

Apple Bites



Serve Well Agency Conference August 12, 2022



**AGENCY
CONFERENCE**
Feed. Advocate. Empower.

We're looking forward to seeing everyone at Agency Conference this year. For those of you who have registered, don't forget to apply for our **Impact Challenge Award!**

- We are awarding a few agencies with up to **\$2,000** each for demonstrating how they can make a larger impact in their community
- The Impact Challenge is an opportunity for you to submit an idea for improving your agency's impact for the chance to receive funding
- Your agency **MUST** be present at Agency Conference to receive this funding
- If you have registered you may apply for the challenge via [this website](#).

\$4,000 worth of fantastic door prizes will be given away during the conference!
~Pallet Jack ~Shelving ~Carts ~Tents ~Chromebook ~Tables ~Freezer Blankets ~Bags

Eat Well Dairy Dairy Dairy

While some people feel that dairy does not do their body well, outside of lactose intolerance, most people benefit in bone, mental, and skin health by consuming dairy. Yes some people's bodies do not digest some dairy products well. Those with lactose intolerance may be able to eat small amounts of greek yogurt and cheese which have natural bacteria that help your body better digest dairy proteins. For those that aren't lactose intolerant, having 3 servings of dairy a day will get them the nutrients for strong body, mind, and skin!



If you have large amounts of dairy and don't know how to make sure it stays safe and doesn't spoil, check out the [The Dairy Alliance](#) to discover ways to make it last longer.

Live Well Small Changes Now Have Big Impacts Later

SMALL STEP
+ SMALL STEP
+ SMALL STEP
BIG RESULTS

Our food system is being impacted by changes in our environment. Higher temperatures change growing seasons, affect our fish population, impact the pest control for our crops, and so many other ways. While this can feel like something we cannot change or can be overwhelming, small changes can have a big impact.

- Replace light bulbs with LED lights to use 85% less energy and last 25% longer.
- Plant trees and shrubs for shade and to improve CO2 consumption.
- Skip plasticware and paper plates and use less water when washing dishes.
- Eat more vegetables and fruits.

You are actually helping simply by helping keep food from going to waste and getting it to neighbors who can benefit from it. What are some small changes you can make in your pantry or pantry practices to have a greater collective impact on our environment?

Be Well Walk to Fight Hunger



The Walk to Fight Hunger and Food Drive is a family-friendly event to raise awareness and provide vital food and funds to support

Lowcountry Food Bank's programs that address food insecurity throughout the 10 coastal counties of South Carolina.

When: September 18, 2022, 11am-3pm
Where: Wannamaker Park, North Charleston

To choose how you want to participate, please visit our [registration form](#) or the [LCFB website](#) for full details.

Featured Activities:

- 5k Walk
- One-mile self-guided, interactive family fun loop
- Food Drive
- LCFB and Community Partner Booths
- Food Trucks
- DJ
- Scavenger Hunt
- SC Stingrays mascot "Cool Ray"
- Face Painting
- Selfie Station
- Mirabel's Lemonade Stand
- And More!

Stay Well,
~LCFB Team

Lowcountry Food Bank | Lowcountryfoodbank.org
Charleston 843-747-8146
Myrtle Beach 843-448-0341
Yemassee 843-589-4118

We're Hiring

Visit our [website careers page](#) to learn about our open positions.

