



HIGHLAND COUNTY, VA LOCAL FOOD RESOURCE GUIDE

How to Use This Guide:

The Highland County Local Food Resource Guide was created to better connect Highland County residents with available food and related programming. It is the first major project of the Highland Community Food Coalition.

The guide features information on programs and resources related to five categories: local food & markets, emergency food & food assistance, food for kids & parents, food for seniors, and grow your own. Basic information about program eligibility, offerings, and timing are included, but readers are encouraged to use the provided organization contact information to learn more.

Please send any corrections, additions, or suggestions to info@amifellows.org.

Local Food & Markets

Locally grown and prepared food can be purchased at:

Highland Farmers' Market

Highland Center Dr, Monterey
Open Fridays 3:30 - 6pm | May - October
Mary Parham: farmersmarket@thehighlandcenter.org

The Highland Farmers' Market accepts SNAP benefits and Virginia Fresh Match provides an equal number of fresh food vouchers for every EBT dollar used at the market. SNAP members can visit the market table to swipe their EBT card and receive their SNAP tokens and VFM vouchers.

Groceries can also be purchased locally at:

Blue Grass Mercantile

2558 Blue Grass Valley Rd, Blue Grass | (540) 474-3000
Open 8am - 6:30 pm Mon - Thurs | 8am - 8pm Fri - Sat | Noon - 5pm Sun

The Curly Maple

174 W Main St, Monterey | (540) 468-1250
Open 10am - 5pm Tues - Fri | 10am - 3pm Sat

Dollar General

154 E Main St, Monterey | (540) 255-0350
Open 8am - 9pm every day

Grant's Grocery

31 Doe Hill Rd, McDowell | (540) 396-4811
6am - 8pm Mon - Sat | 9am - 6pm Sun

Dollar Tree/Family Dollar

54 E Main St, Monterey
Open 8am - 10pm every day

Emergency Food & Food Assistance

Anyone experiencing a food insecurity crisis are welcome to contact the Highland Department of Social Services. Staff can connect you with the appropriate programs and assist you with applying for federal food and financial assistance programs such as SNAP and TANF. On Tuesdays in season, DSS also receives and distributes produce from AMI. Contact below for more information.

Highland County Department of Social Services

158 Courthouse Ln, Monterey | Open weekdays 8am - 4:30pm
Emily Malcolm: emily.malcolm@dss.virginia.gov | (540) 468-2199

Blessing Box | McDowell Presbyterian Church

9090 Highland Turnpike, McDowell
Beth Pyles: beth.pyles@gmail.com | (540) 396-3450

Take what you need and give if you can to the “Blessing Box,” located in the McDowell Presbyterian Church parking lot where folks can freely donate or pick up food whenever they wish. The box is available 24-7 and anyone and everyone is welcome to it.

Mobile Food Bank

27 East Main St, Monterey | 1st Wednesday of every month 1 - 3pm
Robin Swecker: rswecker@brafb.org | (540) 248-3663

Created in partnership by Blue Ridge Area Food Bank, the mobile food pantry offers a variety of free groceries to those in need, including produce and non-perishable items. Anyone is welcome, no qualifications or registration required.

SNAP: Supplemental Nutrition Assistance Program

SNAP provides financial assistance to supplement low-income household’s monthly food budget. Visit www.vplc.org/snap-calculator or call social services at (540) 468-2199 to learn more and apply.

Highland Food Pantry | Ernie’s Market

Intersection of Rte 250 and Rte 220, Monterey | 2nd Saturday of every month 9 - 11 am
Kate Wilke: (540) 468-3374

The Food Pantry at the former site of Ernie’s Market in Monterey offers a variety of free meats, dairy, and non-perishable groceries to those in need. Low-income individuals can register with Susan Grant to start receiving food every month.

Looking to Donate Food?

There are a variety of options for those looking to contribute to emergency food programs in Highland County. Contact the following organizations to learn more: Highland Department of Social Services, McDowell Presbyterian Church, Mobile Food Pantry, Valley Program for Aging Services, Highland Food Pantry.

Food for Kids & Parents

Highland Children's House

16 Highland Center Dr, Monterey | Open weekdays 7:30am - 5:30pm

Children participating in daycare at the Highland Children's House receive high quality meals and snacks featuring locally grown produce as well as garden education at the on-site garden. HCH is a participant in the federal food program and the childcare assistance subsidy program, they also provide alternative financial aid to low-income families.

Highland County Public Schools

Highland County Public Schools provide free breakfast and lunch at all in-person students during the school year -- no qualifications or registration required.

TANF: Temporary Assistance for Needy Families

TANF administers financial assistance to low-income parents with children 18 and under to help provide basic needs for their children, including food, shelter, and childcare. Call social services at (540) 468-2199 to learn more and apply (open weekdays 8am - 4:30pm).

WIC: Women, Infants, and Children Supplemental Nutrition Program

WIC provides households with low-income pregnant mothers and children under five with financial assistance to supplement the family's food budget. Call the health department at (540) 468-2199 to learn more and apply.

Food for Seniors

Highland Senior Services / Valley Program for Aging Services provides a variety of services and programs for individuals 60+ to lead engaged lives. Food access initiatives include the Meals on Wheels program.

Valley Program for Aging Services

49 Spruce St, Monterey | Open weekdays 10am - 4pm
Harmony Leonard: harmony@vpas.info | (540) 468-2178

Meals on Wheels

Meals on Wheels delivers ready-made meals on a weekly or biweekly basis to adults 60+. Meals meet one-third of the daily nutrition requirements for older adults and are hot or frozen depending on the location of the meal recipient. For more information, call Harmony Leonard of Highland Senior Services at (540) 468-2178.

Word of Faith Church Senior Box Program

93 Water St, Monterey | 2nd Saturday of every month 8:30 - 11am
Kate Wilke: (540) 468-3374

Low income seniors 60+ are invited to register with Word of Faith Church to receive a monthly pre-made box of non-perishable food at the Word of Faith Food Pantry. Call Kate Wilke to learn more and register.

Highland Community Food Coalition:

The Highland Community Food Coalition brings together representatives from a variety of organizations and institutions across Highland County to address food security. The mission of the coalition is to create a community where all residents have access to an abundance of food, whether that be through local markets, food distribution programs, or home gardens.

The Coalition includes representatives from Allegheny Mountain Institute, Blue Grass Resource Center, Blue Ridge Area Food Bank, The Highland Center, Highland Children's House, Highland County Public Library, Highland County Public Schools, Highland Department of Social Services, Highland Farmers' Market, McDowell Presbyterian Church, Philosophers' Farm, Valley Program for Aging Services, & Virginia Cooperative Extension.

To learn more, join the coalition, or donate funds, email info@amifellows.org.

Grow Your Own

Resources for home gardeners and aspiring farmers:

Allegheny Mountain Institute

2599 Bear Mountain Rd, Hightown | www.amifellows.org
Jessa Fowler: jessa@amifellows.org | (540) 468-2300

AMI hosts an 18 month Farm and Food System Fellowship, offers free online food and farming workshops to the public, provides support to community gardening initiatives, and donates 20% of what they grow on their Highland County farm.

The Highland Center

61 Highland Center Dr, Monterey | www.highlandcenter.org
Elizabeth Lohr-Myers: director@thehighlandcenter.org

The Highland Center supports local food and agriculture by hosting the Highland Farmers' Market, food and farming workshops and demonstrations, and other local food events. They also house a community incubator kitchen, extensive cold storage facilities, and event space available for public use.

Philosophers' Farm

1310 Spruce St, Monterey | Facebook: Philosophers' Farm LLC
Pamm McDowell: philosophersfarm@gmail.com

In addition to growing organic vegetables and free-range chicken eggs, Philosophers' Farm supports community garden development, food forest design, and gardening education.

Virginia Cooperative Extension

83 Highland Center Dr, Monterey | www.highland.ext.vt.edu
Rebecca Wilder: rmarlatt@vt.edu | (540) 468-2225

VCE provides a range of resources for growing and processing food including soil tests, insect and weed identification, food preservation workshops, and publications on food handling, storage, cooking, and processing. VCE also provides extensive farm and garden programming for kids through 4-H and initiatives at the schools and Highland Children's House.

Seed Library | Highland County Public Library

31 N Water St, Monterey
Tomi Herold: mail@highlandlibrary.com | (540) 468-2373

Housed at the Highland County Public Library, the Seed Library is a collection of produce and flower seeds available for public use. Seed borrowers are asked to return a portion of the seeds they save from their crops at the end of the growing season to keep the library self-sustaining. Registration is required.