### **CULTIVATING ACCESS:**

# FOODSHARE SOUTH CAROLINA IN ACTION

SCPHA Lunch & Learn November 18, 2025









## **Our Vision**

All South Carolinians have access to healthy, fresh produce in their community.

# Our Mission

To improve the well-being of South Carolinians by partnering with communities as they work to create opportunities that strengthen access to healthy, fresh produce.

## **OUR VALUES**



Everyone deserves
the opportunity to
feed themselves, their
families, and their
communities with
dignity and respect.
Food is deeply
personal, cultural,
and relational.



Understanding
historical and current
root causes of inequities
and marginalization,
working toward
equitable outcomes
and access, fostering
relationships,
and ensuring
representation.



Good food is critical for good health.

## Relationships & Community

Building community, both locally and across the state, is critical in achieving our vision. It is imperative that we center the leadership of communities, especially those most marginalized by our current food system, in our efforts.



We can create opportunity when we allow space for creativity and innovation. We grow by taking chances, learning from and nurturing the shared wisdom of our network and partners.





## OUR PROGRAMS

Many communities in South Carolina do not have access or financial resources to eat healthy on a daily basis.

Barriers include where people live, age, income, and whether reliable transportation exists.

Without healthy options, health risks increase. New research shows that chronic diseases, such as heart disease and diabetes can be prevented and managed through changes in nutrition.

Bringing fresh produce into our communities is a form of food equity and a primary tenant of our mission.



Flagship program

9 - 11 varieties of top quality fruits and vegetables (15 - 20 lbs)

Unique recipes, tips, and nutrition notes included in every box

Available in 30 counties across the state

\$20 cash / \$5 SNAP EBT





#### **How It Works:**

- Bulk buying from local produce distributor
- Healthy Bucks SNAP incentive program
- Community partnerships













20 FoodShare hubs statewide

Hubs operated by local non-profit community organizations

Hubs manage their own ordering, packing, and distribution of Fresh Food Boxes

Technical assistance provided by FoodShare SC

2015

Richland

2018

Greenville

2019

Spartanburg Orangeburg

2020

Lee Bamberg Kershaw Chesterfield 2021

Laurens Marlboro Cherokee York Williamsburg Union

Hampton Georgetown Pickens

Fairfield

2023

Berkeley Chester

2024

Anderson



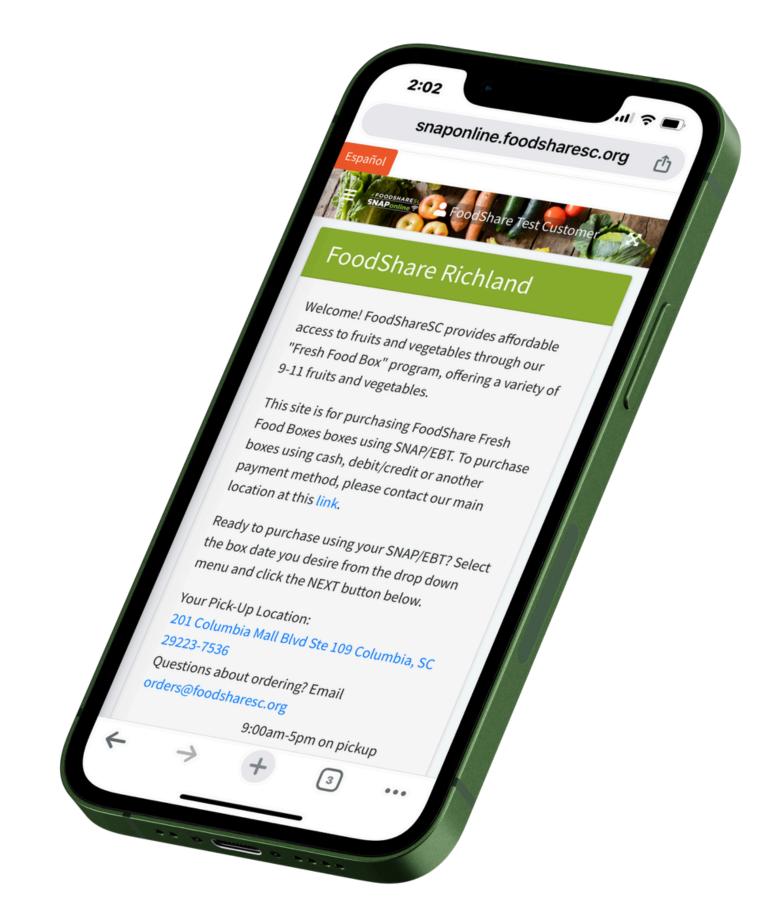
SNAP/EBT holders can order Fresh Food Boxes online

USDA-authorized secure ordering portal

Launched in December 2023

Only community-based organization in SC offering this option

Available at 11 FoodShare hubs





Fresh Food Box delivery to participants who are medically homebound

Volunteer drivers

Available in Richland and Lexington counties





Produce prescription program for patients with type 2 diabetes

Physicians prescribe patients Fresh Food Boxes for 6 months

Tracks A1C, blood pressure, and weight

Goal of reducing food insecurity, increasing positive health outcomes, and decreasing healthcare costs

Available in 7 clinics statewide





USC School of Medicine Columbia

Nutrition basics combined with interactive culinary skill-building

Elective for 4<sup>th</sup> year medical students

Workshop embedded in Physician Assistant core curriculum

One of 55 medical schools nationwide offering Culinary Medicine program





FoodShare Richland Hub teaching kitchen and mobile kitchen kit

Recipe sampling

Cooking demonstrations

Interactive cooking workshops and series

Available to FoodShare Richland Fresh Food Box participants and partner sites





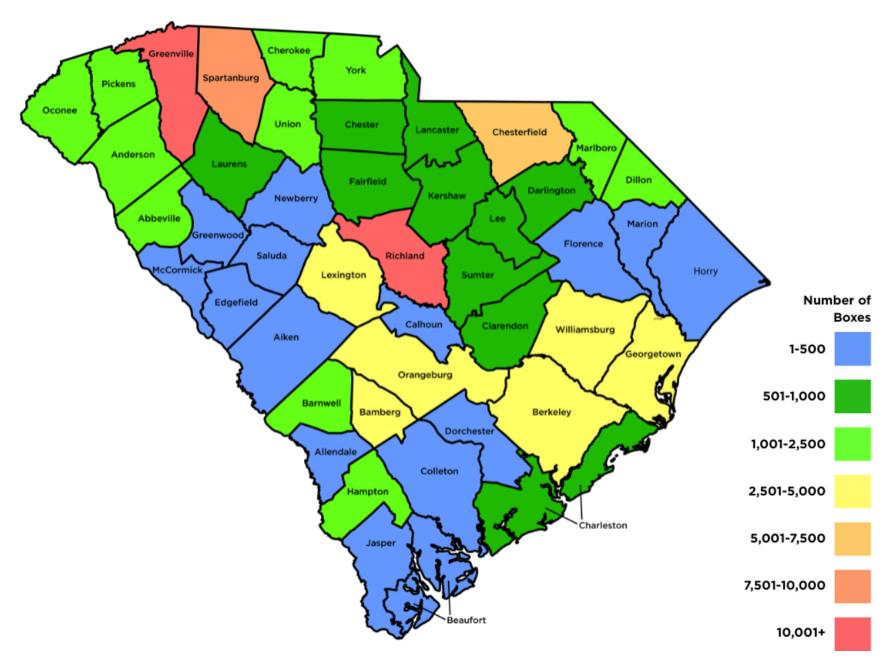


#### Statewide impact in 2024:

- **96,301** boxes
- 11,974 participants

20 hubs statewide serving all 46 counties

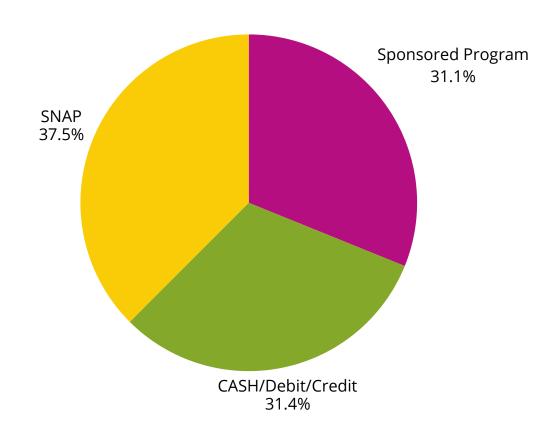
Participant survey in progress for Richland and Lexington counties



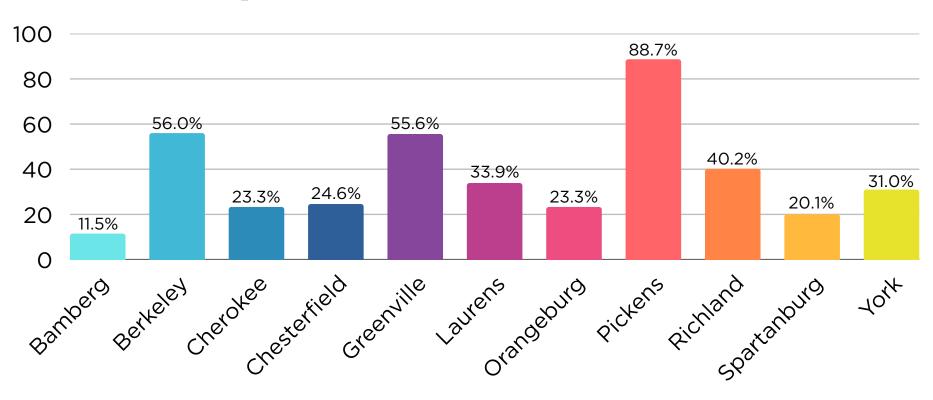
## FRESH FOOD BOX DISTRIBUTION IN 2024



## FRESH FOOD BOX PAYMENT METHODS IN 2024



# % of Overall SNAP Transactions that were Completed Online





#### In **2024**:

- 149 participants
- 40 volunteer drivers
- 2,103 Fresh Food Boxes
- **89%** SNAP/EBT

#### In **2023**:

- 103 participants
- 22 volunteer drivers
- 1,795 Fresh Food Boxes
- **85**% SNAP/EBT

"FoodShare has been a lifesaver for me as a participant with diabetes, allowing me to access affordable fruits and vegetables that have helped me better control my condition."

NeighborShare program participant





#### In 2024:

- 7 clinics
- 535 patient referrals
- **3,939** boxes

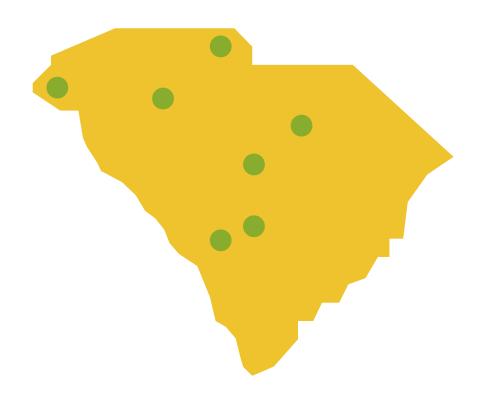
#### Analysis of 339 VeggieRx patients\*:

- Systolic BP decreased from 134.8 to 132.4
- Diastolic BP decreased from 81.9 to 80.1
- A1C decreased from 8.3 to 7.6
- Body weight decreased by 1.9 lb

#### **Partner Clinics**

Our program has ongoing partnerships with:

- Affinity Health Center (York County)
- Bamberg Family Practice (Bamberg County)
- Clemson Rural Health-Walhalla (Oconee County)
- CareSouth Carolina (Lee County)
- Family Health Center (Orangeburg County)
- Free Medical Clinic (Richland County)
- Good Shepherd Free Clinic (Laurens County)



<sup>\*</sup>Data evaluated by Diabetes Free SC



#### Culinary Medicine elective in 2024:

- Three 4-week rotations
- 30 4<sup>th</sup> year medical students
- 96 total kitchen hours
- Guest lectures from:
  - South Carolina Dept. of Agriculture
  - Clemson University Learning Institute SNAP-Ed
  - AMOR Healing Kitchen
  - Prisma Health

"Nutrition is often a daunting topic to tackle, especially with so many sources online and it's hard to know what to believe.

But this course was structured in a way that made approaching that topic easier and more enjoyable."

Culinary Medicine elective participant

"Great lessons on food insecurity and ways to combat that with patients; excellent opportunities to collaborate with peers."

Culinary Medicine elective participant

"Fun but also super educational and practical for the real world dealing with patients. I had the best month and feel like I learned a lot of cooking skills that I will continue to use."

Culinary Medicine elective participant









## ADVOCACY

FoodShare South Carolina is committed to working in every way we can to address food insecurity in our community, which includes working with our coalition partners to improve the policy landscape in our state and county.

We do this in many ways, from public education on the structure of our food system to amplifying the voices of our participants.

This advocacy work is only possible through our strong coalitions, such as the **South Carolina Anti-Hunger Advocacy Coalition**, the **Food is Medicine Coalition**, the **Columbia Food Policy Committee (CFPC)**, and the emerging **South Carolina Food Systems Network**.

### ADVOCACY

#### 2024 Advocacy highlights:

- Addressing the 'benefits' gap in our work, by joining the **ALICE Index Research Advisory Committee**.
- Despite South Carolina not opting into the Summer EBT program, the CFPC facilitated a fundraiser called Cola
   Eats to provide low income families with grocery cards for their kids over the summer.
- Joining the **Opt-In coalition** in South Carolina, facilitated by **Foster America**, that builds on data, community insight, and the perspectives of people with lived experience to create alternatives to the child welfare system for families.

- Launch of the **Columbia Mobile Market**, a city initiative backed by CFPC, bringing fresh food options to neighborhoods without a grocery store.
- Launch of the Carolinas College SNAP Workgroup, bringing together basic needs providers at universities and colleges, and food access organizations across the Carolinas to advocate for increased SNAP access for students.





## GET INVOLVED!

#### **Volunteer Opportunities**

- Pack Fresh Food Boxes at your nearest hub
- Fresh Food Box distribution
- Drive for NeighborShare (Richland & Lexington counties)

#### **Become a Partner Site**

- Can be businesses, clinics, churches, schools, or other organizations
- Each site must have a designated Partner Site Coordinator
- Application on FoodShare website

Visit www.foodsharesc.org to learn more!





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# Thank you!

