

# Improving Access to Healthy Foods

**Dr. Allisen Penn**

**Associate Dean for Extension and Outreach**

**Presentation to the Senate Study Committee on  
Improving Access to Healthy Foods and Ending Food Deserts  
Senate Resolution 283  
September 15, 2021**

We translate the **science**  
**of everyday living**  
for families, farmers  
and communities to  
foster a **healthy and**  
**prosperous Georgia.**



UNIVERSITY OF GEORGIA  
**EXTENSION**



Local.  
Personal.  
Science-based.  
Results-driven.  
Collaborative.  
Multigenerational.  
**UGA Extension.**

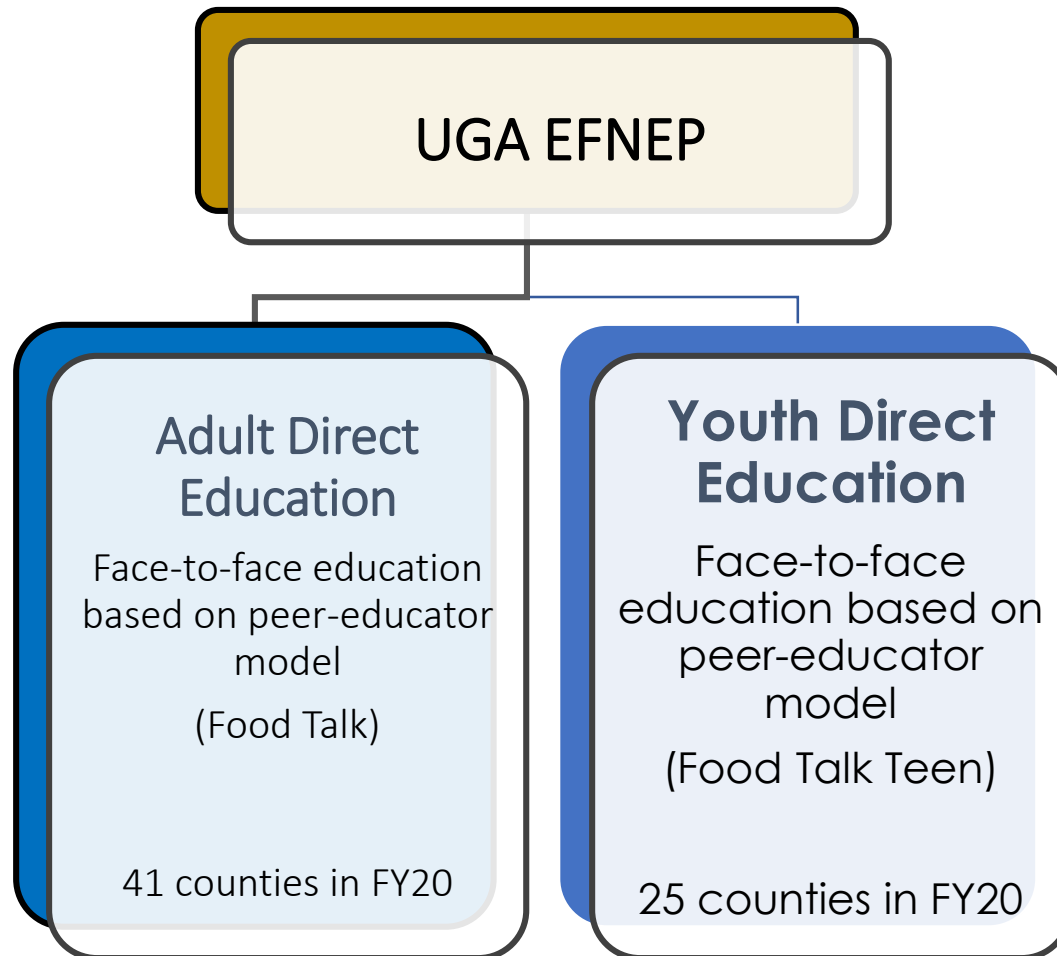








# University of Georgia Expanded Food & Nutrition Education Program (EFNEP)



# Addressing Food Access in Local Communities

## *Douglas County*

Susan Culpepper  
Public Service Associate and County Extension Coordinator  
UGA Cooperative Extension – Douglas County



# Improving Food Security

## The Four Main Components of Food Security



Source: <http://counterpart.org/our-work/areas-of-focus/food-security-and-nutrition>

# Poverty Simulations - Poverty Awareness

## Creating a better understanding:

- Food Security
- Stable Housing
- Limited Household Budgets
- **Food Access**



# ***Poverty and Food Access Affect Communities Across Georgia***

## **Creating Awareness for Local Leaders:**

- Social Service Professionals – **579 reached**
  - *18 counties*
- K-12 Teachers and Administrators – **1,723 reached**
  - *10 school systems*
- Higher Education Students and Faculty – **368 reached**
  - *4 colleges and universities*
- Community Leaders – **376 reached**
  - *14 counties*

# SNAP-Ed in Douglas County

## Food Talk

*Hablemos de Comida*



## Food Talk Better U

*Hablemos de Comida por su Salud*



## Food Talk Farmer's Market

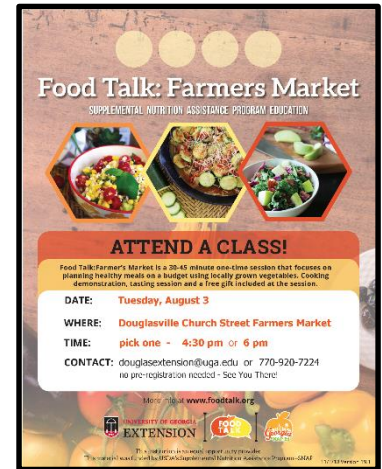
## FoodTalk.org



# Douglasville Church Street Farmers Market

## *The Community Coming Together*

- Started in 2020
- Grew to 22 Vendors
  - Including 8 producers
  - 5 Cottage Industry Small Business
- Extension Offered Nutrition Education
- Wholesome Wave
  - Matched over \$1300 in EBT sales



# Food Access, Families, Extension

- 105 Years Serving Georgia's Communities
- 50 Years utilizing targeting Food Insecure families
- Extension is linking people with resources
- Through education we are:
  - Making changes
  - Managing resources
  - Stretching family budgets
  - Connecting access to healthy choices

*Teaching families ~ Reaching policy makers ~ Improving Access*

# QUESTIONS



For more information contact:  
Dr. Allisen Penn  
Associate Dean for Extension and Research  
[allisen.penn@uga.edu](mailto:allisen.penn@uga.edu)  
706-542-4860  
<https://extension.uga.edu/>

# Additional Resources

- UGA Extension  
<https://extension.uga.edu/>
- Extension Family and Consumer Sciences (FACS)  
<https://www.fcs.uga.edu/extension>
- Supplemental Nutrition Assistance Education Program (SNAP-Ed)  
<https://www.fcs.uga.edu/fdn/uga-snap-ed>
- Food eTalk:  
<https://foodtalk.org/>
- Expanded Foods and Nutrition Program (EFNEP)  
<https://extension.uga.edu/programs-services/detail/73/efnep.html>

