

# Inter-Faith Food Shuttle

*Inter-Faith Food Shuttle pioneers innovative, transformative solutions designed to end hunger in our community.*



**Locally grown food helps build community health, wealth, and security, and brings our communities together to**  
**EAT · GROW · COOK**  
**SHARE & MOVE!**

(919)250-0043

[www.foodshuttle.org](http://www.foodshuttle.org)

## **Our Programs Engage, Empower, & Educate**

### COMMUNITY GARDENS

Inter-Faith Food Shuttle (IFFS) partners with low income communities to grow Community Gardens and promote healthy lifestyles by providing nutrition and culinary education, and increase access to fresh produce.

### HEALTHY COOKING AND NUTRITION

Nutrition programming at IFFS is based on educating and empowering participants to select, prepare, and grow nutritious and low-cost fresh local ingredients that provide the best nourishment possible for them, their families, and their community.

### TEACHING AND PRODUCTION FARMS

The IFFS's Teaching Farms produce fresh local nutritious food for distribution while providing opportunities to learn about sustainable agriculture, vermicomposting, livestock, and greenhouse production.

### YOUNG FARMER TRAINING PROGRAM

The Young Farmer Training Program is a multi-year farming apprenticeship for teenagers to learn how to grow, raise, and prepare vegetables, herbs, and livestock, understand and design profitable farm and market plans, and engage the community.

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