



LOCAL FOOD AT THE FOOD BANK

Local Farms. The Food Bank receives funding to purchase food from local and socially-disadvantaged farmers, helping to support farmers, and provide market-quality produce and protein to clients.

Gleaning. Gleaning prevents food waste by harvesting excess produce from production farms, and from community fruit trees and berry bushes. Produce goes to TCFB's pantries and volunteers can take home some of the community fruit harvest.

Farm Production. **Olympia Kiwanis Food Bank Gardens** grow fresh produce on three garden sites with the help of volunteers and TCFB staff, focusing on year-round production and culturally-relevant foods. All food goes to TCFB's food pantries.

THANK YOU FARMERS!

Our clients love and appreciate fresh foods! Thanks to our partnerships with local farms, community gardens, and the Olympia Kiwanis Club, Thurston County Food Bank is able to distribute farm-fresh produce and protein.

BABY CHAVS URBAN FARM, BOISTFORT VALLEY FARM, BURNT RIDGE NURSERY, COLVIN RANCH, COMMON GROUND FARM, DANCING GOATS AND SINGING CHICKENS FARM, HAKI FARMERS COLLECTIVE, HELSING JUNCTION FARM, KINGFISHER ORGANIC FARM, KIRSOP FARM, LADY MACDONALD'S GOURMET FOODS, LOST PEACOCK CREAMERY, NEWAUKUM VALLEY FARM, PIECE BY PIECE FARM, RISING RIVER FARM, RIVERBIRD FARM, SKY ISLAND FARM, TRAILS END FARM, TUNAWERTH CREAMERY, WITHYWINDLE VALLEY FARM, WOBBLY CART FARM

Are you interested in selling and/or donating to the Food Bank?

Do you want to volunteer in the Gardens or on a Glean?

Contact Us!

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**Give Local,
Buy Local,
Eat Local**

**WORKING TO END
HUNGER IN OUR
COMMUNITY**

**FRESH, LOCAL FOOD IS A
NECESSITY, NOT A LUXURY!**

WHY EAT LOCAL?

The concept of eating local food is more than just measuring the distance to a farm – it includes building relationships with the food producers that play an important role in our communities.

TASTIER

Local produce is picked at its peak ripeness, rather than being harvested early to account for transportation and distribution.



MORE NUTRIENTS

Produce begins to lose nutritional value after harvest. With less time between harvest and your table, local produce offers more nutrients.

SUPPORT LOCAL ECONOMY

Money spent on local produce circulates within our local economy and food system, supporting our community.



MORE FOOD CHOICES

Local farmers can grow different varieties of produce since they are not limited by transportation, storage, or shelf-life issues.

ACCESSING LOCAL FOOD IN THE COMMUNITY

OLYMPIA FARMERS MARKET



Accepts EBT/SNAP and will match up to \$25 of benefits.

Look for vendors with “WIC accepted here signs” to use WIC benefits on produce year round.

Ask your WIC Staff/Clinic for Farmers Market Benefits to receive an additional \$30 to use at the Farmers Market.

Senior Farmers Market Benefits: apply at <http://www.lmtaaa.org/> to receive \$80 to spend on produce at the Olympia Farmers Market.



COMMUNITY SUPPORTED AGRICULTURE (CSA)



CSA's take many forms. Typically, members pay in the Spring for access to fresh farm food throughout the year. Throughout the season, farmers pack boxes of produce and sometimes protein and value-added products for members. Some farms accept installment and flexible payment options.

The sliding-scale model takes into account annual income and other factors, allowing people to choose the cost that makes the most sense for them. Thurston County Farms offering sliding-scale CSAs include Common Ground Farm and Helsing Junction Farm.

South Sound Farms accepting EBT/SNAP: Rising River Farm.

Check out CommunityFarmlandTrust.org for more information about local farms.