

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.



THE OHIO STATE
UNIVERSITY

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

Participation

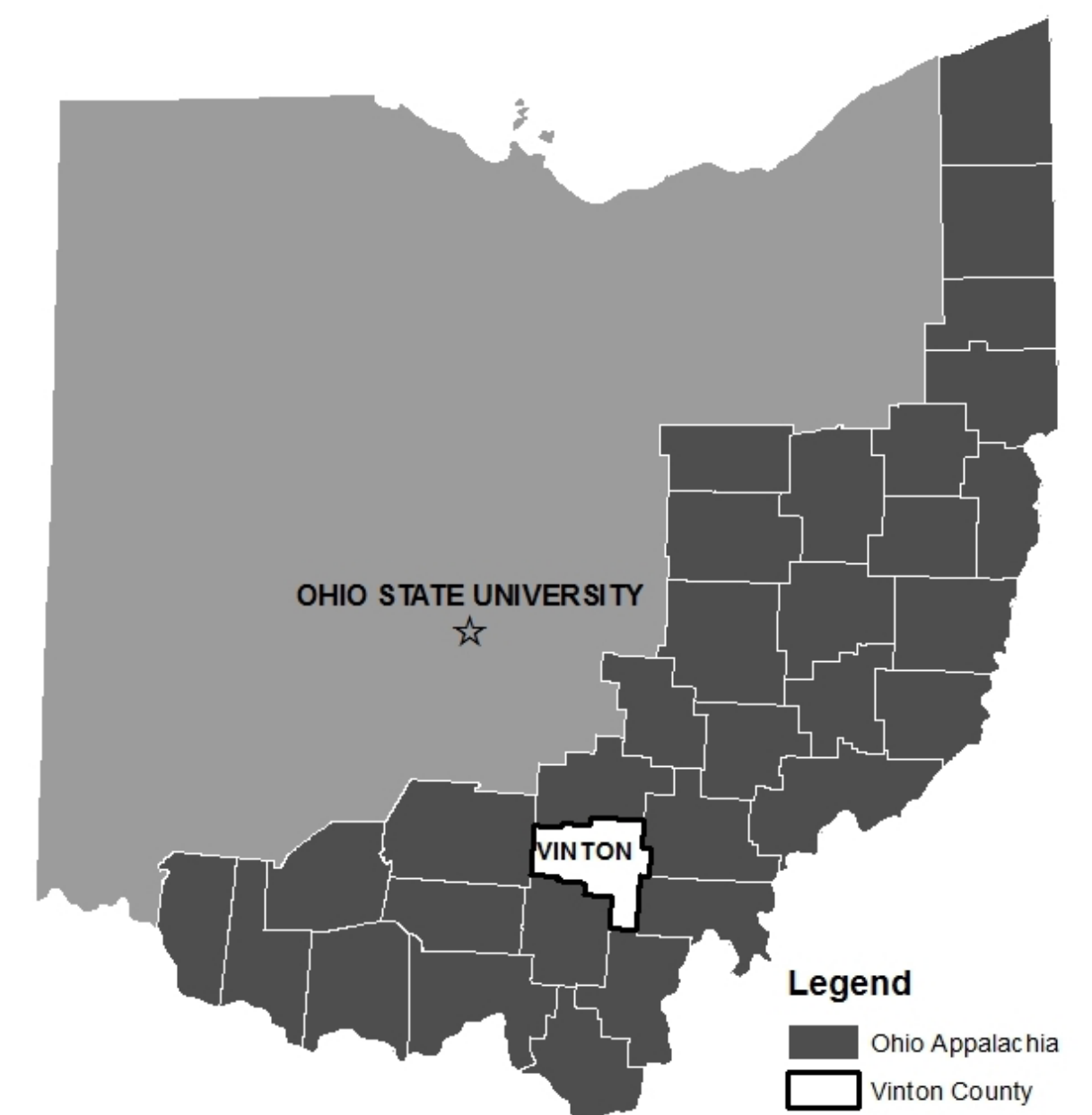
Fifteen individuals participated in Putting Healthy Food on the Table by raising either a community garden or a container garden. Additionally, gardeners agreed to participate in healthy eating and gardening education classes designed to communicate important food and nutrition messages and promote a successful gardening experience.

Looking Ahead

In 2015, Putting Healthy Food on the Table will:

- Add 15-20 new community and container garden participants
- Offer a wider range of gardening classes, including seed selection, starting seeds, and soil preparation
- Continue offering Healthy Eating classes

Putting Healthy Food on the Table was recently named as a 2015 recipient of a Scotts Gro1000 grant. These funds will be used to make improvements to the community garden.



Contact

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