



ORANGE COUNTY: EATING SMART, MOVING MORE PHYSICAL ACTIVITY AND NUTRITION GUIDE

2014

Guide Key:

-  = Free Program or Financial Assistance Available
-  = Accommodation made for people with disabilities
-  = Accommodations for Bilingual or Spanish Speaking Residents

Disclaimer: This Guide was produced by the Health Promotion committee of Healthy Carolinians of Orange County. The Guide contains a listing of core, on-going physical activity and nutrition related programs for children, adults, and older adults in Orange County. The list may not be exhaustive and Healthy Carolinians of Orange County does not endorse a specific program.

POPULATION SERVED	ORGANIZATION	PROGRAM DESCRIPTION	CONTACT INFO	PUBLIC TRANSPORTATION OPTIONS
PRESCHOOL & SCHOOL-AGED CHILDREN	Chapel Hill-Carrboro YMCA 	YMCA offers a variety of sports programs and camps (day camps and summer camps) <u>After School Care</u> : Kindergarten – 8 th grade <u>Teacher Workdays/Holiday Camps</u> : Kindergarten – 8 th grade <u>Swim Lessons</u> : Ages 6 months – Adult <u>Sport programs</u> including: soccer, basketball, volleyball, T-ball, baseball and more – Starting at age 3 <u>Financial Aid</u> offered on either sliding scale or scholarship basis – application available online	980 Martin Luther King Jr. Blvd. Chapel Hill, NC 27514 Youth Directors: Alex Mayfield: Alexander.Mayfield@YMCATriangle.org Will Speight: Will.Speight@YMCATriangle.org <u>Website</u> : www.chcymca.org <u>Phone</u> : 919-442-9622	<u>Chapel Hill Bus Routes:</u> <ul style="list-style-type: none"> • A • G • NS • T • T Saturday • NU Weekend http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules
	Boy Scouts 	Activities designed around being active, exploring the outdoors and developing character. Summer camps and day camps are also available. Cub Scouts : Boys ages 7-10 years Boy Scouts : Boys ages 11-17 years	District Commissioner : Dennis Nicholson– polarbear89@earthlink.net <u>Phone</u> : 919-682-8857 <u>Website</u> : www.bsaorange.org Meeting locations will vary	http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules
	Girls Scouts 	Girl Scouts builds girls of courage, confidence, and character, who make the world a better place. We strive to be the premier leadership organization for girls, and experts on their growth and development. Activities include participating in a troop, camps, and other events. Girls ages kindergarten – 12 th grade	Membership Director : Elaine Penny– epenny@nccoastalpines.org <u>Phone</u> : 919-497-6382 <u>Website</u> : www.nccoastalpines.org Meeting locations will vary	http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules
	Orange Partnership for Young Children 	Growing Healthy Kids : Young children, families, and volunteers are all enjoying the fruits of their labor at the two to three community gardens located in Carrboro. Along with upcoming cooking classes, local children and their families are learning the benefits of better nutrition, outdoor activity, and quality family time. Move it! Program established to create scholarships for low-income children (0-5 years of age) to attend local physical activity programs and camps. Scholarships available through Recreation and Parks Departments, the SportsPlex in Hillsborough and the Chapel Hill YMCA. Contact the individual organizations to inquire about available programs and scholarships.	120 Providence Rd. Suite 101 Chapel Hill, NC 27514 919-967-9091 ocpyc@OrangeSmartStart.org Bilingual Coordinator - Amanda Srsic Program Manager - Linda Hindman,	http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules
PRESCHOOL &	Parks and	There are three Recreation and Parks Departments in	Carrboro	http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules

SCHOOL-AGED CHILDREN (CONT.)	Recreation Departments 	<p>Orange County and each offers a variety of resources and opportunities for activities</p> <p>Sports Leagues and Classes (for youth) Please call or visit your local Recreation and Parks Department for a schedule of activities and information on how to apply</p> <p>Public Facilities</p> <ul style="list-style-type: none"> 40 parks and recreation facilities spread throughout the county. Refer to following map guide: http://server2.co.orange.nc.us/parklocator/ Multiple recreation centers and swimming pools Public parks (some near lakes and rivers with public access for boating and fishing) Miles of trails and greenways <p>** For a guide of public recreation areas in Orange County, refer to the following website: http://www.co.orange.nc.us/deapr/parksandfacilities.asp</p>	<p>Carrboro Century Center 100 N. Greensboro St. Carrboro, NC 27510 (919) 918-7364 RecParks@.org Website: www.ci.carrboro.nc.us/RP</p> <p>Chapel Hill 200 Plant Road Chapel Hill, NC 27514 (919) 968-2784 parksrec@townofchapelhill.org Website: http://townofchapelhill.org/</p> <p>Orange County Recreation Administrative Offices 302 West Tryon Street PO Box 8181 Hillsborough, NC 27278 (919) 245-2660</p>	hill.org/town-hall/departments-services/transit/routes-schedules
	Rainbow Soccer 	<p>Rainbow Soccer and Chapel Hill United serve more than 1,300 children each season and over 300 adults from Chapel Hill, Durham, Carrboro, Hillsborough and other surrounding communities. Our organization is proud to work with families that have deep roots in the area with generations of Rainbow supporters and participants, as well as those visiting for just a few months from foreign countries. We count many nationalities represented among our population of players and embrace the multi-cultural experience that comes along with the sport of soccer.</p> <p>Ages 3 and up for both boys and girls</p> <p>Registration for fall soccer starts in June Registration for spring soccer starts in November</p>	<p>121 S. Estes Dr., Suite 203A Chapel Hill, NC 27515 - <u>Phone:</u> 919-967-8797 <u>Email:</u> info@rainbowsoccer.org <u>Website:</u> http://www.rainbowsoccer.org/ourclub/648441.html <u>Executive Director:</u> Mike Hickey <u>Financial Aid School Liaison:</u> Karen Aldridge We use fields throughout Chapel Hill for both games and practices</p> <ul style="list-style-type: none"> Typically use Rainbow Soccer Complex & Southern Community Park for both practices and Saturday games Typically use Homestead/Cedar Falls for practices and Triangle Church fields for Saturday games (CHU only) 	<p><u>Southern Community Park:</u></p> <ul style="list-style-type: none"> NS V <p><u>Homestead Park:</u></p> <ul style="list-style-type: none"> A NS T <p><u>Rainbow Soccer Complex:</u></p> <ul style="list-style-type: none"> D G <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>
	Triangle Sportsplex 	<p>The Triangle SportsPlex offers a variety of recreational opportunities for the whole family including ice skating, hockey, swimming, gymnastics, childcare and camps, and special programs.</p>	<p>101 Meadowlands Drive Hillsborough, North Carolina 27278 Phone: 919-644-0339 <u>Kidsplex email:</u> plex4kids@oc-sportsplex.com</p>	<p>http://www.ci.hillsborough.nc.us/content/transit Triangle Transit Route 420</p>
PRESCHOOL &	Arc of Orange County	Assists children with developmental disabilities increase their physical fitness through programs such	Michael Kirschner (919) 942-5119, ext 121	<u>Main Address:</u> <ul style="list-style-type: none"> A

SCHOOL-AGED CHILDREN (CONT.)	 	<p>as indoor soccer, theater and dance camp and swimming.</p> <p>Summer Work & Wellness This is an (8) week program geared toward the young adult. It provides vocational experiences, health and wellness education, and social activities that give clients a chance to blow off some steam at the end of the week by engaging in a fun-filled community activity</p> <p>Spring & Winter Camps This student-aged program is designed to coincide with scheduled school vacations. The camps provide a welcome alternative to working parents during holiday breaks. Campers spend each day in a supervised and safe environment that is structured and fun.</p>	<p>mkirschner@arcoforange.org</p> <p>Website: http://www.arctriangle.org/</p> <p>208 N. Columbia St. Suite 100 Chapel Hill, NC 27514</p>	<ul style="list-style-type: none"> • CL, CPX, CW • D, DX • F • G • HS • J • N, NS, NU • T • U <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>
ADULTS	<p>Arc of Orange County</p>  	<p>Assists adults with developmental disabilities increase their physical fitness through several Programs.</p> <p>Cardio and Strength Training Classes Cardio Classes and Strength Training Classes, such as spin classes and basketball, are offered each week in a fully-equipped health club. The goal of the classes is to increase each participant's overall health and wellbeing by focusing on both cardiovascular and strength training exercises. Participants enjoy interaction with peers and get a good workout at the same time.</p>	<p>Michael Kirschner (919) 942-5119, ext 121 mkirschner@arcoforange.org</p> <p>Website: http://www.arctriangle.org/</p> <p>208 N. Columbia St. Suite 100 Chapel Hill, NC 27514</p>	<p><u>Main Address:</u></p> <ul style="list-style-type: none"> • A • CL, CPX, CW • D, DX • F • G • HS • J • N, NS, NU • T • U <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>
	<p>UNC Wellness Center</p> 	<p>UNC Wellness Centers offer many of the amenities traditionally associated with a high-end fitness facility, but adds a variety of clinical, health education, wellness, disease management and other programs that distinguish the facility and programs from traditional or non-medically based gyms and fitness centers.</p>	<p>(919) 966-5500 Email: wellness@unch.unc.edu</p> <p>100 Sprunt Street Chapel Hill, North Carolina 27517</p>	<p><u>Chapel Hill Bus Routes:</u></p> <ul style="list-style-type: none"> • V <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>
	<p>Chapel Hill-Carrboro YMCA</p>   	<p>Adult Sports</p> <ul style="list-style-type: none"> • Adult Basketball Pickup – Age 18 & Up Monday – Friday: 12:15 p.m. – 2:45 p.m., Tuesday & 	<p>980 Martin Luther King Jr. Blvd. Chapel Hill, NC 27514</p>	<p><u>Chapel Hill Bus Routes:</u></p> <ul style="list-style-type: none"> • A • G

		<p>Thursday: 3 on 3 12:15 – 2 p.m. *Schedule changes seasonally due to programs*</p> <ul style="list-style-type: none"> • Adult Volleyball Pickup – Age 17 & Up, Sundays 5-6:45pm <p>Fitness Center The YMCA has a fitness center open to the public for a minimal fee. Personal training sessions are available for those who want on-on-one attention or need a personalized plan. The YMCA also offers personal assessment to provide information on your current fitness status and orientations to the weight room.</p> <p>Fitness Classes The YMCA offers a variety of group fitness classes including kickboxing, yoga, total training, resistance training, water aerobics, belly dancing, Tai Chi and more.</p> <p>Swim Lessons This program is for adults 13 years of age and older who are "scared stiff" and have a desire to learn to swim as well as for those individuals who need to improve on fundamental skills of freestyle, back stroke, breast stroke and endurance to begin a program of life fitness swimming</p>	<p><u>Website:</u> www.chcymca.org <u>Phone:</u> 919-442-9622</p> <p>Facilities Director: Greg Stanley Greg.Stanley@YMCATriangle.org</p>	<ul style="list-style-type: none"> • NS • T • T Saturday • NU Weekend <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>
	<p>Parks and Recreation Departments</p> 	<p>There are three Recreation and Parks Departments in Orange County and each offers a variety of resources and opportunities for activities</p> <p>Sports Leagues and Classes Please call or visit your local Recreation and Parks Department for a schedule of activities and information on how to apply</p> <p>Public Facilities</p> <ul style="list-style-type: none"> • 40 parks and recreation facilities spread throughout the county. Refer to map guide: http://server2.co.orange.nc.us/parklocator/ • Multiple recreation centers and swimming pools • Public parks (some near lakes and rivers with public access for boating and fishing) • Miles of trails and greenways <p>** For a guide of public recreation areas in Orange County, refer to the following website: http://www.co.orange.nc.us/deapr/parksandfacilities.asp.</p>	<p>Carrboro Carrboro Century Center 100 N. Greensboro St. Carrboro, NC 27510 (919) 918-7364 RecParks@.org <u>Website:</u> www.ci.carrboro.nc.us/RP</p> <p>Chapel Hill 200 Plant Road Chapel Hill, NC 27514 (919) 968-2784 parksrec@townofchapelhill.org <u>Website:</u> http://townofchapelhill.org/</p> <p>Orange County Recreation Administrative Offices 302 West Tryon Street PO Box 8181 Hillsborough, NC 27278 (919) 245-2660</p>	<p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>
<p>OLDER ADULTS</p>	<p>Orange County Department on Aging</p> 	<p>Senior Centers There are two senior centers in Orange County. Each offer opportunities for educational, social and recreational activities.</p>	<p>Central Orange Senior Center (located at the Triangle SportsPlex) 101 Meadowlands Drive Hillsborough, NC 27278</p>	<p><u>Central Orange:</u></p> <ul style="list-style-type: none"> • Triangle Transit Route 420 <p>http://www.ci.hillsboro</p>

		<p>Wellness Program The senior centers offer health promotion activities for older adults:</p> <ul style="list-style-type: none"> • Health education and screenings • Exercise & fitness classes - more than 18 different exercise classes are held at 2 senior centers <p>Recreational Activities: bocce ball, basketball, senior games, bowling, Wii games, etc.</p>	<p>(919) 245-2015 <u>Website:</u> http://www.friendsofcosc.com/ <u>Email:</u> FriendsofCentralOrangeSeniors@gmail.com</p> <p>Robert & Pearl Seymour Center 2551 Homestead Rd. Chapel Hill, NC 27516 (919) 968-2070 <u>Website:</u> www.friendsseymourcenter.org/ <u>Email:</u> friendsseymourcenter@gmail.com</p> <p>Orange County Department on Aging: www.co.orange.nc.us/aging/index.asp</p>	<p>ugh.nc.us/content/transportation</p> <p><u>Seymour Center</u></p> <ul style="list-style-type: none"> • A • NS • T <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>
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ORANGE COUNTY NUTRITION REFERRAL GUIDE – 2014

POPULATION SERVED	ORGANIZATION	PROGRAM DESCRIPTION	CONTACT INFO	PUBLIC TRANSPORTATION OPTIONS
ALL AGES	Arc of Orange County 	<p>Nutrition & Cooking Classes This class is conducted weekly in a demonstration-style kitchen where adults use hands-on experiences to further their knowledge of nutrition as well as their skills in the kitchen. This class seeks to educate adults about wise food choices and kitchen skills. At the end of the class, the cooks get to enjoy the fruits of their labor.</p>	<p>Michael Kirschner (919) 942-5119, ext 121 mkirschner@arcoforange.org <u>Website:</u> http://www.arctriangle.org/</p> <p>208 N. Columbia St. Suite 100 Chapel Hill, NC 27514</p>	<p><u>Main Address:</u></p> <ul style="list-style-type: none"> • A, CL, CPX, CW, D, DX, F, G, HS, J, N, NS, NU, T, U <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>

ALL AGES	UNC Hospitals	<p>Nutrition Counseling  Individual counseling provided by Registered Dietitians; fee for service or insurance accepted.</p> <p>Pediatric Specialty Clinics Must be enrolled in the pediatric specialty clinic to participate.</p>	<p>Nutrition Counseling (919) 966-6875 or (919) 966-0210 Susannah Southern: ssouth@unch.unc.edu 590 Manning Drive Chapel Hill, NC 27599</p> <p>Children's Specialty Clinic (919) 783-7809 Website: ncchildrenshospital.org/ourservices/raleighclinic/nutrition</p>	<p>UNC Hospitals:</p> <ul style="list-style-type: none"> A, CCX, CM, D, DX, FCX, G, HU, N, NS, S, T, V <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>
	Orange County Health Department	<p>Nutrition Counseling  <ul style="list-style-type: none"> Individual nutrition counseling on a sliding scale fee Language interpretation services available. Provided by Registered Dietitians for all age groups and medical conditions (weight management, diabetes, food allergies, hypertension, high cholesterol etc.) </p> <p>Community Education Programs  <ul style="list-style-type: none"> Nutrition education classes/programs for all age groups upon request Diabetes education program (free; ongoing) </p>	<p>Whitted Human Services Center 300 West Tryon Street Hillsborough, NC 27278</p> <p>Orange County West Campus Building 131 West Margaret Lane Suite 100 Hillsborough, NC 27278</p> <p>Southern Human Services Center 2501 Homestead Rd. Chapel Hill, NC 27516 Main Phone: (919) 245-2400 Línea de Español: (919) 644-3350</p> <p>Renée Kemske, Registered Dietitian/Nutrition Program Manager Email: rkemske@orangecountync.gov</p>	<p>Bus Routes:</p> <ul style="list-style-type: none"> 420 A, NS, T A, NS, T <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>
	UNC Wellness Center	<p>Nutrition Counseling Individual nutrition counseling provided by a Registered Dietitian; Wellness 12-week program; Metabolic Testing; Weight management software</p> <p>Educational Programs  Hold monthly nutrition lecture, cooking demonstration, grocery store tours, and Ask the Dietitian table on various health/nutrition-related topics. These are free for members and non-members and open to the community.</p>	<p>Phone: (919) 966-5500</p> <p>100 Sprunt Street Chapel Hill, North Carolina 27517</p> <p>Health Education Director: jmcgee@unch.unc.edu</p>	<p>Nutrition Counseling:</p> <ul style="list-style-type: none"> V <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>
ALL AGES	Orange County Department on Aging 	<p>Nutrition Counseling Services Offered at the OC Senior Centers by Licensed Dietitian, UNC-CH Gillings School of Global Public Health. Counseling services available by appointment only at these times: <u>Seymour Center</u>: Thursday afternoons, 1 - 2 pm except the 3rd Thursday of the month, March 5 - Dec. 2009.</p>	<p>Central Orange Senior Center (located at the Triangle SportsPlex) 101 Meadowlands Drive Hillsborough, NC 27278 (919) 245-2015 Website: http://www.friendsofcosc.com/</p>	<p>Central Orange:</p> <ul style="list-style-type: none"> Triangle Transit Route 420 <p>http://www.ci.hillsborough.nc.us/content/transportation</p>

		<p><u>Central Orange</u>: 3rd Friday, 11 -12, of the month beginning March 19.</p> <p>Monthly Healthy Cooking Demonstrations Provides healthy tips and nutrition information to participants (classes restricted to ages 55 and older).</p> <p>Healthy and Simple Cooking Classes lead by UNC faculty and students.</p> <p>Nutrition Education Programs Offered quarterly and provided by Orange County Health Department dietitians, nurses and health educators, UNC faculty and students.</p>	<p><u>Email</u>: FriendsofCentralOrangeSeniors@gmail.com</p> <p>Robert & Pearl Seymour Center 2551 Homestead Rd. Chapel Hill, NC 27516 (919) 968-2070 <u>Website</u>: www.friendsseymourcenter.org/ <u>Email</u>: friendsseymourcenter@gmail.com</p> <p>Orange County Department on Aging: www.co.orange.nc.us/aging/index.asp</p>	<p><u>Seymour Center</u></p> <ul style="list-style-type: none"> • A • NS • T <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>
<p>Cooperative Extension</p> 		<p>Expanded Foods and Nutrition Education Program (EFNEP) Offered to limited resource families with children and teaches how to prepare nutritious meals. They offer classes in English and Spanish for families.</p> <p>Breastfeeding Support Program For English and Spanish-speaking mothers who are interested in breastfeeding their babies. This is a collaborative effort with Cooperative Extension, Piedmont Health Services, UNC Hospitals and the Health Department.</p> <p>Women Living Healthy, Women Living Well is an interactive CD developed for women focusing on healthy eating, physical activity, and women’s health issues.</p>	<p>EFNEP: Lisa Benavente: Lisa_benavente@ncsu.edu Phone: 919-245-2054</p> <p>306-E Revere Rd, Hillsborough, NC 27278 (919)245-2053 http://orange.ces.ncsu.edu/</p> <p>Women Living Well: http://www.ces.ncsu.edu/depts/fcs/pdfs/womenscd_1pager.pdf Carolyn Dunn: Carolyn_Dunn@ncsu.edu (919) 515-9142</p>	<p><u>Bus Routes:</u></p> <ul style="list-style-type: none"> • 420 • ODX <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>
<p>ALL AGES</p>	<p>Community Gardens Community Gardens Cont.</p>	<p>Growing Healthy Kids Gardens at: MLK Jr. Park, Carrboro Elementary School and Duke Energy sub-station, James Street, Carrboro  Open to families with children 5 and younger to learn to grow vegetables and enjoy benefits of better nutrition and outdoor activity, and cooking classes to learn how to use the produce grown.</p> <p>Carrboro Community Garden Coalition Garden, at MLK Jr. Park, Carrboro Open to residents. Participating community members learn how to grow food in an environmentally sustainable way, while connecting with others in the community.</p> <p>Northside Community Garden, Northside Center, Chapel Hill  Open to everyone and gardeners with special needs. Participants learn about the environment, sustainable gardening practices and the importance of eating fruits and vegetables.</p> <p>Anathoth Community Garden , Cedar Grove Faith-based approach to gardening to teach organic gardening, tend creation and help those in need. Open to all residents and</p>	<p>Orange County Partnership for Young Children www.OrangeSmartStart.org (919) 967-9091 120 Providence Rd. Suite 101 Chapel Hill, NC 27514</p> <p>Carrboro Community Garden: 1120 Hillsborough Rd, Carrboro NC 27510 <u>Email</u>: ccgc@riseup.net (919) 647.9633 www.carrborogarden.org</p> <p>Northside Community Garden: 400 Caldwell St. Chapel Hill, NC Greta Lee: GML@med.unc.edu</p> <p>Anathoth Community Garden <u>Email</u>: anathothgarden@gmail.com www.anathothgarden.org</p>	<p><u>Bus Routes:</u></p> <ul style="list-style-type: none"> • D • F • A, G, HS, J, NS, NU, T, V <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>

		hosts regular tour groups, workshops, educational events, monthly worship services during summers; occasional concerts and community celebrations.	(919) 732-8405 PO Box 138 Cedar Grove, NC 27231	services/transit/routes-schedules
Farmer's Markets	<p>Carrboro Farmers' Market 301 W. Main St. Carrboro, NC 27510 Saturdays year-round, 7:00 am-noon April-October; 9:00am-12pm November-March; During the regular growing season, Wednesday Market is open from 3:00-6:00pm</p> <p>Southern Village Farmers' Market Market St. in Southern Village Chapel Hill, NC 27516 Thursday; 3:30-6:30 pm Open May through August</p> <p>South Estes Farmers' Market 201 South Estes Dr. Chapel Hill, NC 27514 Saturdays 9:00 am-noon outside the mall open year-round</p> <p>Hillsborough Farmers' Market Home Depot parking lot I-85 and new NC 86 Hillsborough, NC 27278 <u>Saturdays</u>: April through November, 8:00 am-noon December - March 1st and 3rd Saturday 10:00 am- 1pm Wednesday, 4:00-7:00 pm June through Labor Day</p> <p>Orange County/Eno River Farmers' Market Public Market House in Downtown Hillsborough 120 East Margaret Lane Hillsborough, NC 27278 <u>Saturdays Year Round</u>: April –October: 8:00am-12:00pm November-March: 10:00am-12:00pm ** Several Farmer's Market locations now accept Farmer's Market Nutrition Program (FMNP) coupons</p>	<p>Erin Jobe (919) 280-3326 <u>Email</u>: carrboromarket@gmail.com http://www.carrborofarmersmarket.com/index.shtml</p> <p>http://www.southernvillage.com/farmers-market/ (919) 942-4610</p> <p>www.thechapelhillfarmersmarket.com/ <u>Email</u>: farmersoforange@gmail.com (919) 533-9496</p> <p>www.hillsboroughfarmersmarket.org (919) 360-5254 <u>Email</u>: TeamHFM@yahoo.com</p> <p><u>Email</u>: enoriverfarmersmarket@gmail.com www.enoriverfarmersmarket.com/</p>	<p><u>Bus Routes</u>:</p> <ul style="list-style-type: none"> • CW, F, J • NS, V • 400, 405, CL, D, Dsat, F • 420 • 420 <p>http://www.townofchapelhill.org/town-hall/departments-services/transit/routes-schedules</p>	