

Healthy Communities:

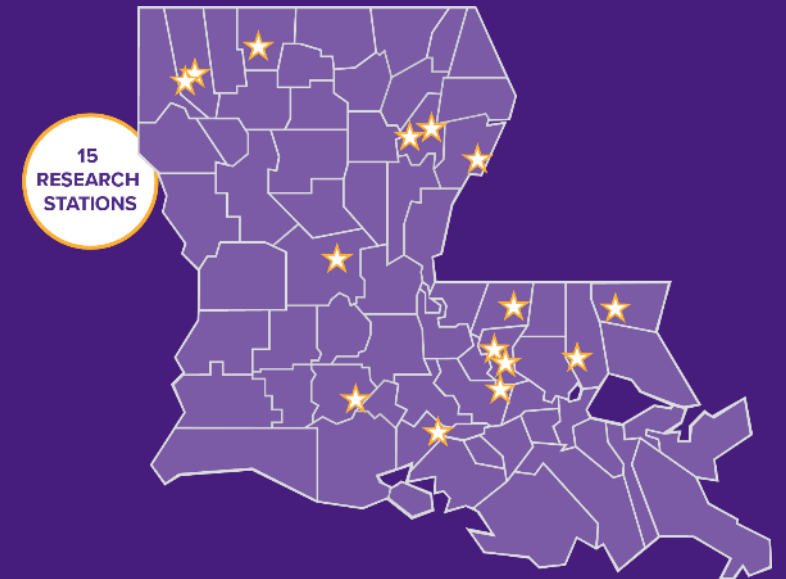
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LSU AgCenter

- Outreach arm of the LSU system
- **Mission:** to help the people of LA improve their lives through an educational process that uses research-based information focused on grassroots issues and needs.
- Field associates in each of LA's 64 parishes, which provides an effective, efficient network through which evidence-based education is disseminated to the public.

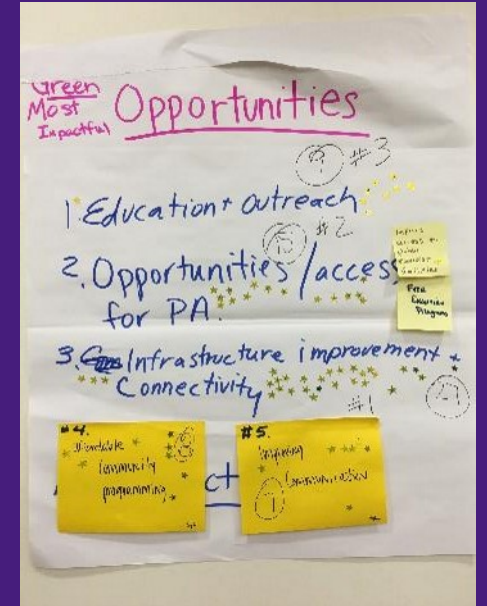


Our Approach



Needs Assessment & Community Forums

- Community-participatory
- Community members identify barriers and assets in their community
- Members identify interventions to address barriers and challenges



Adult & Youth Coalitions



Healthy
**YOUNG PEOPLE
EMPOWERMENT**



Research · Extension · Teaching



LEAD **DEVELOP** **CHANGE**



Food Access Interventions



YOU SNAP. WE MATCH.
ST. HELENA FARMERS MARKET
FRIDAYS 8AM - 1PM
CORNER OF SIMAN & LA-10
GREENSBORO, LA

75¢ SPEND \$1 WE MATCH \$3
LIMITED OFFER

- 1 GO TO THE WELCOME TENT.
- 2 SWIPE YOUR EBT CARD FOR TOKENS TO BUY SNAP ELIGIBLE FOODS.
- 3 WE MATCH YOUR EBT SPENDING WITH TOKENS FOR FRESH FRUIT OR VEGGIES.
(LIMITED UP TO \$10 IN FREE TOKENS)
- 4 SHOP AT THE MARKET!

ST. HELENA HEALTHY COMMUNITIES

MADE POSSIBLE BY:



Implement community/school gardens



Develop/support farmer's markets



Grow a Row/Gleaning



Healthy food retail initiatives



Expand capacity of food pantries



Communication



Technical assistance



Nutrition education



GEAUX SHOP HEALTHY WITH US!

- Easy, delicious, inexpensive recipes.
- Healthy, money-saving shopping tips.
- Taste tests, loyalty rewards, and more!



Physical Activity Interventions

- Stencil projects
- Playstreets
- Cross walks and pedestrian-friendly routes “everyday destinations”
- Walk audits
- Park revitalizations
- Story Walks
- Wayfinding
- Education
- Demonstration Projects
- Technical Assistance
- Communications



Painted Playspaces & Rural Playstreets



Education



Questions?

Contact: dholston@agcenter.lsu.edu

https://www.lsuagcenter.com/topics/food_health/healthy-communities

Get involved: healthycommunities@agcenter.lsu.edu

