

Heather Carrie, MAS

Heather Carrie is an organizational leader and independent researcher. Over the past decade, she has served in multiple leadership roles with national nonprofit organizations devoted to education, natural health, social justice, and ecological regeneration. She is currently the President and CEO of Food as Medicine Global, a 501(c)(3) dedicated to uniting agriculture and medicine to support food sovereignty and health justice for all. Prior to this role, she served as Executive Director at Integrative Medicine for the Underserved, Director of Global Engagement with the Academy of Integrative Health and Medicine, and Director of the Center for Health Policy Leadership at Bastyr University. Heather earned her BA in Law and Policy from the University of Washington with a dual concentration in Health Policy and Health Care Leadership. She holds a Master of Advanced Studies (MAS) in Health Policy and Law from a joint degree program with the University of California, San Diego's School of Medicine and the California Western School of Law. Heather also received a Certificate in Documentary Studies from Duke University and completed mediation training with the Dispute Resolution Center of King County in Washington State.

From Heather

My hope for Food as Medicine Global is to grow a collaborative community to support food sovereignty and health justice for all. Together, we can work towards a more equitable and inclusive *food as medicine* movement to address the pressing issues that affect the health of our planet, including all living organisms, physical environments, and the atmospheric climate.

I learned about growing food as a child while visiting a family friend's garden. Fresh vegetables were unknown in my household. Tasting greens out of the ground for the first time changed the course of my life. I immediately returned home and dug up our lawn for a vegetable garden. My interest in healthcare sparked in high school while taking care of my ailing great-grandmother. In trying to find solutions for her, I learned about "health food" and natural medicine. It was an eye and heart opening experience. It was the first time I thought of food as medicine - as a way to remedy illness and support wellness. I also became aware of how difficult it can be for many to access nourishing food due to a lack of availability and/or prohibitive expense.

As I grew older, I became increasingly more dedicated to consuming whole foods and adopting healthy eating habits to promote overall well-being and address health concerns. With a strong commitment to environmental preservation and social justice, I spent years commuting by bike, practicing zero-waste living, and volunteering for eco-friendly initiatives.

I am passionate about food and farming and have pursued it in various ways. I have managed a local farmer's market, co-owned a healthy food catering business, managed a teaching kitchen for a series of Wellness Retreats, and created a farm-based educational program dedicated to holistic and sustainable living. Believing in the importance of keeping my hands in the soil and fresh vegetables on the table, I have grown food on window sills, balconies, and porches, and have replaced grass with gardens and fruit trees in front and back yards. I was fortunate enough to live and work on a 10-acre organic farm for two years. I currently live in a small house with edible landscaping, a micro vegetable garden, and a small flock of hens, bringing me pure happiness!

It is an honor to be working with our Board Members and Circle of Advisors. Together we bring the complementary skills and experience needed to successfully steward Food as Medicine Global. **I truly believe in the power of food in community and the positive impact that happens when people work joyfully together in the soil, in the kitchen and at the table.**

