

Putting Healthy Food on the Table

Purpose

Vinton County is a rural Appalachian county designated as a “food desert” with no full-service grocery store, thus limiting access to nutritious and affordable foods.

This project will establish a community garden, initiate container gardening and provide education on producing, purchasing, preparing and preserving fruits and vegetables, thereby increasing year-round access for children and adults in Vinton County.

Impact

Vinton County residents have very limited access to fresh fruits and vegetables. This project will hold gardening classes, and establish a community garden and container gardening to increase access to produce.

Many local residents need to travel 25 miles to reach the closest grocery store. To help maximize shopping trips, this project will provide education on meal planning, budgeted shopping and making healthy food selections.

Elevated rates of some cancers in Vinton County are associated with dietary behaviors. To encourage healthy food options in homes, this project will provide education sessions on canning and freezing.

Ohio State Colleges/Units Involved

Appalachia Community Cancer Network
Comprehensive Cancer Center
OSU Extension

Community Partners Involved

Project Task Force Members
4-H
Vinton County Board of Developmental Disabilities
Community Garden Farmers Markets & Farm Stands
Gardening Experts
Local Media



Contact

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