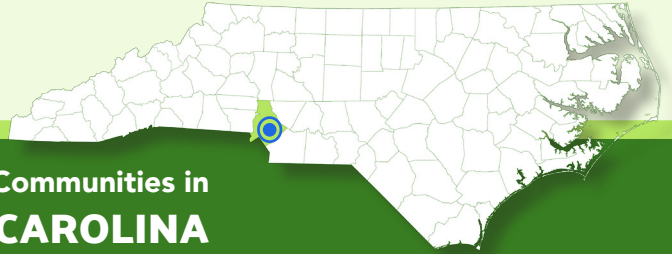




North Carolina **Food is Medicine** Snapshot

Nourish Up

Charlotte, NC 



Serving Urban Communities in **SOUTH CENTRAL NORTH CAROLINA**

■ **FOOD INTERVENTIONS**

- Fresh food box
- Pantry box

■ **FOOD ACCESS POINTS**

- Community pick-up site
- Delivery via volunteers and staff

■ **FOOD SOURCES**

- Food bank
- Food donation
- National broadline* distributor

■ **HEALTH CARE PARTNERS**

- Hospital
- Community health center
- Outpatient practice/clinic

* Broadline distributors carry a wide range of food products, including fresh and frozen meats, poultry, seafood, dairy products, produce, dry goods, and canned goods.

Nourish Up works to support the 200,000 people in Mecklenburg County facing food insecurity, providing choices in groceries and meals that are nourishing and delicious. Nourish Up's Food is Medicine program provides healthy food boxes to individuals with a chronic illness and are identified as food insecure. Partnerships with health care providers, such as hospitals and community clinics, are the main referral systems connecting individuals to nutritionally balanced and healthy non-perishable and perishable items. Patients have the option to pick up food at mobile food pharmacies or receive no-cost home delivery. [Learn more.](#)

"At Nourish Up, our mission is to nourish our neighbors with food and compassion and our Food is Medicine program is no different."

