



Affiliate Spotlights

South Carolina Academy of Nutrition and Dietetics National Nutrition Month

During March, the Columbia Midlands Dietetic Association partnered with a local organization, Foodshare South Carolina, to share the love of food and healthy eating with the community members of Columbia, SC.

Foodshare is an organization aimed at providing good healthy food for all. Located at a local grocery store, Foodshare takes orders every other week from individuals all across the Midlands for a box of fresh fruits and vegetables. The boxes are \$20 each and provide a variety of fresh produce. If an individual has SNAP benefits, they are not only able to use their SNAP dollars on the box, but an additional \$10 in Healthy Bucks is provided to the individual making the cost of their produce box only \$10.

During two of the produce box pick-up days in March the members of Columbia Midlands Dietetic Association came out to highlight some of the fresh produce items in the box with nutritious food samples and healthy tip sheets. With Foodshare being located in a grocery store, volunteers were not only able to connect with participants already enrolled in the Foodshare program but also with members of the community doing their weekly grocery shopping. Both community members and the local dietitians had a great time at the event. Being able to spread the love for food and encourage participation of community members to get involved with the Foodshare program was a nutrition win for everyone.

For more information the South Carolina Academy President, [Susan Steck, PhD, MPH, RD, FAND](#).

