

The Food Trust

Ensuring That Everyone Has Access To Affordable, Nutritious Food



FOR IMMEDIATE RELEASE

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Eat Healthy, Give Healthy! food drive invites Thanksgiving shoppers at Fidler Square and Headhouse Farmers' Market to share healthy food with low-income families

WHEN: **Saturday, November 22, 9 a.m.-2 p.m.**

Fidler Square Farmers' Market
23rd and Pine streets

Sunday, November 23, 10 a.m.-2 p.m.

Headhouse Farmers' Market
2nd and Lombard streets

WHAT: This holiday season, **The Food Trust** is partnering with the **Greater Philadelphia Coalition Against Hunger** to host a healthy food drive, **Eat Healthy, Give Healthy!**, at two of The Food Trust's 27 farmers' markets in Philadelphia. Shoppers at **Fidler Square Farmers' Market (Nov. 22)** and **Headhouse Farmers' Market (Nov. 23)** will have the opportunity to share the harvest's bounty with Philadelphia's low-income families by purchasing and donating produce to the healthy food-focused **Green Light Pantries**.

Operated by the Greater Philadelphia Coalition Against Hunger, Green Light Pantries provide only nutritious food to their clients. The produce collected during Eat Healthy, Give Healthy! will go directly to the two Green Light Pantries, Casa de Carmen and Drueding Center.

"Fresh, nutritious food is important for everyone — including those who may at times need the support of a food pantry," says **Laura Wall**, executive director of the Coalition Against Hunger. "We launched two Green Light Pantries to help ensure access to healthy foods by providing only fresh fruits and vegetables, whole wheat pasta, low-sodium canned vegetables, low-fat dairy products and lean protein like chicken and fish. This partnership with The Food Trust will go a long way to supporting those efforts through the donation of farmers' market fresh foods."

Adds **Yael Lehmann**, executive director of The Food Trust: "We're thrilled to be strengthening our collaboration with the Coalition Against Hunger this holiday season. Sharing fresh, nutritious fruits and vegetables with those without access to them is at the heart of our mission."

Aside from offering nutritious food, Green Light Pantries conduct free monthly health education workshops and health screenings; assist clients with applying for SNAP (food stamps) and other nutrition programs; and refer clients to programs that can help them afford to eat healthy. The Food Trust holds a monthly healthy recipe demonstration at Drueding Center using ingredients that can be found in the pantry.

About The Food Trust

The Food Trust, a nonprofit founded in 1992, strives to make healthy food available to all. Working with neighborhoods, schools, grocers, farmers and policymakers, The Food Trust has developed a comprehensive approach that combines nutrition education and greater availability of affordable, healthy food. To learn more about The Food Trust, visit thefoodtrust.org.

About the Greater Philadelphia Coalition Against Hunger

Founded in 1996, the Greater Philadelphia Coalition Against Hunger strives to build a community where all people have the food they need to lead healthy lives. The Coalition connects people with food assistance programs and nutrition education; provides resources to a network of food pantries; and educates the public and policymakers about responsible solutions that prevent people from going hungry. For more information, visit hungercoalition.org.