

Apple Bites



Serve Well Agency Conference



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

THANK YOU! THANK YOU! THANK YOU!

Thank you to everyone who attended Agency Conference! It was wonderful to see everyone out and about. The Lowcountry Food Bank appreciates your dedication to continual learning, new ideas, and growth at your agencies! All the ideas you shared at the information tables, breakout sessions, sharing board and general session will be incredibly helpful when we look at how to use our resources in the future. Lastly, we want to thank you for your dedication to your communities and neighbors. All of you dedicate your time, energy, and money to serve your community and create relationships with our neighbors. Thank you and we hope you enjoyed it!

Eat Well Social Determinants of Health

A myriad of socioeconomic and environmental factors (some out of our control) account for an estimated 80% of our health outcomes. A large part of this is equitable food access which is imperative for our neighbors experiencing food and nutrition insecurity. If the proper resources are not available in the respective community, it can have a detrimental effect on one's health, which may in turn lead to higher unforeseeable expenses and/or overall quality of life. The Social Determinants of Health (SDoH) share how the places we live, work, learn, play, and worship can have either positive or negative effects on our health. Thank you for being a safe space for our neighbors to access essential resources to lessen other burdens and improve their quality of life.

Click to learn more about the [SDoH](#) five domains and how it applies to the work you do:

- Economic Stability
- Education Access and Quality
- Healthcare Access and Quality
- Neighborhood and Built Environment
- Social and Community Context

Live Well Small Changes Now Have Big Impacts Later

SMALL STEP
+ SMALL STEP
+ SMALL STEP
BIG RESULTS

Do you know what Manpo-kei means? It means 10,000 steps. We have all heard that we need 10,000 steps a day. But did you know, the root of that idea came from a pedometer in Japan being called Manpo-Kei and not science? We do need to move more, but even if it is just a slight increase in your current steps, you are moving in the right direction! In addition to activity, other factors like managing stress, hydration, food, & sleep matter.

Small changes increase productivity & happiness, while decreasing stress & reducing your risk for chronic diseases! Set time to move or stretch throughout the whole day.

Here are some small "steps" you can make:

- Slowly increase activity each day, adding some intensity.
- Get enough sleep
- Stay hydrated
- Aim for a balanced diet

Be Well Annual Renewal

Renewal Time Is Here!

It's that time again- RENEWAL TIME! The online agency renewal will be emailed out on Thursday September 1st. Please alert us of any changes in your information or change of staff. We have added a few additional questions to gather more information about your agency operations, such as, the level of client choice you are offering at your pantry, whether you are USDA or not and a few others, so keep an eye out! We have also added a question about what additional items you need at your agency such as refrigerators, freezers, shelving, a vehicle, concrete, etc. Make sure to be thorough in your answers because a magic fairy may just grant you request when the opportunities become available.

Stay Well,
~LCFB Team

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