



FOR IMMEDIATE RELEASE

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Bounty & Soul Celebrates Transformative Grant and Longstanding Partnership with Swannanoa Valley Medical Center

Black Mountain, NC – August 8, 2025 — Bounty & Soul is honored to be among the twelve nonprofit organizations selected to receive funding during the final grant cycle of the Swannanoa Valley Medical Center (SVMC), which officially dissolved in July after 56 years of dedicated service to the health and wellness of the Swannanoa Valley. The \$50,000 grant awarded to Bounty & Soul continues a relationship that has supported Bounty & Soul since its earliest days and affirms our shared commitment to creating a healthier, more equitable Swannanoa Valley.

A total of approximately \$400,000 in funding was distributed to community institutions during a heartfelt celebration held on July 23 at Town Corner Coworking in Black Mountain, marking the final chapter of SVMC's enduring legacy. The moment was both a tribute and a passing of the torch, as SVMC's final act was to empower the next generation of organizations improving lives in the Swannanoa Valley.

"For Bounty & Soul, this moment is deeply personal," said Ali Casparian, founder of Bounty & Soul. "In 2014, when we were just beginning to offer free produce markets at St. James Episcopal Church, the SVMC board gave Bounty & Soul a two-year lease at no cost; allowing us to launch and grow into what we are today. That vote of confidence in our mission was pivotal, and their continued support today means the world."

SVMC was founded in 1969 to address the urgent need for accessible healthcare in the Valley. Over the decades, the organization provided low-cost rental space to medical professionals, ensuring that essential services remained available locally. In its final year, SVMC transitioned from a facility-focused model to a grantmaking organization, distributing \$1.4 million to nonprofits in the Valley, including a major grant of \$150,000 to Bounty & Soul in July 2024 and this most recent \$50,000 award.

"This is more than a grant—it's a legacy gift," said Casparian. "It represents a decades-long vision of well-being, community, and compassionate service. We are humbled and honored to carry that vision forward."

The funding will support Bounty & Soul's continued efforts to provide access to fresh, nutritious food and well-being resources for individuals and families across the Swannanoa Valley. With rising food insecurity, increased demand, and the lasting impacts of Hurricane Helene, the grant enables Bounty & Soul to expand their facilities and programming to meet long term needs for fresh food and wellbeing education in the Valley and beyond.



About Bounty & Soul

Bounty & Soul is a community-driven organization based in Black Mountain working at the intersection of food, farms, and health. Together we connect, share, and celebrate nutritious food, education and community. Serving over 26,000 individuals each month, Bounty & Soul is building a healthier, more resilient community for all.

To learn more, get involved, or donate to support Bounty & Soul's work, please visit www.bountyandsoul.org.

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