

Healthy Eating Programs In Fairfield County

A list of healthy eating resources and programs that serve Fairfield County, SC.

SC DHEC Cooking Matters

Cooking Matters is offered through the SC Department of Health and Environmental Control's Healthy Food Initiative. The program serves families in 3 ways.

Hands-On, Six-Week Courses

- ❖ Six-week *Cooking Matters* courses are open to parents, teens and kids. Course covers meal preparation, grocery shopping, food budgeting and nutrition. Participants practice reading ingredient labels and making a healthy meal for a family of four on a \$10 budget. At the end of each class, participants receive a bag of groceries.

Interactive Grocery Store Tours

- ❖ *Cooking Matters at the Store* tours provide families with hands-on education as they shop for food. The tours give families skills to compare foods for cost and nutrition. Families learn how to plan and budget for healthy, affordable, and delicious meals.

Education- Based Outreach

- ❖ Using *Cooking Matters* toolkits, handouts and recipes, DHEC presents nutritional information and conducts demonstrations at community events, fairs, and emergency food distribution sites.

Questions? Email Ashley Raasch raaschac@dhec.sc.gov or call (803) 898-1629.

City Gas and Fuel

275 S. Palmer Street, Ridgeway, SC 29130 | (803) 337-8716

Now selling fresh fruits, veggies, and eggs

Are you a local SC farmer looking to have your produce featured at City Gas and Fuel? Please contact City Gas and Fuel!



Clemson Extension Expanded Food and Nutrition Education Program (EFNEP)

- ❖ A 10 session, interactive, research-based nutrition education program aimed at providing practical, hands-on nutrition education. EFNEP delivers nutrition education in four core areas: diet quality and physical activity, food resource management, food safety, and food security.
- ❖ Primarily serves parents and other adult caregivers, pregnant women and teens. Income requirements.

For more information, call Marlyne Walker, Fairfield County Coordinator, (803) 635-4722 ex 115 or go online to www.clemson.edu/extension/food/efnep/

Food Share SC

Partner Site: Fairfield County Council on Aging
210 Washington Street, Winnsboro, SC 29180
803-635-9761

Partner Site: Barclay School
631 Longtown Road, Ridgeway, SC 29130
803-629-6318

- ❖ Community members can order fresh produce boxes at a partner site or through a neighborhood coordinator.
- ❖ Each Fresh Food Box costs \$20 and includes a recipe on how to use the produce each week. *Food Share accepts cash and SNAP EBT*. Use your EBT SNAP card, and receive an instant \$10 Healthy Bucks credit.

For more information or to participate, contact a partner site or go online to <http://foodsharesc.org/>

Healthy Eating Programs In Fairfield County

A list of healthy eating resources and programs that serve Fairfield County, SC.

Fairfield Memorial Hospital Diabetes Education Center
116 Hwy 321 Bypass N
Winnsboro, SC 29180

Phone: 803-712-0372 or 803-712-0364

The Fairfield Diabetes Education Center provides outpatient information, support and teaching for adults and children diagnosed with diabetes. This includes persons diagnosed with Type I, Type II, pre-diabetes, and gestational diabetes.

It is certified by the American Diabetes Association and offers self-management diabetes classes by a certified diabetes educator.

- ❖ Classes cover topics to help develop and improve patient self-care skills, such as:
 - signs and symptoms of diabetes
 - monitoring blood sugars
 - the importance of healthy eating and physical activity
 - medication management

The Center also offers the Centers for Disease Control and Prevention's "National Diabetes Prevention Program," which helps individuals learn how to change their lifestyle to prevent Type 2 diabetes.

- ❖ Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle coach.

Fairfield Farmer's Market

100 North Congress St. Winnsboro, SC | (803) 917-3530

Operates May- Oct (subject to change) on Saturdays from 9AM-12PM

