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Contact:

brunswickwellnesscoalition@gmail.com

BWC #WorldFoodDay #givehealthy Food Drive Benefits Residents

SOUTHPORT—Brunswick Wellness Coalition (BWC) held a county wide #WorldFoodDay #givehealthy food drive from mid-October to mid-November. The purpose was to promote county wide awareness and action for those who suffer from hunger and for the need to ensure healthy diets for all. In the six townships throughout Brunswick County, there are eight pockets of poverty where 14% of the population lives, including 28% of children.

The Coalition's Executive Director, Dr. Leigh Lane, shared how partners and friends worked together to promote access to healthy foods, including PORCH South Brunswick, Southport-Oak Island Kiwanis, Brunswick Senior Resources Inc., Doshier Memorial Hospital, Winding River Players, NC Cooperative Extension-Brunswick County Center, and the student led Interact Club, South Brunswick High School. Meghan Frederick, Garrett Cross, Kanmani Arcot, and Eliza Johnson. Students majoring in Public Health at UNC Wilmington assisted in planning and food delivery. "With Brunswick County being such a large county, many hands are needed for a project of this scope. Our partnerships involved with the food drive helped us achieve great success." said Lane. Collectively, the community gave over 3,518 pounds of food with 40% of donations being healthy food items. Food was delivered to food pantries within the identified pockets of poverty. Lane added, "with 14% of the population being food insecure and only 17% of the county's population eating the daily recommendation of 5 servings of fruits and vegetables, steps toward adopting healthy lifestyles is important to improve quality of life".

The Brunswick Wellness Coalition is a united group of individuals and health-minded leaders with the mission to improve the health of the Brunswick County community, and the vision of becoming the healthiest county in North Carolina. BWC is funded through Healthy People, Healthy Carolinas, an initiative of The Duke Endowment. To learn more, visit the website: brunswickwellness.org or Facebook: @BrunswickWellness.

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