



Winter 2011

Piscataquis Public Health Council

Volume 1, Issue 1

- ◆ Farm to School grants awarded
- ◆ Early Education Providers improving nutrition & physical activity for children
- ◆ Local artist draws delightful local map



Summer Salad Project 2010
Sidney Mitchell of the Maine Highlands Community Organic Forest-Garden teaching the youth of the Penquis YES! Program. Plans are underway for the Summer Program in 2011

SNAP-Ed Grants for Farm to School Seed Projects

In December, the Piscataquis Public Health Council offered a SNAP-Ed Grant funded farm to school pilot opportunity to regional schools. The goal is to increase the daily intake of fruits and vegetables and physical activity in school age children. PPHC is pleased to announce that 3 area schools, Milo, Corinth, and Guilford, will be receiving SNAP-Ed Grant monies to initiate a school garden. The schools will be partnering with community

food cupboards, local farmers and other groups. Last summer, youth dug into 'A Summer Salad' program, worked in the garden, and feasted on their vegetables.

These are exciting opportunities for our children and our communities. Please join PPHC in supporting your local school in making their projects a success.

These endeavors are also reaching early care and education. Two area child

care programs in Dover Foxcroft, are addressing the childhood obesity epidemic. The Children's Learning Center & Ready *Set *Grow, have begun a new program to improve nutrition and physical activity.



**On the back page,
"Get to Know
Your Farmers"
at the
Dexter Community
Farm Project**

Food Cupboard News

The Partnership Food Pantry has moved into a larger space in the old Guilford Primary school building at 31C High Street. Open hours are the 2nd & 4th Fridays of the month, from 12PM-3PM. The Partnership Food Pantry is also at 10

Minden Street in Greenville. Open hours are the 1st & 3rd Mondays of the month, from 10AM-12PM. **Living Word Community Food Cupboard** in Dover-Foxcroft has relocated to Rt. 15, beyond Shaws. Open hours are the 1st & 3rd

Fridays of the month, from 12AM-6PM. **Monson Food Cupboard** is downstairs in the back of the Monson Town Municipal Building. Open hours are the 2nd & 4th Mondays of the month, from 11AM-12PM.

Get to Know Your Farmers



Judy Craig of the Dexter Community Farm Project.

Check out the face lift on the Old Fossa General Store! The Dexter Community Farm Project hopes to partner with schools in offering hands on classes in preparing and cooking with local foods at their future site in the Fossa General Store.

Dexter Regional Development Corporation

(DRDC) is the sponsor of the Dexter Community Farm Project creating a year round market to be called the Fossa General Store. Dexter Community Farm Project & Fossa General Store was created by DRDC to work with local community farmers within a 25+/- mile radius of Dexter.

In Dover-Foxcroft; Leaves and Blooms on Route 15, anticipates reopening with fresh greens by March.

Bob's Farm, Home and Garden offers fresh eggs and locally raised meats.

To share what's available locally, please call Elaine Bisbee at 564-4123.



Local Food Map created

The Piscataquis Public Health Council asked a local artist, Bruce Towl, to illustrate a map of the area. You may know of Bruce's chalkboard signs at Bob's Hardware in Dover Foxcroft.

This delightful map includes towns in the Piscataquis county region, as well as

Dexter. The map connects us to our local community food resources by showing us where farm stands, farmer's markets, community gardens, and food cupboards are located. Many of the locations accept EBT cards.

The map shows us where the locations are and lists the

address and phone number.

The poster sized color map will be displayed in public spaces with smaller travel versions to take with you. For more information, please contact Elaine at the Piscataquis Public Health Council at 564-4123.

"Which Farmer's Markets accept food stamps?"

SNAP-Ed Recipient

survey respondent



Also happening at school...

Launching "5210 Let's Go!" Help our children adopt healthy choices.

February ~ 5 a day Fruits & Veggies

March ~ Decrease Screen Time

April ~ Promote Physical Activity

May ~ Increase Water & Low Fat Milk & Decrease Sugary Drinks.



*Keep TV/Computer out of the bedroom. No screen time under the age of 2.