



# FOODSHARE

feeding a need in our community.

## IMPACT REPORT

2022

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A Program of



**School of Medicine  
Columbia**

UNIVERSITY OF SOUTH CAROLINA

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## LETTER FROM OUR EXECUTIVE DIRECTOR



We're thrilled to share our Impact Report as a reflection of what we were able to accomplish in 2022. While many things returned to normal this past year, much did not for our families across South Carolina. We felt the impact of soaring inflation which drove up prices for fresh food, basic necessities, and even the cardboard box in which we pack produce. For the first time since our humble beginnings in 2015, we had to increase our fresh food box prices to provide ample food for a family.

We recently watched many of our seniors and single-headed households receive cuts to their SNAP/EBT funds as the pandemic supplement expired, further exacerbating their food insecurity needs. While the challenges were great, our community remained strong. Foundations and donors stepped up to provide the final funding to complete our statewide distribution hub and training center. You recognized the importance of our mission and heeded the call with generous outpourings of support. Thank you for partnering with us.

Together, we've helped feed rural communities, those located in areas of low grocery store access, and those struggling to feed their families. I'm proud of our statewide network of FoodShare member hubs who have responded with boldness and perseverance during this last year.

This impact report showcases the growth in our numerous community partners who participate with us as Partner Sites to ensure greater access to Fresh Food Boxes; our advocacy efforts to address food disparities throughout our state; and, how our state-wide network is navigating the aftershocks of the pandemic.

We appreciate your continued support!

A handwritten signature in black ink that reads "Beverly Wilson". The signature is written in a cursive, flowing style.

Beverly Wilson  
Co-Founder & Executive Director  
FoodShare South Carolina

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# FOODSHARE fresh food box

it's more than just a box of food.

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.** Research shows the top three chronic diseases 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.

## OUR STATE-WIDE IMPACT IN 2022

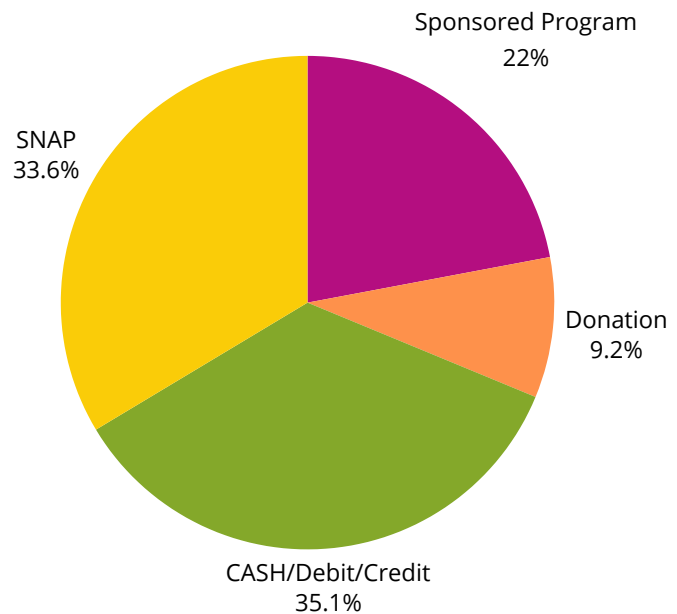
**102,713 boxes**  
**22,718 participants**  
**All 46 counties**



FoodShare's goal is to **enhance the quality of life** in our diverse communities by **increasing access** to fresh, affordable produce and providing quality cooking skills education. We **connect families** and communities to **fresh fruits and vegetables** through the use of our **Fresh Food Box**.

The Fresh Food Box is filled with 9-12 varieties of **top quality** fruits and vegetables. Unique recipes, tips and nutrition notes are included in every box to provide the encouragement and knowledge necessary to empower participants with the know-how and skills to prepare healthy, tasty meals.

## FRESH FOOD BOX PAYMENT METHODS IN 2022





In 2022, across our nineteen county-based hubs, FoodShare South Carolina packed and distributed **over 100,000 Fresh Food Boxes** to community members facing food insecurity. The only way we are able to get this job done is to rely on the generous support of a **strong volunteer force**. In 2022, volunteers contributed 2000 hours to FoodShare across the state. We thank each one of them for supporting their communities.



# Partner Site Growth

With the increase in requests for Fresh Food Boxes, having partners that will serve as official pick-up sites is crucial for expanding access to our program across numerous counties in our state.

These locations, which we call Partner Sites, can be businesses, clinics, not-for-profit organizations, or any other entity that assists in collecting orders and payment and coordinating distribution of boxes on pick-up days.



## NEW PARTNER SITES IN 2022

### Bamberg

- Allendale-Fairfax-High School
- Bamberg Villas
- Carolyn Court
- Cedar Court
- Denmark Gardens
- Fairfax Housing Development
- Landmark Towers

### Cherokee

- Cherokee Medical Center

### Chesterfield

- Cheraw Intermediate School
- McBee High School

### Columbia

- Allen University
- Benedict College Tiger Food Pantry
- Columbia College
- Fellowship Baptist Church
- MUSC Health Primary Care
- PASOs
- USC College of Social Work
- USC Gamecock Pantry
- USC School of Law
- Waverly Womens Health Batesburg
- Waverly Womens Health Center Columbia
- West Side Baptist Church

### Georgetown

- Freewill Victory Baptist Church





## Greenville

- Caine Halter YMCA
- Changing Your Mind Ministries
- Enoree Fork Baptist Church
- Mt. Emmanuel Missionary Baptist Church
- Prisma – Center for Pediatric Medicine Main
- Prisma Health Life Center

## Lee

- Latino Communications CDC

## Marlboro

- Care South
- Dillon County Boys and Girls Youth Center
- First United Methodist Church of Bennettsville
- Fowler Pharmacy
- Meggs Ford
- Pleasant Hill Baptist Church

## Pickens

- Clemson Community Care

## Spartanburg

- Bethlehem Center
- Cancer Association
- Charles Lea Center
- Help for Our Elderly
- New Day Clubhouse
- Northside Church
- Sidewalk Hope

## Union

- Save the Children
- Union County School District

## Williamsburg

- Diabetes Prevention Program
- Healthy Me Healthy SC
- Mount Zero Church



# FOODSHARE SOUTH CAROLINA

# NO COOK

# BOX

simple. healthy. food.



As we evaluate our programs and seek additional ways to address the challenges our various communities face, we applied for and received a grant in mid-2022 from **Sisters of Charity Foundation of South Carolina** to pilot a program targeted to address college student food insecurity.

**About 40% of U.S. college students experienced food insecurity even before the pandemic**, when the numbers rose further. This burden is disproportionately felt by students whom our society already disadvantages, such as students of color and students with children who struggle with low income.\*

With guidance and support from the **College Food Insecurity Subcommittee** of the **Columbia Food Policy Committee** and input from the students, faculty and staff coordinating the program on their respective campuses, the **No Cook Box** concept was launched in October of 2022. Participating campuses included **Allen University, Benedict College, Columbia College** and the **University of South Carolina's** School of Law, College of Social Work and The Gamecock Pantry.

The focus of the No Cook Box was designed to provide healthy "grab and go" alternatives for college students who may not have access to full kitchens or the time available to prepare fully-cooked meals. Similar to the recipe cards included in our Fresh Food Box, we developed inserts for this new offering that provide **nutrition tips, produce storage advice** and additional information about the fruits and vegetables offered.

Many lessons were learned during the inaugural semester of the program and we are pleased that grant funds remain available to continue the program through the Spring 2023 semester and on into Fall of 2023.



\*[https://www.foodsystemsjournal.org/index.php/fsj/issue/view/vol12\\_issue2](https://www.foodsystemsjournal.org/index.php/fsj/issue/view/vol12_issue2)





**NeighborShare connects people who lack transportation with community resources and programs to improve their access to healthy food and overall support.** NeighborShare serves vulnerable and/or low-income clients and community residents with a special emphasis on seniors. Since FoodShare was developed within a health system setting and designed to address a critical gap in chronic disease prevention, we are particularly interested in **helping community members who suffer from chronic diseases related to poor nutrition including diabetes, hypertension, obesity, and cardiovascular disease.**

A dedicated group of volunteers deliver Fresh Food Boxes to those in the community with transportation barriers.

**IN 2022:**

**45 volunteers**

**6 cities**

**103 participants**

**1,771 boxes**

**70% SNAP/EBT**

**13% donations**



"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."

*Olivette Ford*  
 NeighborShare program participant



VeggieRx is a **fruit and vegetable prescription program** designed to increase the intake of fresh produce for patients with diet related diseases to improve health outcomes (reducing A1C, blood pressure and weight). Participating physicians prescribe patients fresh fruits and vegetables that they receive from FoodShare's Fresh Food Box Program. The long-term goals are to **reduce food insecurity, increase positive health outcomes, and decrease health care costs.**

### Results

In 2022 we began using the Unite Us platform to better serve the needs of our program. Clinics submit patient referrals and 6-month data via the Unite Us platform. Analysis of data collected is currently in progress, however, the first cohort of VeggieRx patients at FoodShare SC, revealed a positive change in patients A1C levels and other indicators.

### Clinics

The VeggieRx program has ongoing partnerships with the **Good Shepherd Free Clinic of Laurens County** and **Family Health Center-Orangeburg County**. In 2022, we added new clinic partnerships with **Smith Medical Clinic-Georgetown County**, **Affinity Health Center-York County** and **Clemson Rural Health-Walhalla, Oconee County**.

### 2023 Program Expansion

The **South Carolina Hospital Association Foundation** received a **USDA Gus Schumacher Nutrition Incentive Program (GusNIP)** grant which will support the launch of new produce prescription programs for patients diagnosed with diabetes or prediabetes. The project is a partnership between **Food is Medicine SC**, **University of South Carolina**, **Diabetes Free SC**, **South Carolina Office of Rural Health** and **FoodShare SC**. Clinical partners include **Spartanburg Regional Health System**, **Union Medical Center**, **Williamsburg Regional Medical Center** and **Tidelands Health-Georgetown**.

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# Advocacy



FoodShare South Carolina's Advocacy and Policy program aims to foreground food security and access with the understanding that they are a result of poverty and systemic inequality. We do this via public education and collaboration with participants, service providers, advocacy groups, anti-hunger and anti-poverty coalitions, and local/state/federal administrators and elected officials.

## 2022 Advocacy Activity Highlights

- Advocacy with coalition partners to enhance Healthy Bucks benefits and longevity.
- Outreach to county, city and state representatives for usage of American Rescue Plan and other funds towards food security initiatives. FoodShare South Carolina received funding from the Southern Economic Advancement Project to help hubs create advocacy materials such as one-pagers, surveys and videos.
- Participation in the federally funded Local Food Purchasing Agreement which will increase access to locally grown produce
- Engaging State Legislators in the work of FoodShare hubs across the state through site visits
- Provided participant feedback and perspectives on food access in South Carolina for the White House Conference on Hunger, Nutrition and Health
- Coalition building: South Carolina Food Policy Council, Columbia Food Policy Committee, SNAP Incentive State Funding Community of Practice, SC Food is Medicine Coalition, SC Anti-Hunger Coalition

## Advocacy Plans for 2023

- Working with the SC Legislature to pass a budget that will continue the funding of Healthy Bucks
- Meeting with the SC Congressional Delegation on issues of food access in the Farm Bill
- Working with coalitions to repeal the federal regulation that bars drug felons from accessing SNAP once they have completed their sentence





**Simple modifications to what we eat and how we live can make a significant impact on improving health outcomes.**

Nutrition science continues to evolve while unfortunately individuals' culinary literacy declines and people eat more processed foods. Thus, the emerging field of culinary medicine creates a bridge between medical recommendations and culinary applications at home. At FoodShare, we address both the participants and the practitioners with our culinary medicine education and outreach.

Teaching Medical Professionals to address nutrition recommendations and culinary literacy in support of evidence-based medical guidance is a priority of our culinary medicine program.



### **Educational Initiatives**

In 2022, more than half of the University of South Carolina School of Medicine Columbia graduating class took the Culinary Medicine elective. Due to its popularity, an additional section was added for the Fall 2022 rotations to accommodate more students.

FoodShare is joining a national movement of Teaching Kitchens and Food is Medicine coalitions, including submitting cooking demonstration videos made in conjunction with South Carolina Hospital Association for consideration at the national Teaching Kitchen Research conference.

Our Director of Culinary Medicine has also mentored and led the USC SOM Service Learning Pilot (PRISM) and College of Nursing Community Nursing service learning Pilot. Our organization has also established hours available for School of Public Health service learning opportunities.

As the concept of **Food As Medicine** grows in acceptance and practice, our participation on statewide committees becomes more important. The 2022 SC Food Policy Council's subcommittee on Nutrition Education for Healthcare Professionals saw the launch of promotional materials to as many healthcare providers as possible, highlighting Nutrition-focused Continuing Medical Education credits (CME). Future work will include developing a regional-specific, nutrition-security and food-security focused CME to promote through this strong and like-minded coalition. By collaborating with USC School of Public Health researchers through the Nutrition Consortium, FoodShare is continuing to expand the reach of programming and research opportunities.

### Expansion

FoodShare continues to expand guidance to new and existing hubs for recipe cards, nutrition education, and potential future teaching kitchens and mobile units. The Fresh Food Box program includes a recipe card, which closes the loop on nutrition security by providing guidance and accessible recipes to make healthy food delicious.

This year marked the launch of integration with EPIC Electronic Medical Records for referrals directly from patient charts at Columbia-based Prisma hospitals, specifically from Internal Medicine, Cardiology and Pediatrics practices.



# Financial Impact

Through our various programs, FoodShare South Carolina **makes a big impact on our local economy**, from supporting our local farmers, to the packaging and transportation industry, to grocery stores and local community organizations.

## In 2022, FoodShare spent over \$1.4 million in the local economy:

- Produce: \$1,179,200
- Cardboard Boxes: \$91,976
- Transportation/Delivery, Printing, Office Expenses: \$131,338

That's a huge boost to our local economy!

At FoodShare South Carolina, **34% of our Fresh Food Boxes are purchased using SNAP**. These sales take advantage of Healthy Bucks, a South Carolina SNAP incentive program and anti-poverty initiative that triples the purchasing power of SNAP dollars when used to purchase fresh fruit and vegetables.

SNAP's primary goal is to reduce food insecurity, but the program is one of the fastest and most effective forms of economic stimulation, something we need now more than ever. SNAP quickly injects money into the economy because low-income individuals generally spend all their income on daily needs such as housing and transportation. Additionally, every new SNAP dollar spent increases the GDP by almost \$1.50 during a weak economy.\*

Even more encouraging is the multiplier effect of Healthy Bucks in the local economy. A 2021 study of SNAP incentives across the country, like Healthy Bucks, found that the national average multiplier is 2.3, that means for every \$1 of Healthy Bucks spent, \$2.30 circulates in the local economy.\*



**\*Sources:**

<https://www.cbpp.org/research/food-assistance/the-case-for-boosting-snap-benefits-in-next-major-economic-response>  
<https://www.spur.org/publications/research/2021-02-04/economic-contributions-expanding-healthy-food-incentives>



# Media Engagement



As our program has grown and expanded, we have been fortunate to leverage coverage from various media outlets.

Our website contains links to the press coverage and is continually updated.

<https://foodshare.org/news>



# Participant Feedback

We surveyed our participants, here's what they had to say:



*"I love the boxes. I am a big fruit & veggie eater and these boxes help extend my monthly food."*

*"I love the program! I'm able to afford fresh veggies that I could not get otherwise."*

*"I look forward to trying new recipes. The food is always easy to prepare and delicious."*

*"Thank you for what you do. It means a lot to my family."*

*"Being a diabetic, this is so important for my everyday diet. Thanks for doing this; greatly appreciated."*

*"I enjoy it [and] like trying new things. It helps me plan my menus."*

*"I enjoy your volunteers. They are kind and helpful. I look forward to seeing them every other week."*

*"The recipe cards are fantastic! [They are] really well laid out, informative, [and] helpful."*

*"You are doing a great job serving the community."*



# We are so thankful!

2022 was filled with rewards and we could not have impacted the number of lives we did without the help and support of our partners. Thank you for believing in our mission.







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@foodsharesc

A Program of



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