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## Matthew's Ministry asks you to 'Give Healthy'

*Matthew's Ministry partners with the Brunswick Wellness Coalition to encourage healthy food donations.*

BRUNSWICK COUNTY, NC – Matthew's Ministry is hosting a **Give Healthy** Food Drive to provide healthy food to the children the agency serves. The food drive is part of a larger campaign the Brunswick Wellness Coalition (BWC) has launched called the **Give Healthy** campaign. The purpose of the campaign is to increase access to healthy, nutritious food for those that are food insecure.

"We know there is a direct connection between what a child eats and his/her ability to develop," said Matthew's Ministry Director, Kristie Disbrow. "When we feed our children healthy food, we are giving them the fuel they need to grow and achieve in school and in life."

Matthew's Ministry's **Give Healthy** Food Drive takes place from November 19 – December 20. Donations should be dropped off at the following two locations between 9 – 5pm, Monday – Friday: Hamilton Realty Group at 1427 N Howe Street; and the Southport-Oak Island Chamber of Commerce at 4433 Long Beach Road SE.

Because the food is transported in backpacks, all items must be nonperishable. Here is the list of foods that will be accepted:

- Fruit packed in 100% water or 100% juice
- Pasta or rice with the first ingredient listed as 100% whole wheat or 100% whole grain
- Oatmeal packets and/or granola bars with less than 8g of sugar per serving
- Canned beans that are labeled reduced sodium or low sodium
- Canned vegetables with no added sodium
- Pouch size roasted or unsalted nuts or seeds
- Pouch size trail mixes with only nuts & dried fruits
- Canned soups with less than 500mg sodium and at least 2g of fiber per serving

For questions about this **Give Healthy Food Drive** or if you would like more information about the campaign and how you and/or your organization can get involved, contact BWC at 910-444-1872 or [BrunswickWellnessCoalition@gmail.com](mailto:BrunswickWellnessCoalition@gmail.com).

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**About Matthew's Ministry:** Matthew's Ministry began in August 2010 when a teacher submitted a prayer request to a local "Moms In Touch" group. The prayer simply stated, "Please pray for a child in my class that does not have food at home to eat". What started with one child has turned into a program serving food insecure children at 16 area schools. It doesn't take a lot to make a BIG difference in the life of a child!

**About the Brunswick Wellness Coalition:** The Brunswick Wellness Coalition (BWC) is a united group of individuals and health-minded leaders with the mission to improve the health of our community, and the vision of becoming the healthiest county in North Carolina. BWC is made possible with support from *Healthy People, Healthy Carolinas*, an initiative of The Duke Endowment, working with county-level coalitions across the state to improve health. Stay connected with BWC at [Facebook.com/brunswickwellness](https://www.facebook.com/brunswickwellness) | [@BrunswickWellness](https://www.instagram.com/BrunswickWellness) | [Twitter/@BeWellBrunswick](https://twitter.com/BeWellBrunswick).

MATTHEW'S MINISTRY WANTS YOU TO

## GIVE HEALTHY!



**FOOD DRIVE WILL TAKE PLACE BETWEEN  
NOVEMBER 19 - DECEMBER 20.  
CLOSED ON THANKSGIVING.**

**DROP OFF M-F, BETWEEN 9 - 5PM, AT  
HAMILTON REALTY GROUP, 1427 HOWE ST.  
OR SOUTHPORT-OAK ISLAND CHAMBER OF  
COMMERCE, 4433 LONG BEACH RD.**

**PLEASE MAKE SURE YOUR DONATION  
FOLLOWS THE PROVIDED GUIDELINES!**

- Fruit packed in 100% water or 100% juice
- Pasta/rice with the first ingredient as 100% whole wheat or 100% whole grain
- Oatmeal packets/granola bars with less than 8g of sugar per serving
- Canned beans that are labeled "reduced sodium" or "low sodium"
- Canned vegetables with less than 250mg of sodium
- Pouch size roasted or unsalted nuts or seeds
- Pouch size trail mixes with only nuts & dried fruits
- Canned soups with less than 500mg sodium and at least 2g of fiber per serving



**BRUNSWICK WELLNESS  
COALITION**

*Matthew's Ministry is proud to be part of the Give Healthy campaign, an initiative of the Brunswick Wellness Coalition (BWC) to increase access to healthy food for those that are food insecure. To learn more about BWC and/or the Give Healthy campaign, call/email at 910-444-1872 | [BrunswickWellnessCoalition@gmail.com](mailto:BrunswickWellnessCoalition@gmail.com)*