

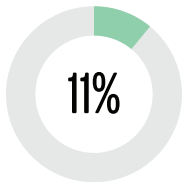
Healthy Palmetto has chosen to increase access to healthy food as one of six priority areas on which to focus our statewide efforts. As the state coalition that collectively addresses healthy eating and active living, Healthy Palmetto is working to unify and mobilize efforts to create equitable opportunities for all South Carolinians to achieve better health.

OUR PRIORITY

We support the SC Food Policy Council to strengthen local food systems by creating a food equity policy platform in South Carolina, supporting a strategic planning process, addressing nutrition security through the health care system by expanding screening and referral tools and resources, and exploring strategies to address community design for physical activity and access to healthy food.

WHY FOCUS ON FOOD?

Eating healthy food reduces the risk of heart disease and diabetes and improves overall well-being. Yet, in 2019:



11% of South Carolinians didn't have reliable access to a sufficient quantity of affordable, nutritious food.¹



Food insecurity costs SC **\$792 million** annually in health care costs.²

South Carolina's food system is complicated, and the state lacks a statewide policy agenda to help local communities improve their food systems. As the sixth fastest-growing state in the U.S., South Carolina is projected to lose nearly half a million acres of land to development in the next 20 years.³

The majority of food eaten in South Carolina is imported from outside the state, and most of the food grown in-state is exported. South Carolina has the capacity to grow, sell and eat more locally grown food and reap the benefits from farm to table.

SC FOOD POLICY COUNCIL

The SC Food Policy Council (SCFPC) is strengthening and expanding the state's local food system to advance the production and consumption of healthy food. SCFPC serves as a forum for members to share their concerns and progress on programs and initiatives concerning the food system in South Carolina and collaborate on making improvements.

The Council has six committees ranging from Planning and Transportation to Food Access and Insecurity to Strengthening Nutrition Assistance Programs. For example, through its Food is Medicine SC committee, SCFPC strives to improve nutrition security by encouraging, facilitating, and scaling-up screenings and referrals at pediatrician offices, health care clinics, and child care facilities, with emphasis on rural and under-resourced communities. And the Racial Equity committee centers racial equity to ensure a more equitable and healthy food system in South Carolina.

¹United Health Foundation

²Feeding America

³American Farmland Trust





HOW CAN YOU HELP?

If you are interested in addressing nutrition security, connect with the South Carolina Food Policy Council (SCFPC) to share your thoughts and mobilize with others. Here are some easy ways to get involved.



Become a member of the SCFPC. It's free, and you'll have the opportunity to inform policy platforms, access webinars on food systems, attend an annual gathering, receive legislative updates, and serve on a committee. You can sign up for membership in SCFPC via the website, www.scfoodpolicy.org.



Ask your local planning office how they are incorporating access to healthy food in their community planning and design. Find more information on best practices in the SC Health+ Planning Toolkit: <https://scdhec.gov/sites/default/files/Library/SCHealthPlanningToolkit.pdf>.



Contact the SCFPC to be connected to your local food policy council or learn how to establish one in your community. In addition to their state-level work, the SCFPC provides support and resources to local food policy counties around the state.



Ask your doctor or pediatrician if they ask their patients and families about nutrition security. Tell them about the SCFPC, and specifically, the Food is Medicine committee. Encourage them to reach out to this committee to learn more about how they can connect families who are experiencing food insecurity to resources in their area.



Support your local farmers by shopping at farmers' and roadside markets, and learn to grow your own food! To find a farmers' or roadside market near you, visit <https://gis.dhec.sc.gov/farmersmarkets/>.



Did you know?

Black communities experience food insecurity at higher rates than whites due to social, economic, and environmental challenges. In 2021, nearly 20% of Black individuals faced food insecurity, more than three times the rate of white households.²

CONTACT US

We want to hear from you! Please share your concerns, questions, and stories about food access, food businesses, and food system workers. scfoodpolicycouncil@gmail.com

WWW.SCFOODPOLICY.ORG

