



Healthy Rowan will work across organizations to educate, collaborate, and advocate to improve health outcomes in Rowan County



With support from
Healthy People, Healthy Carolinas
An Initiative of The Duke Endowment

HEALTHY ROWAN
A Community Coalition
Rowan County, NC
Be an original.

NOVANT HEALTH

ROWAN COUNTY
PUBLIC HEALTH
Prevent. Promote. Protect.
Be an original.

COMMUNITY CARE CLINIC
of Rowan County, Inc.

THE CITY OF
Salisbury
— North Carolina —

ROWAN COUNTY
NORTH CAROLINA
Be an original.

Community Partnerships



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A Community Coalition
Rowan County, NC

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Prevent. Promote. Protect.

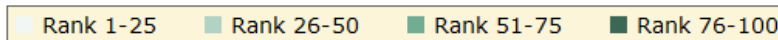
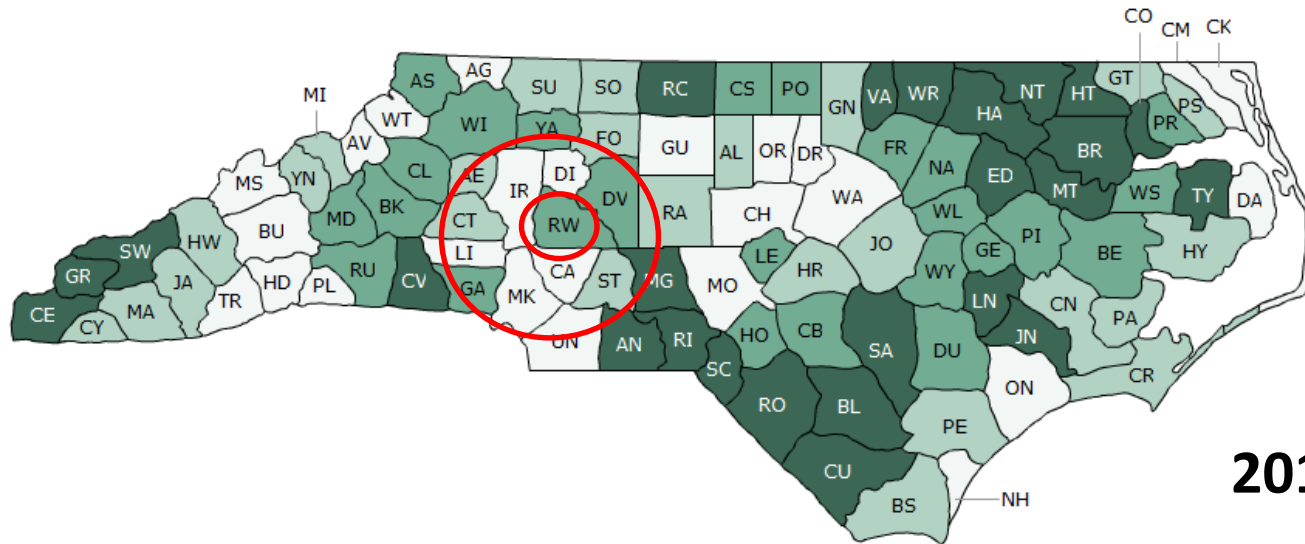
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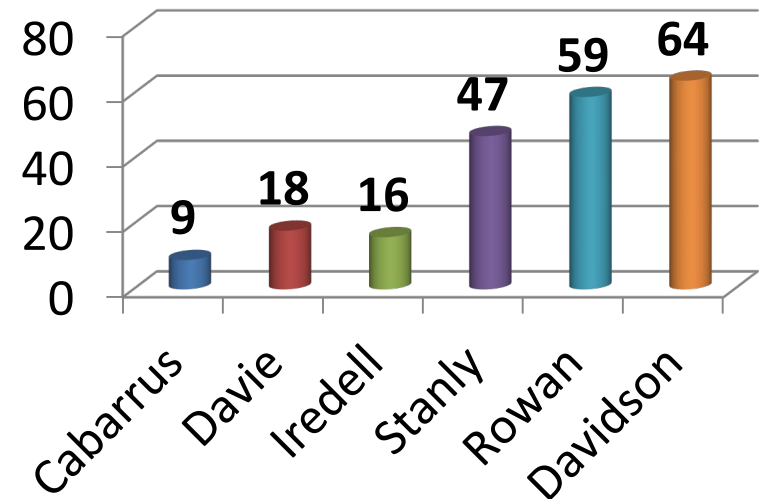
PREVENT
CHILD ABUSE
ROWAN



County Health Rankings 2019



2019 Overall Rank





Adventure **Rowan**
An ARCHES Program



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SAFE & HEALTHY
FOOD PANTRIES
PROJECT



Nutrition



Convenience (36.1%) and cost (29.0%) were the two largest barriers to eating a healthy diet



9.8% have cut or skipped meals or sought reduced cost community meals because there wasn't enough money for food.



58% have been to the Salisbury-Rowan Farmer's Market.



Building a Healthy Food Environment

Main Street Market

China Grove



Before – 6/22/18



Healthy Food Pantries

Main Street Market

China Grove





Healthy Food Pantries and Community Kitchens





Bread Riot

A LOCAL NON-PROFIT IN YOUR COMMUNITY THAT CULTIVATES A THRIVING LOCAL ECONOMY BY FACILITATING A SUPPLY OF LOCALLY PRODUCED FOOD, UTILIZING SUSTAINABLE FARMING PRACTICES AND FOCUSING ON WHOLE-LIFE ISSUES, EDUCATION, AND ENVIRONMENTAL CONCERNS.

Our Mission

- We promote local farmers by featuring them on Facebook and our web page, by promoting the Farmer's Markets in Rowan County, and by encouraging individuals and businesses to purchase their produce.
- We address environmental concerns by working closely with the Cooperative Extension Services and hosting events at The Center for the Environment at Catawba College.
- We participate in local health fairs and community events to raise awareness about the importance of buying locally and eating healthy food sourced from Rowan County.
- The Bread Riot cultivates a thriving local economy by facilitating a supply of locally produced food, utilizing sustainable farming practices and focusing on whole-life issues, education, and environmental concerns.

The history of “Bread Riot”

On the 18th of March, 1863, the streets of Salisbury, North Carolina, were invaded by a group of about 50 determined local women, identified only as wives and mothers of Confederate soldiers. The women believed that local merchants had been profiteering by raising the prices of necessary foods and demanded that the merchants sell these goods at government prices. When the merchants refused the women broke down one shop door with hatchets and threatened other storekeepers.

What a local newspaper described as the “Female Raid” netted the women twenty three barrels of flour as well as quantities of molasses, salt, and even twenty dollars in cash.



Share the Harvest Program

Winter boxes of fresh produce, local eggs, and whole wheat bread is provided over several dates during the winter.

The last 3 years we have provided 20-30 boxes right before the winter holiday to both E. Hanford Dole Elementary School and Koontz Elementary. We have also provided 15-20 boxes to various Head Start locations at the beginning of March.

This year we are hoping through additional grant funding, to provide boxes of produce as well as cooking lessons to various agencies around Rowan. We are hoping to visit a few apartment complexes as well as additional Head Start groups.



Farm Visits and Promotion

Over the past few years, we have visited local farms and farmers, trying to connect them to local consumers. It always helps to put a face to the family you are supporting by buying local.



Summer Feed Program

- In 2015, we distributed 200 pounds of produce to local families by following the RSSS Summer Meals program bus.
- In 2019, we distributed 3,000 pounds of produce to local families by passing out produce at Summer Meal Sites. All residents were encouraged to take as much produce as they wanted.
- We also distribute produce to Meals on Wheels and the food pantry at Rufty Holmes. We have a list of many agencies throughout the county that will take donations of fresh and prepared food.
- We buy from local farmers, through grants and sponsorships and donate all of the produce. For the past two summers, Mike Miller and Miller Farms have donated all the produce we have sourced through them (\$1,000 retail each summer).

Summer Feed

We visited 26 sites, some 3-5 times over 7 weeks this summer.

We had 15 volunteers involved and one summer intern.

Meredith Honeycutt and the entire nutrition department at RSSS deserve recognition for an excellent job of coordinating and serving lunches 5 days a week (and often breakfasts) to over 100 sites every day for most of the summer vacation. This week it was 7 weeks, but usually it is for 11 weeks!





Food and Farm Council Development



Community-based coalitions, consisting of multiple organizations and individuals, that help promote more resilient food systems.



We work across the whole food system



Healthy People



Vibrant Farms



Fairness & Justice



Thriving Economies



Strong Communities & Supportive Policy



Resilient Ecosystems

2009, Center for Whole Communities, [Whole Measures for Community Food Systems](#)

Rowan's Food and Farm Council

- Mobile Markets for food insecure areas
- “Red Table Tuesdays” at Senior Centers, Schools, Health Dept, and faith centers
- Happy Roots Community Garden and Education
- Online Markets/CSA
- Farm to Fork Education and Lunch and Learns



Rowan's Food and Farm Council

- Gather individuals – see about existing coalitions
- Recognize community partners can only have their attention on one thing at a time
- Data, data, data
- Connect the dots
- Meet frequently and purposefully
- Have a Champion organization