

HEALTHY EATING

A WILCO WELLNESS ALLIANCE WORKING GROUP



GOAL

Promote access to and increase relevant knowledge of healthy eating in Williamson County.



1 AWARENESS OF RESOURCES

By 2019, the Healthy Eating working group will increase awareness of healthy eating resources by identifying and sharing best practices and resources in Williamson County.

1. Identify best practices and resources related to gardens, grocery stores, farmer markets, schools, restaurants, corner stores, childcare centers, and adult care facilities.
2. Identify gaps and needs in the county's food landscape.
3. Identify gold standard practices and resources in the county.
4. Connect best practices and resources with community partners.

2 ACCESS

By 2019, the Healthy Eating working group will improve access to healthy foods by connecting families and individuals with community services and resources in Williamson County.

1. Promote farmer markets, community gardens, food pantries in the community.
2. Collaborate and connect with community members and partners to improve access to healthy foods.
3. Recruit community members to participate in healthy eating efforts.



3 COLLABORATION

By 2019, the Healthy Eating Working Group will create impactful relationships with all professional and community organizations that provide healthy eating resources in Williamson County.

1. Identify and recruit organizations that should be present at working group meetings.
2. Increase information sharing and networking of healthy eating opportunities within member organizations.
3. Promote healthy eating opportunities and campaigns through www.healthywilliamsoncounty.org, community calendar, and social media.
4. Share healthy eating best and/or innovative practices within member organizations.
5. Develop consistent messaging to promote healthy eating in the county.

