

This PhotoVoice exhibit is the result of a collaborative effort between McDowell County, NC community members; the Wellness Ministry of Grace Community Church; Appalachian State University's Departments of Public Health and Appalachian Studies; the Community Food and Health Hub; and Equitable Community Strategies.

As stated on their website, “PhotoVoice’s vision is for a world in which everybody has the opportunity to represent themselves and tell their own story. Our mission is promote the ethical use of photography for positive social change, through delivering innovative participatory photography projects. By working in partnership with organisations, communities, and individuals worldwide, we will build the skills and capacity of underrepresented or at risk communities, creating new tools of self-advocacy and communication.”

Participating photographers were asked to “take pictures of what you see as strengths and weaknesses regarding access to nutritious food in McDowell County, NC.” Exhibited here is a sample of the resulting photographs and captions.



Deb's local vegetable market.



Location for local fruit and vegetable market on weekends.



[One of] only two local gyms.



YMCA (swim, work out, walk and have fun).



Where do your kids play?



Only place to ride bikes—in road!



**CITY OF MARION
PARKS & RECREATION**
FOR YOUR SAFE AND ENJOYABLE USE
OF THIS PARK
THE FOLLOWING ARE PROHIBITED

- ALCOHOLIC BEVERAGES & OTHER
INTOXICANTS
- CAMPING & OPEN FIRES
- ENTRANCE TO CLOSED AREAS
- UNLEASHED PETS/DOMESTICATED ANIMALS
- PLANT REMOVAL/DESTRUCTION
OR
- VENDING/SOLICITATION
- MOTORIZED VEHICLES ON
TRAILS EXCEPT WHEELCHAIRS
- OTHER RULES & REGULATIONS
- CLEAN UP AFTER PETS
- FISHING PERMITTED/STATE LAWS APPLY

PARK HOURS: SUNRISE TO SUNSET
NON-EMERGENCY: CALL 652-3231
EMERGENCY: CALL 911

Greenway off Highway 70. Great place to walk or take your dogs and even let the kids ride their bikes.



Great view while you walk on Greenway off Hwy 70.



Very good produce to pick from. We eat lots of bananas and tomatoes.



I do enjoy all the produce.



I try to keep lots of juice and drink mainly orange and apple.



Meats we grill out a lot—this caught my eye.



I enjoy all the breads we have to pick from.



Butter and cheese—I have many to pick from.



Everything looks good in the store, like the cheeseballs.



Mac and cheese—I have to stop and enjoy all the different kinds.



This is the outline of a community garden that we have started for the community of East Marion to give back to the community, bring the community together in unity, and get our youth involved in healthier eating habits. This is in a high drug area ... it's bad. We're trying to reach out to the youth so they can speak to their parents ... [we want to] make it a better place for youth and also show them there are people who care and that we can work together to save our community.



This is where our community garden is ... where I attend. I took a picture of the sign because that's where the garden is—on the church property. It was actually the old tabernacle building 30 or 40 years ago, and it burnt down where our community garden is. A lot of people in the community remember the tabernacle. At first they really didn't like bringing unity to that, but it's a way to remember the tabernacle, which they remember bringing open-mindedness and just bringing people together. That is part of my church—I love it.



This is [a picture of the community garden] after the soil sample was taken. The soil was good; it needed a little bit of lime ... this was the second till. This is going to be bringing back to the community of East Marion through food, helping. If [community members] want to come in to help plant or donate they're more than welcome, but nobody's going to be hungry. They can always come and get something.



This is just a little garden at the home that I stay at. We have volunteers ... They come and plant tomatoes, peppers, and cucumbers for the ladies at the house so we have a little bit of freshness.



[This is at Grace Community Church's] Wellness Center. I love this place. Every other Wednesday, the Manna truck comes and gives us free fruits and vegetables so we can stay healthy, and that is my way of getting fresh foods because I can't get them anywhere else. So I'm very appreciate of it. I love it, and I encourage everybody and tell them about it. I also tell them the schedules and tell them they're at the YMCA. They come through Old Fort. I really encourage it, especially in our youth. I'm really big on youth because that's where my problems in life had started ... So, youth—I'm all in it. And if you can get them started in their youth eating healthy [and] making the right choices, they have a better success rate in the future.