



Serving Rural Communities in WESTERN NORTH CAROLINA

FOOD INTERVENTIONS

- Fresh and pantry food box
- Medically tailored meal boxes

FOOD ACCESS POINTS

- Community pick-up site
- Delivery

FOOD SOURCES

- Local aggregator*
- Food hub
- Food bank
- Food donation
- Caterer and restaurant
- Regional broadline distributor**
- Direct from local farms, including women-owned farms, and farms owned by Black and other farmers of color

HEALTH CARE PARTNERS

- Health insurer
- Health system
- Outpatient practice/clinic

* A local aggregator is an agricultural business or cooperative of growers that consolidates and distributes agricultural products to local or regional markets.

** Broadline distributors carry a wide range of food products, including fresh and frozen meats, poultry, seafood, dairy products, produce, dry goods, and canned goods.

Hunger and Health Coalition is dedicated to empowering neighbors in need through healthy, nutritious food and life-saving medications. The organization provides Food is Medicine programming in partnership with all local health care providers. Medical professionals screen patients for food insecurity and diet-related disease and use a prescription pad to refer patients to Hunger and Health which provides nutrition education for the whole family, fresh food, medically tailored food boxes, and delivery services for individuals with transportation challenges. [Learn more.](#)

“Our Food is Medicine initiative aims to alleviate the chronic illnesses of our neighbors through nourishing produce that is local. Our hope is through these changes, our neighbors will start to lead healthy lives of their own.”

