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Lady Legends nourish the community



A sign at the Lady Legends Luncheon on Nov. 20, 2024.

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Boulangerie hosted the Lady Legends Luncheon on Nov. 20 from 12:00 p.m. to 1:30 p.m. This event supported the Nourish Foundation, a local non-profit. Hosted by Jessica Rizzo, owner of Boulangerie, the event featured a presentation by Dr. Katie Walter, co-founder of Nourish Foundation.

The Lady Legends is a community of female business owners that come together to support each other and non-profits in the Auburn-Opelika area.

“We started Lady Legends because there was nothing around here at the time that had a networking event like this ... it started for women business owners and women in leadership to come together and mingle and network with each other and support each other’s businesses,” said Kaitlin Lee, owner of Southern Employer Benefits.

Each meeting features a different non-profit and brings awareness to the organization and what it does for the Auburn-Opelika community.

“It’s good to bring different people out and showcase a different business that is owned by a woman that you wouldn’t necessarily come into or know about,” said Jennifer Eck, associate broker and marketing specialist at Southern Employer Benefits.

By coming together to discuss different non-profits, the Lady Legends help provide goods for them. This Lady Legends Luncheon featured the Nourish Foundation.

The Nourish Foundation focuses on bringing healthy and nutritious food to families in need and specifically works to procure and distribute produce for families.

“When I was practicing in general pediatrics, I noticed there were a lot of families that struggled with food insecurity. So initially we started as a produce box service for families. I connected with Beth Hornsby of Hornsby Farms and connected her farm food with families and then we launched the Nourish Wellness program a few years later, just with the desire to integrate fresh food with health,” said Dr. Katie Walter, co-founder of Nourish.

The presentation focused on the three areas that Nourish provides assistance to: Nourish Wellness, Nourish, AL and Nourish Moms and Babies. Nourish is currently collecting non-perishable food items to provide holiday meals for families in need. The non-perishables such as olive oil, whole grain pasta, whole grain bread and brown rice were brought to the Lady Legends Luncheon and can still be donated.

“We supply each family with a turkey for Thanksgiving and include all the other produce and non-perishables that they need to have that Thanksgiving meal. And then around Christmas time we provide a ham and then all of the other ingredients as well,” Walter said.

The Nourish Foundation accepts donations via Venmo and Paypal through their [website](#) and ensures that all money is used to prepare meals for families in need.

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