Nourishing Networks is a food access workshop training program developed out of the Food Justice Lab located within the Center for Resilient Communities at West Virginia University.

The objective of Nourishing Networks is to increase food security and advance the right to food in WV communities.

Nourishing Networks empowers grassroots leaders in West Virginia to organize their own communities and advocate for policy change to combat systemic problems at the root of hunger and malnutrition.
The Nourishing Networks Process...

Identify barriers to food access in the area...

- What are income barriers in your community?
- How do we work to include people that are left out of the conversation around healthy food access?
- Why is access to healthy food different from place to place?

Identify assets available to aid in hunger relief...

- What farming or agricultural resources exist in your community?
- How can we make state programs more effective for those who rely on them?
- What charitable food resources exist in your community?

Strategize as a collective to combat food insecurity....

To learn more, visit http://foodlink.wvu.edu/explore/ or email Heidi Gum at hlgum@mix.wvu.edu