



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service

scfcl website: <http://www.scfcl.com>

Leader Training Guide

South Carolina Food Products

Objectives: Participants will be able to:

1. Discuss the benefits of buying food produced in South Carolina.
2. Identify foods that are available in their area of the state and be able to identify local roadside markets and farmers markets.
3. Make a plan for shopping for South Carolina foods on a regular basis.

Lesson Overview/Introduction:

South Carolina has an abundance of locally produced foods from fruits and vegetables, to meat, poultry and seafood to value added specialty products such as BBQ sauces, pickles, relishes, and more! There are many benefits to purchasing foods locally that impact not only yourself, but the local economy as well. This lesson will guide you through the benefits of purchasing locally grown and produced foods, where to purchase them and some other tips to purchasing South Carolina food products.

Lesson:

1. Participants will be able to explain the benefits of buying foods produced in South Carolina with an emphasis on food quality and economic benefits.

- Begin the lesson by having participants introduce themselves and share with the group one reason that they think buying local SC foods is beneficial.
- Hand out HGIC Hot Topic HTF 0817 (attached) and discuss in detail the economic, social and health benefits of shopping for locally grown and harvested foods.

2. Participants will determine which SC grown foods are available in their area:

- Have the participants make a list of foods that are grown/harvested/farmed in their area.
- Discuss different types of local sources for buying SC foods. There are certified roadside markets, community supported agriculture (CSAs), state farmers' markets and community-based farmers' markets.
- Reference the HGIC hand-out for sourcing locally grown foods. The lead trainer should have a pre-determined list of markets that are local to the area. This can be found at: <https://agriculture.sc.gov/where-to-buy-local/> If a computer is not available you can contact the following people for a list of sales venues near you:

Adair Hoover	864-656-9986
Suzy Ellison	803-734-0648
Jackie Moore	803-734-2144

- Discuss locations and specific foods that are easy to shop for in your area.

3. Participants develop a plan for shopping locally for foods that their families will eat throughout the year.

- Hand out the South Carolina Produce Availability Chart (found at the end of this lesson). Ask participants to pick a food that is harvested during the month of their birthday. Then challenge them to find a roadside market or farmer's market, in their area, that sells that food. Participants may also identify foods for each season and write a plan for shopping weekly or monthly for local items. Encourage participants to ask farmers, ranchers and food producers about their food safety practices.

Lesson Summary: During this largely discussion based lesson, participants should obtain a good understanding of why it is advantageous to buy South Carolina grown and produced food. They should have identified several sources for South Carolina grown foods and have a plan for making buying locally a regular routine.

Suggested Activities:

- Lead instructor purchases three food items from a local roadside stand and then compares the price, quality and shopping experience to a large grocery store.
- Instructor and participants visit a local market, roadside stand or farm.
 - Have participants confirm that foods are SC grown
 - Compare prices with those at large grocery stores
 - Encourage the group to ask market managers, farmers, ranchers and food producers about their food safety practices.
 - Participants develop a written plan that includes sourcing local food as part of a weekly food shopping plan.

Suggested Materials:

Printed South Carolina Produce Availability Chart

Printed HGIC Hot Topic – HTF 0817 Buying South Carolina Foods

Printed copy of the South Carolina Specialty Foods Association Buyer's Guide (The guide can be downloaded from here: <http://www.scsfa.org/catalog>, or contact SCSFA for a printed copy at sellison@scda.sc.gov or 803-734-0648)

Lesson Prepared by:

Adair Hoover, Food Safety Education Assistant, Home & Garden Information Center, Clemson University

Lesson Review by:

Kimberly Baker, PhD, RD, LD, State Consumer Food Safety Program Coordinator, Clemson Cooperative Extension

Sources/References:

South Carolina Department of Agriculture

South Carolina Meat and Poultry Inspection Service

South Carolina Specialty Foods Association

South Carolina Produce Availability Calendar

Commodity	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples									█	█	█	█
Asparagus			█	█	█							
Beans (Snap, Italian, Variety)					█	█	█	█	█	█		
Beets	█	█	█	█	█	█	█	█	█	█	█	█
Blackberries						█	█					
Blueberries						█	█					
Broccoli					█	█	█			█	█	█
Butter Beans							█	█	█	█	█	
Cabbage				█	█	█						
Cantaloupes						█	█	█				
Cilantro	█	█	█	█	█	█	█	█	█	█	█	█
Cucumbers					█	█				█		
Green Onions		█	█	█	█	█	█	█	█	█	█	
Leeks	█	█	█	█	█	█	█	█	█	█	█	█
Mixed Leafy Greens (Collard, Kalm, Mustard, Turnips)	█	█	█	█	█	█	█	█	█	█	█	█
Muscadine Grapes									█	█	█	
Okra							█	█	█	█		
Oriental Vegetables			█	█	█	█			█	█		
Parsley	█	█	█	█	█	█	█	█	█	█	█	█
Peaches					█	█	█	█	█			
Peanuts (Green)							█	█	█			
Peas					█	█	█	█	█	█	█	
Pecans										█	█	█
Peppers (Variety)						█	█	█	█	█	█	
Radishes		█	█	█	█	█	█		█	█	█	█
Squash (Yellow)					█	█	█	█	█	█		
Strawberries			█	█	█	█						
Sweet Corn					█	█	█	█				
Sweet Potatoes								█	█	█	█	█
Tomatoes						█	█			█	█	
Watermelons						█	█		█	█		
Zucchini Squash					█	█	█	█	█	█		