

IMMEDIATE RELEASE

CONTACT: Aretha Wimberly
Email: aretha@flintriverfresh.org
Telephone: 229-352-6591



March 1, 2021

Flint River Fresh Leads Community Engagement for Dougherty Fresh

Countywide Initiative to Create Opportunities for Residents to Choose Healthy Options

Albany— 3/01/2021 — Today at the Dougherty County Commission Meeting, Flint River Fresh joined Dougherty County leadership to spotlight the Dougherty Fresh initiative launched in November 2020 with funding through the Healthiest Cities and Counties Challenge. The Healthiest Cities and Counties Challenge,



a program funded by the Aetna Foundation, aims to support county and city level partners in improving community health. Through this project Dougherty County, along with partners Flint River Fresh and Dougherty County Extension, are working to establish community partner networks to create more equitable food distribution systems in the county. Improving accessibility to

underserved Dougherty County residents reinforces the likelihood that Dougherty Fresh will be a catalyst for a healthier community.

Program highlights shared at the March 1 meeting include a new collaboration with Veggie & Soul, a twelve-week nutrition and health intervention program directed by local doctors. Funding from the Dougherty Fresh initiative allows Flint River Fresh to provide fresh local produce to Veggie & Soul participants to prepare vegan recipes provided by the program's dietary experts.

Through the Dougherty Fresh initiative, Flint River Fresh also leads community engagement activities through community gardens, mobile markets, and outreach activities that increase opportunities for healthier food choices. Outreach activities include train-the-trainer-style urban farming workshops hosted in partnership with Dougherty County Extension. Residents who participate will gain the skillset to grow their food and teach others how to be successful gardeners utilizing conservation best practices. Volunteer opportunities include a pay-it-forward-inspired free bag of fresh produce.

Fredando Jackson, Flint River Fresh Executive Director, "Our main goal is to bring fresh, affordable food choices to communities that don't have regular access. We are looking to connect with organizations that are already doing the work, especially on the South and East side of Albany."



To learn more and get involved in the Dougherty Fresh initiative, Dougherty County residents are encouraged to take the Dougherty Fresh Neighborhood Interest Survey. Survey responses allow community members to be a voice for their neighborhood's interest in bringing healthy food opportunities within walking distance of where they live. Email info@flinriverfresh.org and request the link to the survey.

For more information about Flint River Fresh and its mission to make healthy foods accessible throughout Dougherty County, visit flinriverfresh.org.

Join the fun and learn how to grow what you eat! Email info@flinriverfresh.org for more information about volunteer opportunities or visit flinriverfresh.org/volunteer.

Flint River Fresh is a 501(c)(3) organization aiming to make fresh, locally-grown produce accessible and affordable for people throughout the Flint River Region while empowering the community and youth through education and outreach opportunities. Visit www.flinriverfresh.org to learn more.