



Rayna ANDREWS

MOM | AUTHOR | PUBLIC HEALTH AMBASSADOR

I founded the Healthy Food Movement to focus on nutrition security and food literacy in underserved communities, a clear gap in our food system. Lower-income individuals are 74% less likely to be able to access nutritious foods consistently and reliably, and they are more likely to develop some kind of diet related disease such as diabetes and hypertension due to their inability to access nutritious foods. My current body of work is focused on the intersections of food as a medical intervention, sustainable agriculture, and health policy. I have consulted and participated in a variety of social determinants of health (SDoH) projects across the United States, including the Caribbean.

My desire is this current generation breaks the cycle of diet related disease and begins to work in concert together to create a social safety net that works for all. In addition, I envision a movement that is inclusive of and works on behalf of our next generation, so they won't have to be rehabilitated from what we consider dietary norms today. Imagine what we could achieve if we could shift from feeding America to nourishing America.

Rayna Andrews is a Food Systems Leader, TEDx speaker, children's book author, public health advocate and urban planner living in Milwaukee, WI. She holds a bachelor's in journalism and a master's in urban planning and real estate development.

FEATURED ON:



HEALTHY FOOD MOVEMENT

The Healthy Food Movement is a wellness company focused on food security and food literacy in underserved communities. We are changing the narrative around food insecurity through food literacy, advocacy, and community engagement.



ALEX MCGREEN BOOK SERIES

The Alex McGreen book series was created to educate and cultivate young minds around food education and healthy eating with a goal to engage our youth in learning about the food system. The series is about a determined and resourceful ten-year-old girl with a zest for learning and a passion for making a positive change in the world.

HOW TO WORK WITH RAYNA:

Training
Keynotes
Consulting
Facilitation

ALSO AVAILABLE FOR:

Hosting
Collaborations
Read Alouds
Cooking Demonstrations

LET'S CONNECT



RAYNAANDREWS



HEALTHYFOODMOVEMENT



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WAYS TO WORK WITH RAYNA

As seasoned public health and nutrition security consultants, the Healthy Food Movement offers a comprehensive suite of services tailored to meet the diverse needs of our clients. With a deep understanding of the complexities surrounding nutrition security and public health, we deliver impactful solutions designed to drive positive change and foster sustainable outcomes.

- Keynote: Our keynote presentations are dynamic and engaging, providing a platform to inspire, educate, and mobilize audiences towards action. Drawing from extensive expertise and research in public health and nutrition security, we deliver thought-provoking presentations that delve into key issues, trends, and strategies for addressing nutrition insecurity.
- Training: We offer specialized training sessions tailored to the unique needs and objectives of organizations, agencies, and communities. Whether it's equipping frontline workers with practical tools and skills to support vulnerable populations or training policymakers on evidence-based approaches to addressing food (nutrition) insecurity, our sessions are designed to empower participants with actionable knowledge and strategies.
- Consulting: Our consulting services provide clients with access to strategic guidance, expert insights, and tailored solutions to navigate the complex landscape of public health and nutrition security. Leveraging a multidisciplinary approach and in-depth analysis, we work closely with clients to assess needs, identify challenges, and develop customized strategies to optimize outcomes.
- Facilitation: Facilitation plays a crucial role in fostering collaboration, consensus-building, and effective decision-making. As skilled facilitators, we bring a wealth of experience in guiding diverse stakeholders through complex discussions, problem-solving processes, and decision-making frameworks.

SPECIALTY TOPICS

- ✓ Food Security and Health
- ✓ Food as Medicine/Food Prescription Programs
- ✓ Food Literacy Theory and Practice
- ✓ Our Most Vulnerable: Child and Senior Hunger
- ✓ Food Security and Environmental Health
- ✓ Food Access and Justice
- ✓ Racial Wealth Gap Learning Simulation
- ✓ Youth Leadership and Advocacy Training
- ✓ Food Justice and Our Faith
- ✓ Asset Based Community & Economic Development
- ✓ Healthy Neighborhoods