



nourish up™
Lifting our community
through food.

OVERVIEW OF SERVICES

OUR MISSION: To nourish our neighbors with food and compassion.

OUR VISION: A community that accepts no excuses for our neighbors going hungry.

GROCERIES

- ✓ A network of 35+ food pantries serving Mecklenburg County
- ✓ A 7-day supply of nutritionally balanced groceries
- ✓ Grocery home delivery, mobile food pantries, mobile food pharmacies, and online grocery ordering through Instacart's Food Storm software
- ✓ Fresh produce distributed through Pop Up Food Shares
- ✓ Specialty diets for chronic health conditions

MEALS ON WHEELS

- ✓ Primary Meals on Wheels program for Mecklenburg County
- ✓ Nutritious, affordable meals for those who cannot prepare or obtain a meal
- ✓ Specialty diets for chronic health conditions
- ✓ Human connection for isolated and lonely individuals, and peace of mind for their families



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For more information
contact@nourishup.org