



**FOOD**  
IS MEDICINE

**Feast Down  
East**

Wilmington, NC 



Serving Rural and Urban Communities in  
**EASTERN NORTH CAROLINA**

## ■ FOOD INTERVENTIONS

- Mobile farmers market voucher

## ■ FOOD ACCESS POINTS

- Community pick-up site

## ■ FOOD SOURCES

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

## ■ HEALTH CARE PARTNERS

- Health system

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

**Feast Down East** strengthens the farming communities in and around the Wilmington area by providing farmers with resources, education, and distribution opportunities while addressing equitable food access in communities with the greatest need. For its Food is Medicine program, Feast Down East partners with medical providers from the local health system to fulfill food prescriptions for individuals identified as food insecure with fresh food from (often small) local, traditionally disadvantaged farmers seeking new outlets for their products. Feast Down East distributes food at public housing communities, after-school programs, community centers, and community-based health care locations through mobile farmers markets.

**"Our approach to Food is Medicine focuses on providing equitable access to healthy, locally grown foods to those who are food insecure. We believe that strengthening and connecting the food system is one of the best ways to build and strengthen communities, and we strive to achieve this through working with our local farms and partners."**