

*Do You Know  
About...*

# Nutrition in Cleveland County

## Why is Nutrition So Important?

Our bodies need nutritious foods to grow and stay healthy, so if we eat the right kinds of food and get the daily recommended amount of exercise we can live longer, healthier lives. It is never too late to start making healthy choices!

### Salt

"According to the Dietary Guidelines for Americans, diets higher in sodium are associated with an increased risk of developing high blood pressure, which can raise the risk of heart attacks, heart failure, stroke, kidney disease, and blindness" (Nutrition.gov).

### Sugar

"Eating and drinking too many foods and beverages with added sugars makes it difficult to achieve a healthy eating pattern without taking in too many calories. Added sugars contribute calories, but no essential nutrient" (Nutrition.gov).

### Fast Food

Most fast food, including drinks and sides, are loaded with carbohydrates with little to no fiber. They are typically packed with fats, both saturated and trans fats, sodium, and cholesterol. Therefore, fast food should not be eaten very often, or it could lead to high blood pressure, heart diseases, and weight gain.

## Healthy Choices

A healthy diet has a lot of benefits. It can prevent certain health conditions like heart disease and cancer, and it can lower your cholesterol. It can give you more energy, help you focus, and improve your mood. It can also help you lose weight or stay at a healthy weight.

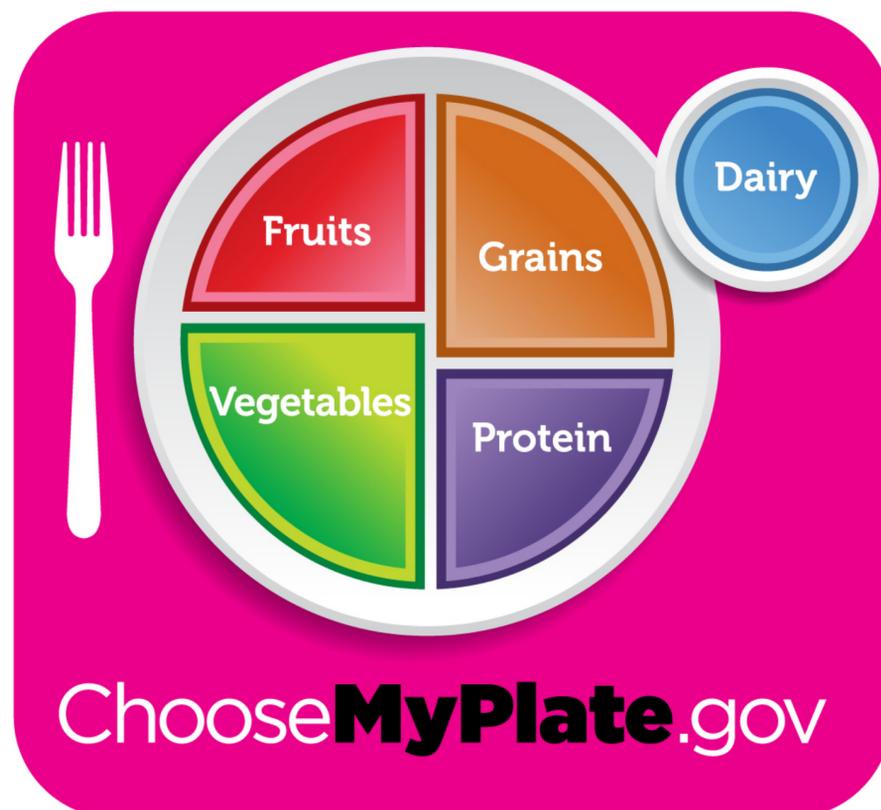
Fruits and vegetables are rich in fiber, vitamins, and minerals. They should be the basis of your diet. Try to get many different colors of fruits and vegetables each day to add flavor and variety. Fruits and vegetables should cover half of your plate at each meal (Choosemyplate.gov).

## 2019 Community Health Assessment:

How many days of the week do you eat 5 or more servings of fruits or vegetables (not potatoes)?

- 1-2 days: 26.39%
- 3-4 days: 31.96%
- 5-6 days: 17.74%
- Everyday: 11.73%
- Never: 5.8%
- Not sure: 6.30%

For easy access to fresh, local food produced in Cleveland County and the surrounding 50 miles shop at Foothills Farmers' Market. Cash, EBT/SNAP, and Debit/Credit accepted. For more info visit: [www.foothillsfarmersmarket.com/](http://www.foothillsfarmersmarket.com/)



# Resources

## Foothills Farmers' Market

- 130 South post Rd Suite 1 Shelby, NC 28152
- 704-470-7603
- [www.foothillsfarmersmarket.com/](http://www.foothillsfarmersmarket.com/)
- Accepts Cash, EBT/Snap, Debit/Credit

## Food Pantries

- Pleasant Ridge Baptist Church  
704-434-6431
- Salvation Army  
704-482-0375
- Episcopal Church of the Redeemer  
704-487-5404
- Boiling Springs Baptist  
704-434-6244
- U-CAN  
704-538-8417
- Kings Mountain Crisis Ministry  
704-739-7256
- Patrick Senior Center  
704-734-0447
- Central United Methodist Church  
704-739-2471
- Washington Outreach Ministry  
704-435-3138
- Leona Neal Senior Center  
704-482-3488
- First Baptist Church Lawndale  
704-538-7161
- Calvary Baptist Church  
704-482-4151
- Greater Cleveland County Baptist Association  
704-481-9119
- Fallston Baptist Church  
704-538-7161
- Zoar Baptist Church  
704-482-4151
- Flint Hill Baptist Church  
704-434-9517
- Walls Memorial Baptist Church  
704-484-3433

## Online Resources

- <https://livehealthyclevelandcounty.com/>  
You will find on this site an array of exciting opportunities to become physically active in a variety of safe settings at little or no cost, choose healthy foods for you and your family and to improve the health status of the people you love!
- <https://www.clevelandcountynutrition.org>
- [www.foothillsfarmersmarket.com/](http://www.foothillsfarmersmarket.com/)
- <https://www.choosemyplate.gov>
- <https://www.nutrition.gov>
- <https://nutrition.org/>

## Cleveland County Schools

For information on school nutrition, free/reduced lunch programs, and summer feeding options, please contact Child Nutrition Services at Cleveland County Schools.

- Phone: (704) 476-8000
- Website: <http://www.clevelandcountyschools.org/>

This resource guide contains information about local services in Cleveland County. The inclusion of any organization, agency or service in this guide does not imply an endorsement or recommendation, nor does the exclusion of any group imply disapproval.

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