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McLennan County

WACO JOINS FOOD DAY IN A NATIONWIDE CELEBRATION AND MOVEMENT FOR HEALTHY, AFFORDABLE, AND SUSTAINABLE FOOD

(October 6, 2014) Live Well Waco and several partnering organizations are striving to increase the availability of healthy, affordable, and sustainable food in Waco by organizing events in conjunction with the national Food Day campaign. Organizers will be promoting a movement for the entire community to participate in healthy eating on national Food Day, October 24, 2014. The community is also encouraged to participate in two exciting events, including a healthy food drive to benefit Shepherd’s Heart Food Pantry and an interactive Food Day booth at World Hunger Relief, Inc.’s Farm Day on Saturday, October 25, 2014.

Baylor University’s Office of Community Engagement and Service is donating 1,000 paper bags to be distributed throughout Waco for the healthy food drive. Contributors are asked to fill each bag with nutritious foods to increase healthy eating habits within food pantries. World Hunger Relief, Inc.’s Farm Day is a free event involving a pumpkin patch, activities for the whole family, a local goods market, and live music. Members of the community will also have the opportunity to learn more about farm grown fruits and vegetables, as well as information related to healthy eating and sustainable farming.

The national Food Day campaign was started in 2011 by the Center for Science in the Public Interests, a non-profit out of Washington D.C., but quickly grew to include events from coast to coast. Food Day is committed to increasing awareness about the issues of food justice and food insecurity. Live Well Waco has been working diligently towards these initiatives by educating local citizens about healthy eating and dining options to reduce negative health conditions, such as heart disease and diabetes. Live Well Waco has also assisted with funding for several community gardens to establish greater food security and sustainability within the Waco community. Bettie V. Beard, Waco-McLennan County NAACP Health Committee Chair, is a regular attendant at the Live Well Waco meetings approached Courtney Wollard, a health educator at the Waco-McLennan County Public Health District, about leading Food Day within our local community. NAACP’s National Health Committee encourages local health committees across the country to plan yearly Food Day events, which prompted Courtney to enthusiastically begin working to ensure a successful Food Day within our community.

Live Well Waco Members		
Waco-McLennan County Public Health District		Baylor University
NAACP Health Committee	United HealthPlan	Superior HealthPlan
McLennan Community College	AmeriGroup	Waco ISD
Texas Hunger Initiative	Fusion Dental	YMCA of Central Texas
World Hunger Relief Inc	37 Wellness	Baylor Scott & White Hillcrest
City of Waco	VOICE	Shepherd’s Heart
Providence HealthCare Network	RightCare from Scott & White Health Plan	
Parents Against Crime Coalition	Prairie View A&M University-Cooperative Extension Program	