

## **TUFTS Health Plan Foundation AWARDS \$20,000 to Mill City Grows**

**[WATERTOWN, MA]** – [Tufts Health Plan Foundation](#) announced a grant of \$20,000 to Mill City Grows to expand its effort to make fresh, healthy food available to elder Lowell residents. This is one of 16 new community investments totaling nearly \$1.8 million that reflect the Foundation’s commitment to make our cities and towns great places to grow up and grow old.

“Each community will follow its own path to becoming age- and dementia-friendly. Support from Tufts Health Plan Foundation helps ensure resources reach underrepresented communities at greatest risk for disparities,” said Nora Moreno Cargie, president of the Foundation and vice president, corporate citizenship for Tufts Health Plan. “Everyone has a voice; it’s important that we listen.”

More than 75 percent of census tracts in Lowell are food deserts, areas with limited access to affordable and nutritious food. The Tufts Health Plan Foundation grant supports Mill City Grows’ work to make healthy food more accessible through targeted marketing campaigns, new Mobile Market locations, additional promotions and incentives, and a wider range of products requested by older residents. Mill City Grows will also help seniors use incentives of more than \$2,000 available through their Market Buckets Program and Massachusetts’ Healthy Incentives Program (HIP). Additionally, Mill City Grows is utilizing its partnerships with the Lowell Senior Center, River Place Towers, D’Youville Health and Wellness Community, and Summit Elder Care to increase their visibility and communication with local elders.

“Expanding Mill City Grows’ network has been integral to broadening our outreach efforts,” says Lydia Sisson, founding co-director of Mill City Grows. “This support from Tufts Health Plan Foundation will enable us to strengthen our partnerships with elder service providers to bring locally grown food directly to individuals who need it most. Our participation in the state’s Healthy Incentives Program is an additional way we’re working together to ensure product affordability.”

The new Tufts Health Plan Foundation grants support systems improvements and best practices. They represent collaborations with more than 300 community organizations in Massachusetts, New Hampshire and Rhode Island.

### **New information about Tufts Health Plan Grant Programs**

Tufts Health Plan Foundation recently announced a new mini-grant program. The Momentum Fund offers grants of up to \$10,000 to support early-stage age- and dementia-friendly work in Mass., N.H. and R.I. Visit [The Momentum Fund](#) for more information. Letters of intent for the Policy and Advocacy grant cycle are due on July 20, 2018. Those interested should submit through the online system accessible via [www.tuftshealthplanfoundation.org](http://www.tuftshealthplanfoundation.org).

### **About the Tufts Health Plan Foundation**

Established in 2008, Tufts Health Plan Foundation supports the health and wellness of the diverse communities they serve. The Foundation has given more than \$31 million to Massachusetts, New Hampshire, and Rhode Island nonprofits that promote healthy living with an emphasis on older adults. The Foundation began funding in New Hampshire in 2016. The Tufts Health Plan Foundation funds programs that move communities toward achieving age-friendly policies and

practices that are relevant, focus on older adults, and include them in community solutions. Visit [TuftsHealthPlanFoundation.org](http://TuftsHealthPlanFoundation.org) or follow them on [Twitter](#), [Facebook](#), and [YouTube](#).

### **About Mill City Grows**

Since 2011, Mill City Grows has worked towards food justice in Lowell, Massachusetts, using the following strategies and programs: education in and out of schools, supporting community leadership through community gardens, increasing urban agriculture through urban farming, implementing a mobile market, and empowering people to produce their own food. Their Food Access and Food Education programs are rooted in the idea that a well-educated and well-resourced community will make healthier choices. Visit [MillCityGrows.org](http://MillCityGrows.org) to learn more, or follow them on [Instagram](#), [Twitter](#) or [Facebook](#).

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