

Healthy Island Project enhances the broad health and well-being of our community with an approach that prioritizes nutritious food, enriches social connections, and promotes physical activities that are at the heart of health. HIP works independently and as partners with other organizations and individuals to spearhead initiatives in five areas: *Age-friendly Island, Edible Island, Active Island, Engaged Island, and Mindful Island.*

Age-Friendly Island creates an environment where older residents receive social and physical support to thrive and age with dignity, respect, and joy.

- Every week, 130 HIP **Lunch Box** participants receive a hot lunch, brought to their home, and a wellness check by phone to combat social isolation. Over 26,000 meals served since 2020!
- HIP's **Coffee with Friends** meets Wednesday mornings at HIP HQ at 9 am for coffee and conversation and an opportunity to take home something from our Hannaford fresh food rescue, fresh produce, or visit our pantry.
- HIP offers **A Matter of Balance** fall prevention program for older adults which reduces the risk of falling and increases activity levels among older adults. Foundational for health, we'd like everyone over age 60 to take part.
- **Maine Senior FarmShare** provides top-quality, fresh, local produce at no cost directly from local Maine farmers to eligible seniors during the growing season. Our local farm partner is Northern Bay Organics in Penobscot. We hope to partner with them in other creative ways in days to come.
- HIP coordinates and distributes the USDA **Senior Food Boxes** on the island for income-eligible persons over 60 years of age by supplementing their diets with a 30 lb. box of groceries each month with our partners at Eastern Area Agency on Aging and Good Shepherd Food Bank.

Through **Edible Island**, HIP works to create an environment in which local food systems are strengthened and people are inspired to create, experience, and enjoy good food in their homes, schools, and community restaurants.

- Enthusiastically joining the State of Maine's efforts to **End Hunger by 2030**, HIP is now partners with Good Shepherd Food Bank, Hannaford Blue Hill and the Gleaning Initiative to widen access to healthy food for those who need it most. We do this through:
 - Weekly free fresh **food rescue** distributions;
 - **Free produce** distributions;
 - The **HIP Backpack** program which provides 30 backpacks to elementary age students, filled with food for the weekend. In 2024-2025 school year we hope to expand the Backpack program to Head Start families, as well;
 - **HIP Pantries** at the high school and elementary school;
 - **HIP Community Pantry** open every Wednesday at the new HIP HQ in Stonington.
- Continuing to broaden access to local produce and products to all, HIP hosts **SNAP/EBT** payments and Maine Harvest Bucks at the **Stonington Farmers' Market** each season in partnership with Maine Federation of Farmers Markets.
- Through **Let's Get Cooking** opportunities and Chef Educator Cheryl Wixson, HIP participates in the After School Program to cook, garden, and extend our vision for an Edible Schoolyard where growing, harvesting, cooking, and eating are a continuum of learning and enjoying through our vibrant local food system.

- HIP partners with **FarmDrop.us** and Downeast FarmDrop providing support and the pick-up location for the weekly online farmers market orders. FarmDrop increases community access to locally made and grown products through a restructured food system that focuses on expanding local food systems.
- **Healthy Peninsula's Magic Food Bus** makes weekly stops across the greater Blue Hill Peninsular all summer, delivering free, fresh, local produce, health information, and books for children and adults. Magic Food Bus is delivered across the island by HIP.

Through **Active Island**, HIP works to create an environment where people of all ages tend to and enhance their physical health and well-being through safe and expert-led programming.

- HIP holds Bike Safety sessions for K-5 students at Deer Isle-Stonington Elementary School and sponsors the annual **Bike Rodeo** for kids on the last Saturday in May with the Bicycle Coalition of Maine. The event encourages safety through a riding lesson, offers a bike tune up, a helmet giveaway, and a fun obstacle course.
- Led by HIP staff and a local registered dietician, **Fuel Up! Food•Fitness•Fun** lives up to its name helping participants make healthier lifestyle choices.

Mindful Island looks to create an environment in which healthy minds are encouraged and people are attentive to and appreciate the surrounding world.

- HIP is pleased to continue an annual **Aging Outside the Lines Creativity Circle** (formerly Successful Aging). A program of Project UnLonely and the Foundation for Arts and Healing, this creativity circle combines group experience, mindfulness, simple artwork and pertinent topics which guide participants in gaining skills for managing challenges to overcome social isolation and loneliness.
- **Labyrinth Walks** can be used as a tool to “unwind the mind,” and to let go stress or worries and concerns. HIP would be pleased to collaborate with others in the community to expand access to ways to support more mindfulness initiatives.

HIP's **Engaged Island** works to create an environment in which community is celebrated and people work together with openness, collaboration, and meaningful volunteerism.

- Our newest program, **Bridging Neighbors**, was created in the aftermath of COVID-19 and the closure of the Island Nursing Home in collaboration with Healthy Peninsula. Through Bridging Neighbors, a trained volunteer cohort evaluates needs and bridges the gap for our older islanders who need help accessing resources or creative solutions to challenges.
- HIP hosts a bimonthly **Community Breakfast** where most of the area's nonprofits gather and provide an opportunity to hear about local and relevant community events. It's a great way to form partnerships and find ways to be involved. All are welcome!
- And last, but certainly not least, HIP organizes THE big winter event **WinterFest** each January. WinterFest is a great chance to get out of the house and join your neighbors and friends for fun, food, activities and fireworks – all for free – at a time when we can all use a lift to our spirits and community connection.

HIP is a small, nimble organization with wide reach, thanks to scores of phenomenal volunteers. And make no mistake, we couldn't do it without them. It's a great group of people, and we welcome you to join us in serving our community.