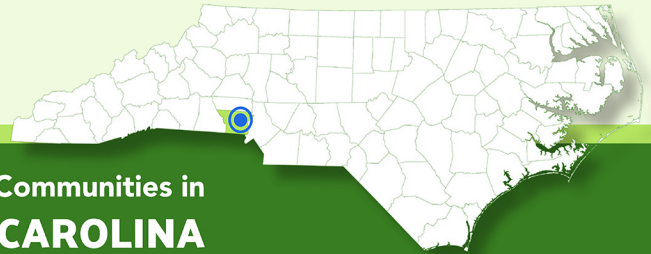




**FOOD**  
IS MEDICINE

# Highland Neighborhood Association

Gastonia, NC 



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

## ■ FOOD INTERVENTIONS

- Prepared meals
- Medically tailored meals
- Produce boxes

## ■ FOOD ACCESS POINTS

- Community pick-up site
- Delivery via organization's vehicle
- Clinic/health care center
- DoorDash delivery

## ■ FOOD SOURCES

- Direct from local farms
- Regional broadline\* distributor
- National broadline\* distributor

## ■ HEALTH CARE PARTNERS

- Community health center
- Health insurer
- Health system

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

**Highland Neighborhood Association** is a grassroots organization located in a historically Black community in Gastonia. Its goal is to support the health and well-being of all people in the community. Originally started to address acute hunger needs, Highland Neighborhood Association has expanded services and programs to serve the community more holistically. Its services include a Food is Medicine program where local health providers prescribe food certificates which can be redeemed for prepared meals at the organization's community-based food operation, RAMS (Really Amazing Meals with Soul) Kitchen, or meals can be delivered. Meal options include healthy adaptations of culturally relevant foods prepared by community members familiar with the needs and preferences of neighbors.

**"Access to nourishing and affordable food should be a right, not a privilege. Highland Neighborhood Association strives to make this attainable for our participants and customers to improve the health outcomes of our community."**