



**American
Heart
Association.**



MAKING AN IMPACT TOGETHER

SHORT TERM GOAL: Increase access to fresh fruits and vegetables in the priority zip codes by implementing sustainable nutrition related policy, system or environmental changes by 2022.

LONG TERM GOAL: Aligning with Healthy NC 2030, our long-term goal will be to decrease the percentage of people in NC who have limited access to healthy food from 7% of the population to 5% in 2030.

Your support is essential and we want you to be involved! Below are various ways you can help our team drive our Nutrition Security work in the Greater Charlotte region:

- Check out our recent [SNAP Benefits Training](#) The AHA teamed up with **The Charlotte Mecklenburg Food Policy Council**, **Charlotte Center for Legal Advocacy**, and the **NC Community Health Center Association** to host a SNAP Benefits Training across the state. Our goal is to inform anyone who assists SNAP beneficiaries with an application on the process of completing an application as well as teaching others when/how to use their benefits. This training is best suited for food system advocates, caseworkers, public/community health professionals, dietitians, social workers, nurse navigators, related interns, and community volunteers.
- Register for the [2022 Come to the Table Conference](#) The Come to the Table Conference is hosted by the Come to the Table Program of the Rural Advancement Foundation International (RAFI-USA). Under the leadership direction of Executive Director Edna Rodriguez, RAFI-USA challenges the root causes of unjust food systems, supporting and advocating for economically, racially, and ecologically just farm communities.
- Get involved with the [Charlotte Mecklenburg Food Policy Council](#) Our staff team is an integral part of their mission to provide healthy, affordable and sustainable food for all.
- Join [Healthy Charlotte Coalition Powered by the AHA](#) Healthy Charlotte works to create a proactive culture of wellness in the workplace inspiring a healthier, more productive workforce across the greater Charlotte The pillars of focus include Healthy Eating • Active Living • Mental Well-Being • Tobacco-Free Living. Contact healthcharlotte@heart.org to inquire.
- Consider being a [Healthy for Life Facilitator](#) Join us to help individuals and families make healthy food choices through cooking demonstrations, heart healthy workshops on shopping healthy on a limited budget, and more!
- Advocate through [You're the Cure](#) We give you the tools you need to play a crucial role in the fight against heart disease and stroke. You will be able to communicate with key legislators, connect with advocates near you, and stay up to date on the heart and stroke issues that matter most to you.
- Support [State of the Plate](#) The State of the Plate assessment happens every 5 years and is a chance to take stock of the local food system. Please contact Nicole Peterson at npeterson@uncc.edu
- Volunteer with our partners at [The Bulb](#), an organization committed to Food insecurity, food sovereignty and food justice.
- Volunteer with our partners at [Loaves & Fishes/Friendship Trays](#) This organization provides groceries, meals and hope through a network of food pantries, home grocery and meal delivery as the primary Meals on Wheels program for Mecklenburg County.
- Shop at any of our county [Farmers Markets Locations](#)
- [Donate](#) to support our local mission work.