



# HER ACTION FOR GOOD

## FOOD SECURITY AND EATING WELL

Empowering HER to Lead on Food Security

### *Healthy Eating and Living*

Support HER well-being through nutritional food access and practices. Offering workshops on eating well and health management.



### *Exploring Food Security Challenges*

Exploring food security issues at work and in the community.

### *Community Gardens and Vertical Farming*

Participating in or championing community or rooftop gardens. Learning about vertical gardens and partnership opportunities within the local community.



### *Supporting Local Food Producers*

Learning about and supporting local food producers.

### *Supporting Food Banks and Shelters*

Exploring food sharing programs with community stakeholders. Supporting local food banks and shelters.

