



North Carolina **Food is Medicine** Snapshot

Appalachian Sustainable Agriculture Project

Asheville, NC 



Serving Rural & Urban Communities in
WESTERN NORTH CAROLINA

■ FOOD INTERVENTIONS

- Farmers market voucher
- Produce box

■ FOOD ACCESS POINTS

- Delivery via aggregator* vehicle
- Voucher for local food retail
- Community pick-up site

■ FOOD SOURCES

- Local aggregator*
- Food hub
- Direct from local farms, including small farms, women-owned farms, and farms owned by Black and other farmers of color

■ HEALTH CARE PARTNERS

- Community health center
- Health system
- Outpatient practice/clinic

* A local aggregator is an agricultural business or cooperative of growers that consolidates and distributes agricultural products to local or regional markets.

Appalachian Sustainable Agriculture Project (ASAP) seeks to help local farms thrive, link farmers to markets and supporters, and build healthy communities through connections to local food. ASAP has a myriad of food and farming programs that support strong communities. Through their Farm Fresh Produce Prescription program, participating health care providers write a prescription for fresh produce for patients identified as food insecure or at risk of diet related disease. ASAP offers a farmers market model for urban and suburban communities and a produce box model for rural communities. The farmers market model provides patients with wraparound support and weekly financial incentives to purchase fresh, local fruits and vegetables from farmers markets. The rural community model provides patients with weekly food boxes along with monthly community gatherings. [Learn more.](#)

"Farm Fresh for Health is ASAP's farm-centered approach to improving the health and well-being of our community and supporting local economies. The project builds on the idea that local food systems are intrinsically connected to community health - economic, social, and physical. Creating positive food and farm experiences builds a social context that reinforces healthy food choices."