

SONYA JONES

Executive Director, Caja Solidaria

<https://www.cajasolidaria.org/>



Sonya Jones is a food systems and public health leader working at the intersection of health care, agriculture, and community economic development. She serves as Executive Director of Caja Solidaria, a Western North Carolina nonprofit building community-owned infrastructure that connects local farmers and food businesses with health care, institutional, and community markets. Sonya is a backbone leader of the North Carolina Food is Medicine Coalition, where she works with health systems, payers, community organizations, researchers, and policymakers to develop sustainable financing models for food-based health interventions. Her current work focuses on a central question: how can health care investment strengthen the local food and community infrastructure that makes better health possible?

A nutrition scientist by training, Sonya has spent her career translating research into programs, policy, and systems change. She holds a PhD in Nutrition and teaches public health nutrition at Appalachian State University. Her work has included leading statewide nutrition initiatives, developing community-based health programs, and building new models for connecting farms, food businesses, and health care.

She lives with her family in Western North Carolina.