, and ways to easily buy local produce across East TN and the Knoxville MSA.</li> <li>Shop for food and produce from local-specific markets like the Knoxville Farmers' Market or others in the Knoxville MSA               <ul style="list-style-type: none"> <li>If you qualify for SNAP benefits, learn how to take advantage of <a href="#">Double Up Food Bucks</a>, a money doubling program that applies to farmers markets.</li> <li>Look into Nourish Knoxville's other produce incentive programs geared toward children's food choices and walking</li> </ul> </li> </ul> <p>♣ <a href="#">Nourish Moves</a></p>

	♣ <a href="#">Nourish Kids</a>
Reduce your food waste	<ul style="list-style-type: none"> <li>• Visit <a href="#">GetFoodSmartTN</a> for free resources, including meal planning, food storage and labeling, composting, and more.</li> <li>• Browse <a href="#">strategies for reducing food waste</a> from the Natural Resource Defense Council</li> </ul>
Compost food scraps at home or through local providers	<ul style="list-style-type: none"> <li>• Use the <a href="#">City of Knoxville Compost Program</a> to drop-off food scraps, attend compost workshops, or learn how to start a compost pile at home using the 'Backyard Compost Guide'.</li> </ul>
Donate excess food to invest back into your community and prevent pointless waste	<ul style="list-style-type: none"> <li>• Find food banks through organizations like Second Harvest or investigate programs like Nourish Knoxville's <a href="#">Nourish Community</a> to donate food</li> </ul>

## Take Action – For Farmers

Action	Resource
Consider entering local agriculture as a farmer or gardener	<ul style="list-style-type: none"> <li>• Find resources for beginning a small-scale profitable garden and grant funding for creating your own farm through <a href="#">Appalachian Sustainable Development</a></li> <li>• Visit <a href="#">UT Extension</a> to learn more about entering agriculture or adding value to your farm</li> <li>• If you are a veteran, take advantage of the <a href="#">TN AgVOLs program</a> to transition from service into the agriculture industry with classes, workshops and scholarships available</li> </ul>
Donate excess produce or produce scraps that cannot be sold to local foodbanks	<ul style="list-style-type: none"> <li>• Second Harvest Food Bank of East Tennessee <a href="#">Food Rescue Program</a></li> </ul>
Access financial and farm planning assistance to secure your quality of life as a local producer	<ul style="list-style-type: none"> <li>• Use the <a href="#">University of Tennessee's MANAGE program</a> to improve your situation and prepare for industry changes</li> </ul>

## Regional Leaders

Resource	Summary
Beardsley Community Farm	Educational demonstrations • Fresh produce distributions • Seed & plant distribution • Gardening space and resources
Knoxville-Knox County Food Policy Council	Food system studies & plans
Nourish Knoxville	Hosts farmers' markets (inc. SNAP & WIC vendors) and publishes 'East TN Local Food Guide'
Second Harvest Food Bank of East Tennessee	Recovers and distributes food
TN Department of Agriculture	Provides funding and technical support to farmers
UT Institute of Agriculture - Extension	Programs focused on climate adaptation in farming • Research improving efficiency in food production • Farm-to-table programs
Sustainable Future Center	Hosts permaculture demonstrations and classes