

# **Food is Medicine in Action:**

## Strengthening Health Through Healthcare & Community Partnership

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# What's On The Menu?

1. **Appetizer: What Food is Medicine *Is* — and *Isn't***  
→ Setting the table with core definitions and key distinctions
2. **Main Course: The Delaware Food Pharmacy**  
→ A nourishing look at a medically tailored grocery intervention
3. **Recipe for Partnership: Healthcare + Community**  
→ Blending clinical and community ingredients for success
4. **Serving Impact: How Strong Partnerships Feed Community Health**  
→ Outcomes when the right ingredients come together
5. **Takeaway Box: Key Lessons to Bring Home**  
→ Final insights and actionable lessons to pack up and share



# What is Food Is Medicine (FIM)?

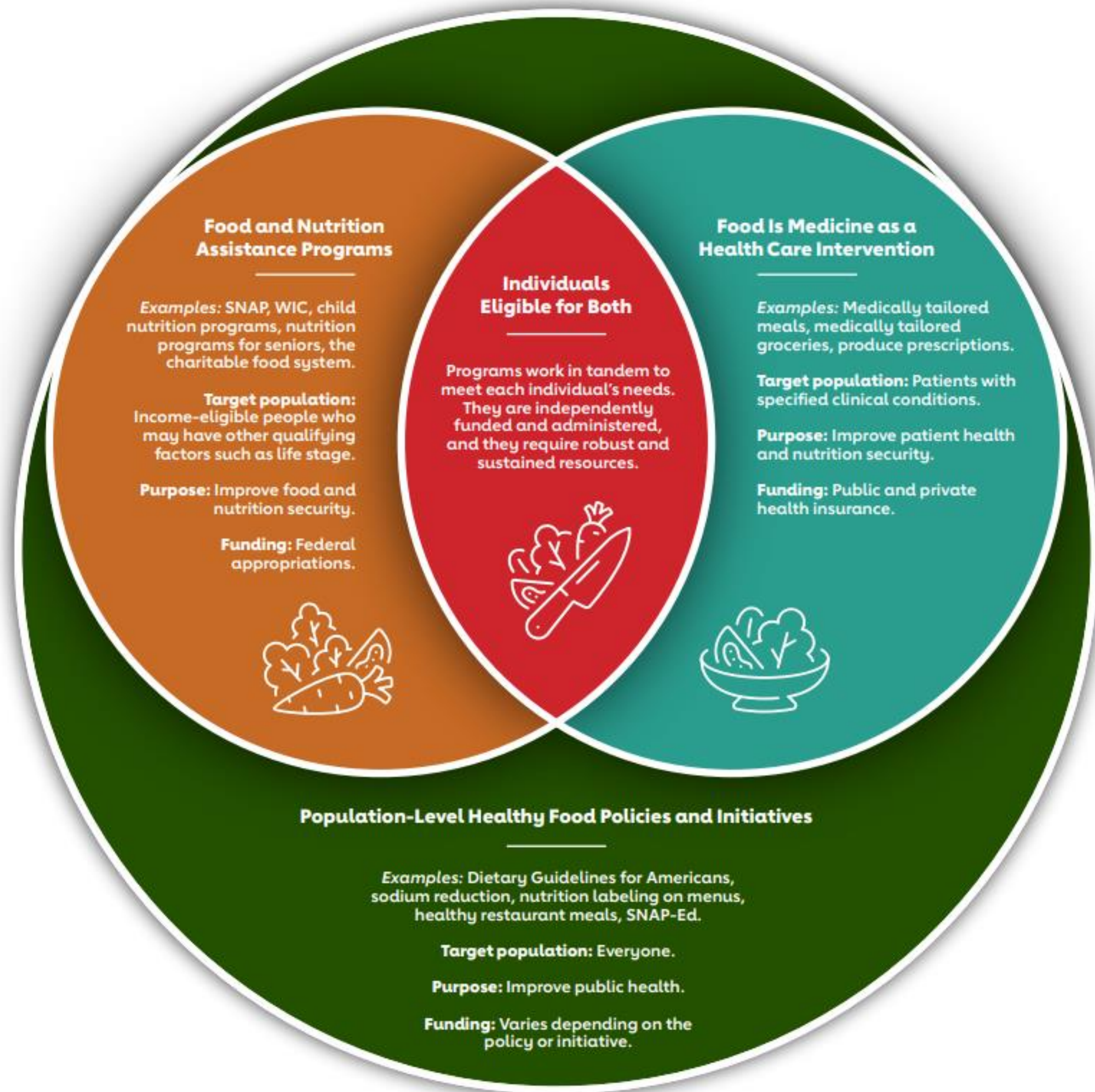
- “Food is medicine” is the provision of healthy food to prevent, manage, or treat specific clinical conditions in a way that is integrated within the healthcare sector.
- Patients are referred to these services by a healthcare provider, healthcare organization, or health insurance plan.



[About FIM | Health Care by Food](#)



# FIM Complements Food and Nutrition Programs & Policies



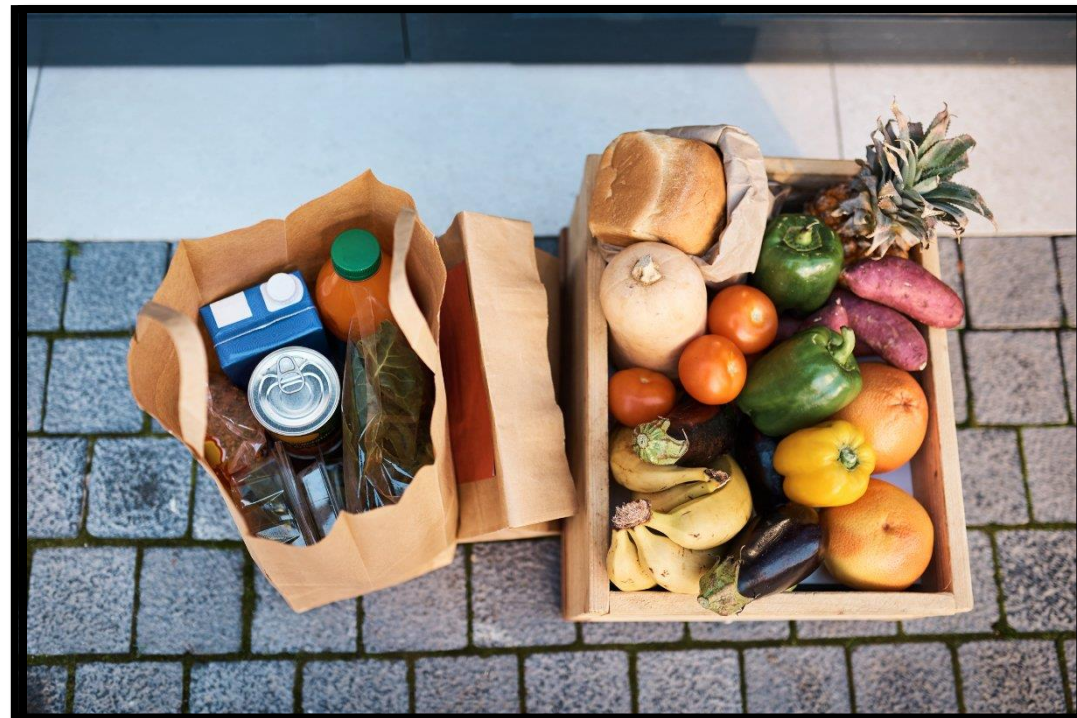


# FIM Approaches



## **Medically Tailored Meals (MTM):**

Home-delivered meals designed by RDNs to meet the nutritional needs of individuals with serious or chronic conditions. MTMs support patients who cannot shop or cook and provide targeted nutrition during critical care periods.



## **Medically Tailored Groceries (MTG):**

A selection of groceries, like vegetables, fruits, grains, beans, lean proteins and/or dairy developed by a registered dietitian nutritionist for a broader range of patients—those with diet-related acute and chronic conditions who can prepare food at home.



## **Produce Prescription (Produce Rx):**

Prescribed fresh fruits and vegetables for patients through vouchers, coupons, or electronic benefits. Can be redeemed at participating retailers such as grocery stores, farmers markets, and online grocers.










A Medically Tailored Grocery  
FIM Program





# Registered Dietician Nutritionist Input

Patient Name: _____		Delaware Food Farmacy	
MRN: _____			
Food Group	Servings you are eating per day	Goal servings per day	Handy Portion Guide
<b>Oils and Fats</b> Avoid margarines and dressings made with partially-hydrogenated oils		1	<ul style="list-style-type: none"><li>1 tsp. soft margarine</li><li>1 tsp. canola or olive oil</li><li>1 Tbsp. mayonnaise</li><li>2 Tbsp. light salad dressing</li><li>2 Tbsp. or 1/5 avocado</li></ul> 
<b>Fat-free skim or Low-fat 1% Milk and Dairy</b> Choose lactose-free alternatives as needed		2-3	<ul style="list-style-type: none"><li>1 cup 1% or fat-free milk or yogurt, lactose free if needed</li><li>1 cup calcium-fortified unsweetened almond or soy milk</li><li>1 1/2 oz. fat free or 2% fat cheese</li></ul> 
<b>Lean Meat, Fish and Poultry</b> Avoid lunch meats like bologna, and processed meats like sausage, bacon, and hot dogs		3-4 or less	<ul style="list-style-type: none"><li>1 oz. cooked meat or poultry</li><li>1 oz. cooked fish</li><li>1 egg ("omega 3" eggs are best) - Since eggs are high in cholesterol, limit egg yolk intake to no more than four per week</li></ul> 

Delaware Food Farmacy		Weekly Items	A	lcs lutheran community services
<b>Preferences</b>				
▶ You will be given items from this list on weeks marked "A" on the first page of the packet. Rank the options in each section based on your preferences. If you can not be provided your first choice, you will be given your second and so on.				
<b>EXAMPLE</b> Option A <u>2</u> Option B <u>1</u> Option C <u>3</u> If we have Option B in stock, we will provide you with it If we are out of Option B, we will instead give you Option A If we are out of both, we will give you Option C				
<b>Fruit</b>				
Apple _____		Oranges / Mandarin _____		
Banana _____		Blueberries _____		
Mango _____		Pears _____		
<b>Grains</b>				
Bread, whole wheat _____		Pasta, whole wheat or legume varieties (all varieties) _____		
Oats _____		Corn tortilla, soft _____		
Couscous, whole grain _____				
<b>Dairy</b>				
Milk, skim or 1% _____		Lactose free, 1% Milk _____		
Almond Milk, unsweetened, vanilla _____		Yogurt, plain, low-fat _____		
Cheddar Cheese, low-fat _____				
<b>Nuts</b>				
Almonds, no salt _____		Walnuts, no salt _____		
Peanut Butter, natural _____				
<b>Snacks</b>				
Raisins, no sugar added _____		Dried Cherries, no sugar added _____		
Dried Fruit/Nutmix, no sugar added _____				
<b>Beverages</b>				
Crystal Light, powder mix _____		Tomato & Vegetable Juice, low sodium _____		
Orange Juice, no sugar added _____				
<b>Vegetables</b>				
Broccoli _____		Cauliflower, fresh or frozen _____		
Tomato, sauce low sodium _____		Tomato, diced, canned, low-sodium _____		
Tomatoes, fresh (vine, roman, cherry, etc.) _____		Jalapenos _____		
Spinach _____		Asparagus _____		
Cabbage, Green _____		Carrots _____		
Cucumber _____		Kale _____		
Mushrooms, all varieties _____		Sweet Potatoes _____		
Squash, acorn _____				
<b>Lean Proteins</b>				
Chicken Breast _____		Chicken Breast, ground _____		
Eggs _____		Egg Whites _____		
Turkey, breast _____		Pork, tenderloin _____		
Tilapia, frozen _____		Salmon, fresh/frozen, or canned in water _____		
Tofu, firm _____		Shrimp, frozen _____		
<b>Beans &amp; Peas</b>				
Black Beans, canned, no salt _____		Black-eyed peas, canned, no salt _____		
Chick Peas, canned, no salt _____		Kidney Beans, canned, no salt _____		
Pinto Beans, canned, no salt _____		Lentils, dry _____		
Lutheran COMMUNITY Services info@lcsde.org 2809 Baynard Blvd Wilmington, DE, 19802				

Delaware Food Farmacy		Standard Items	lcs lutheran community services
<b>How much food to expect?</b>			
Food is distributed by household size. Enough is given to fill 50% of each member's food needs for the week. The amount of items per category is shown on the table to the right.			
Please note that our inventory changes from day to day. There may be times we are unable to provide an item listed.			
<b>Monthly Pantry Kit</b>			
▶ You will receive the following items once per month. Select which item you would like to receive where appropriate. If you would like to opt out of receiving an item, check the box beside it.			
<b>Oil</b> <input type="checkbox"/> I do not want this product			
Olive Oil _____		OR Canola Oil _____	
<b>Bouillon</b> <input type="checkbox"/> I do not want this product			
Chicken Bouillon, low sodium _____		OR Vegetable Bouillon, low sodium _____	
<b>Vinegar</b> <input type="checkbox"/> I do not want this product			
Red Wine Vinegar _____		OR Balsamic Vinegar _____	
<b>Canola Oil Cooking Spray</b> <input type="checkbox"/> I do not want this product			
<b>Weekly Cooking Kit</b>			
▶ You will receive the following items each week. Examples of items included can be found below.			
<b>Onion</b> i.e. yellow, sweet, white, red			
<b>Garlic</b>			
<b>Weekly Vegetable</b> Comes with recipe			
<b>Fresh Citrus</b> i.e. lemon, lime, orange			
<b>Fresh Herb</b> i.e. Basil, Parsley, Cilantro, Thyme, Rosemary			
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### Carrot Cake Muffins

#### Ingredients

- 1 cup orange juice
- 1/3 cup canola oil
- 1/2 cup apple sauce
- 2 cups all-purpose flour
- 1/2 cup rolled oats
- 3/4 cup packed brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon powdered ginger
- 1/4 teaspoon ground cloves
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup finely shredded carrots (about 2 medium carrots)
- 1/2 cup chopped walnuts or pecans (optional)



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# Why We Can't Do it Alone

- Clinical oversight
- Eligibility criteria
- Screening
- Referral pathways
- Data infrastructure
- Funding & reimbursement



**HEALTHCARE  
SECTOR**

**PATIENT**



**WELLNESS**



**COMMUNITY  
ORGANIZATIONS**

- Trust
- Access
- Procurement expertise
- Cultural relevance
- Delivery infrastructure



**Care Coordination**



# The Readiness Recipe

## 1. Core Values

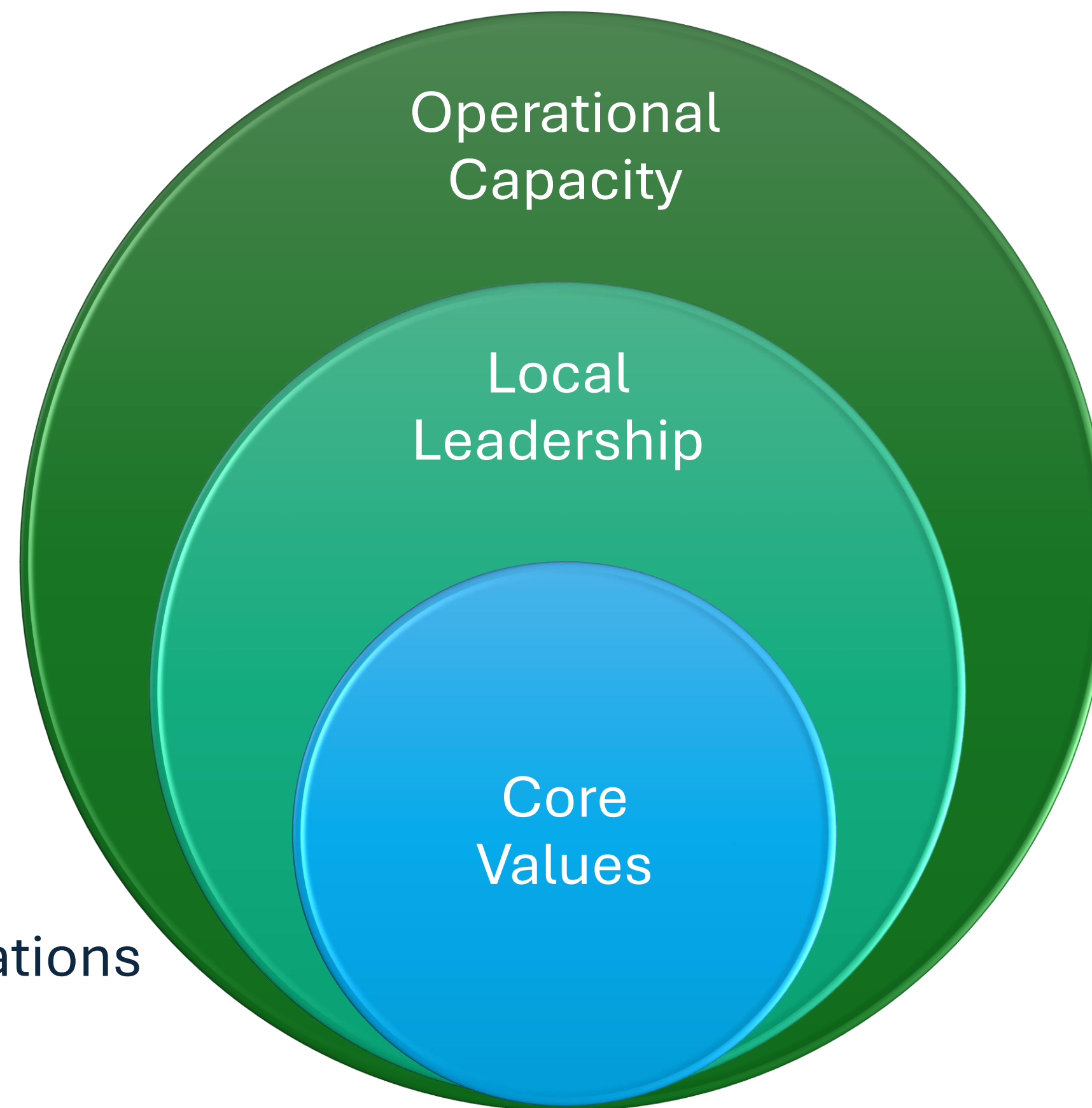
- Shared mission
- Collaborative culture
- Equity driven approach

## 2. Local Leadership

- Trusted community presence
- Willingness to drive change
- Deep local knowledge

## 3. Operational Capacity

- Experienced staff
- Adequate space & equipment
- Organized, data-informed operations
- Sustainable infrastructure







# Successful Partnership: In Action

## Alignment

- Shared vision
- Shared standards
- Shared Trust

## Integration

- Joint workflows
- Operational cadence
- Data systems

## Adaptation

- Feedback loops
- Fail fast & forward
- Nimbleness

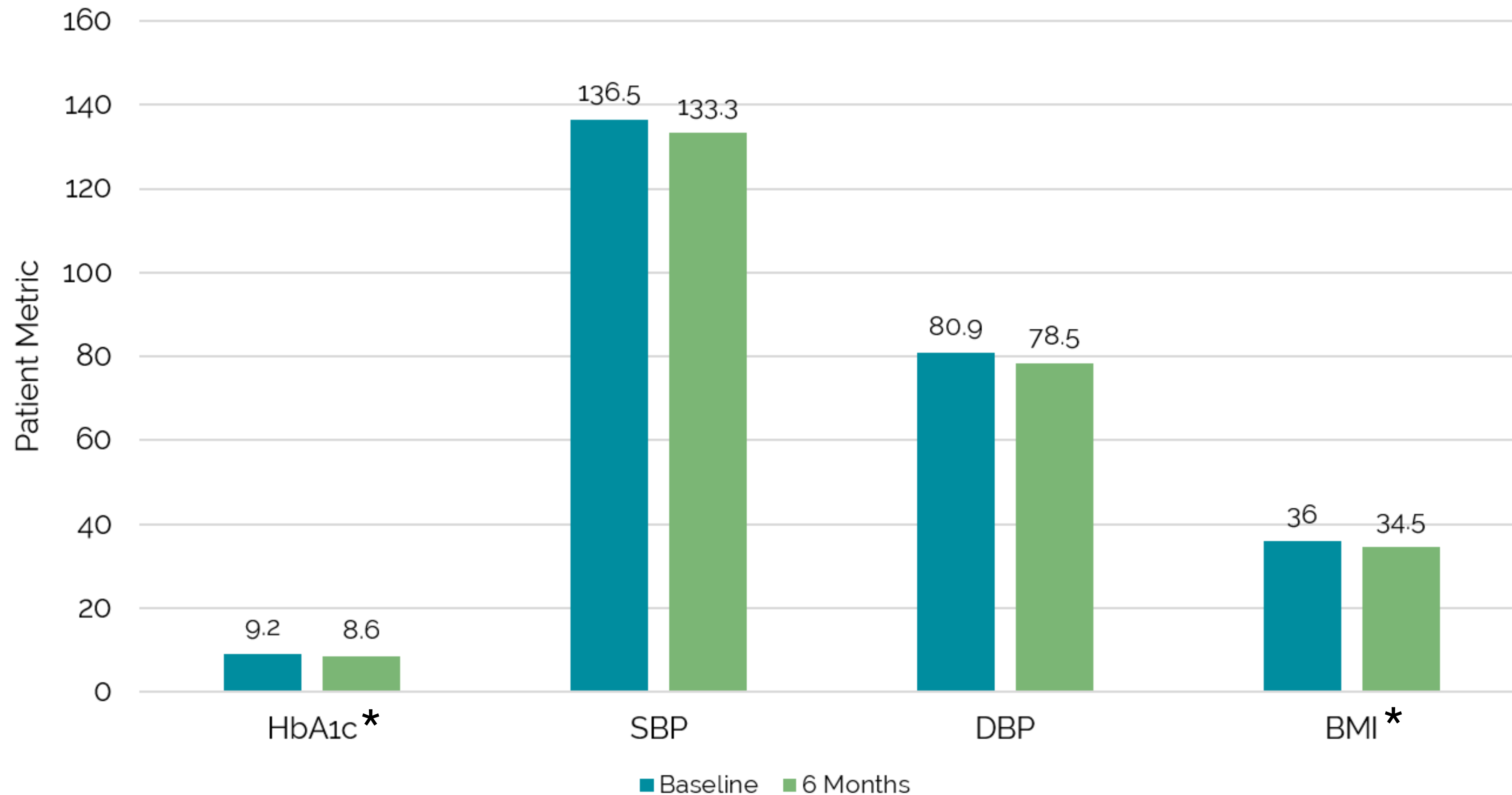
## Sustainability

- Expanded reach
- Infrastructure
- Braided funding



# DFF Preliminary Findings

One Group Pre-Test Post-Test Outcome Evaluation (N = 150)



Statistically significant decrease in HbA1c by 0.5%

SBP decreased by 3.1 mm Hg

DBP decreased by 2.3 mm Hg

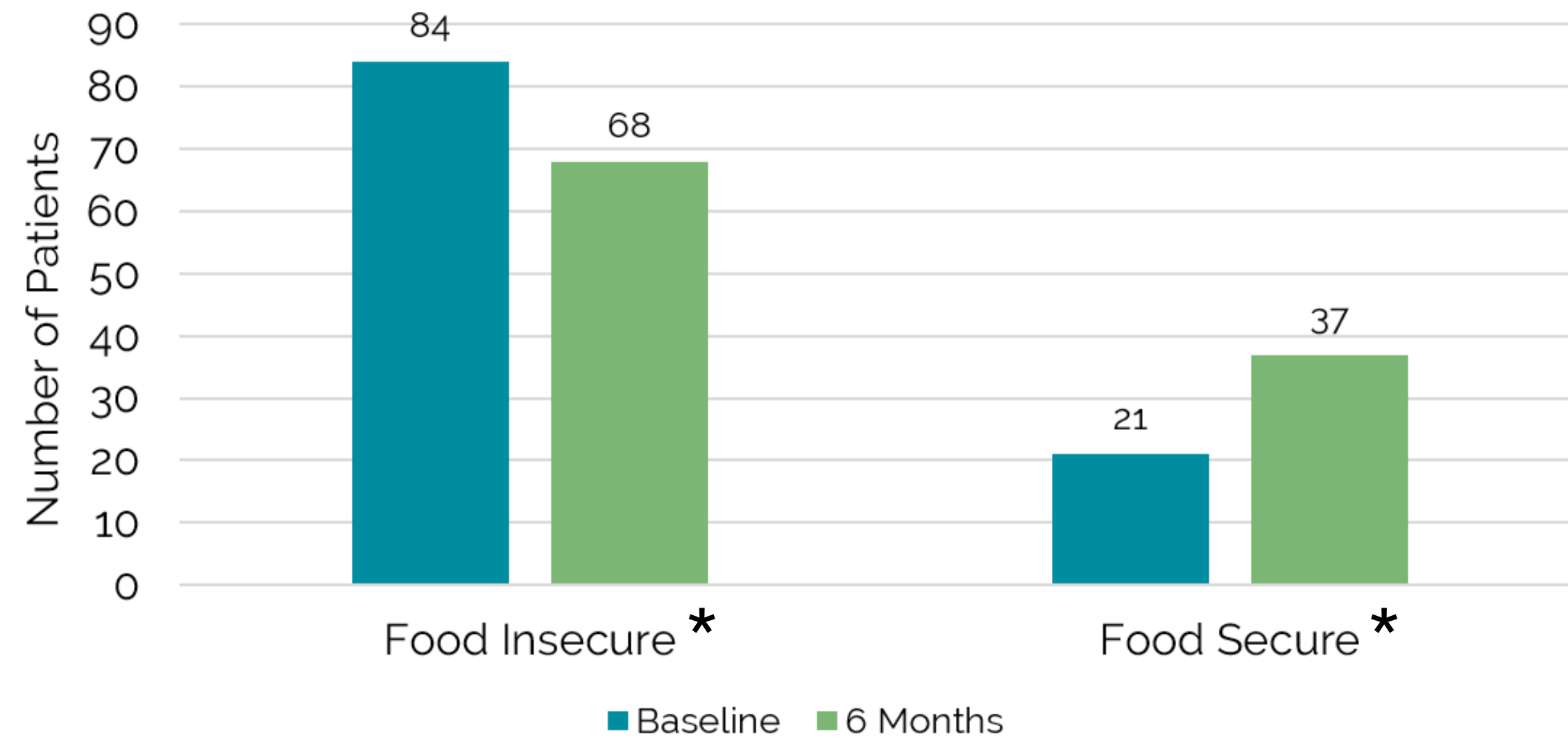
Statistically significant decrease in BMI by 1.5kg/m<sup>2</sup>

- 55% of patients lost weight with a mean weight loss of 15.3 lbs



# DFF Preliminary Findings

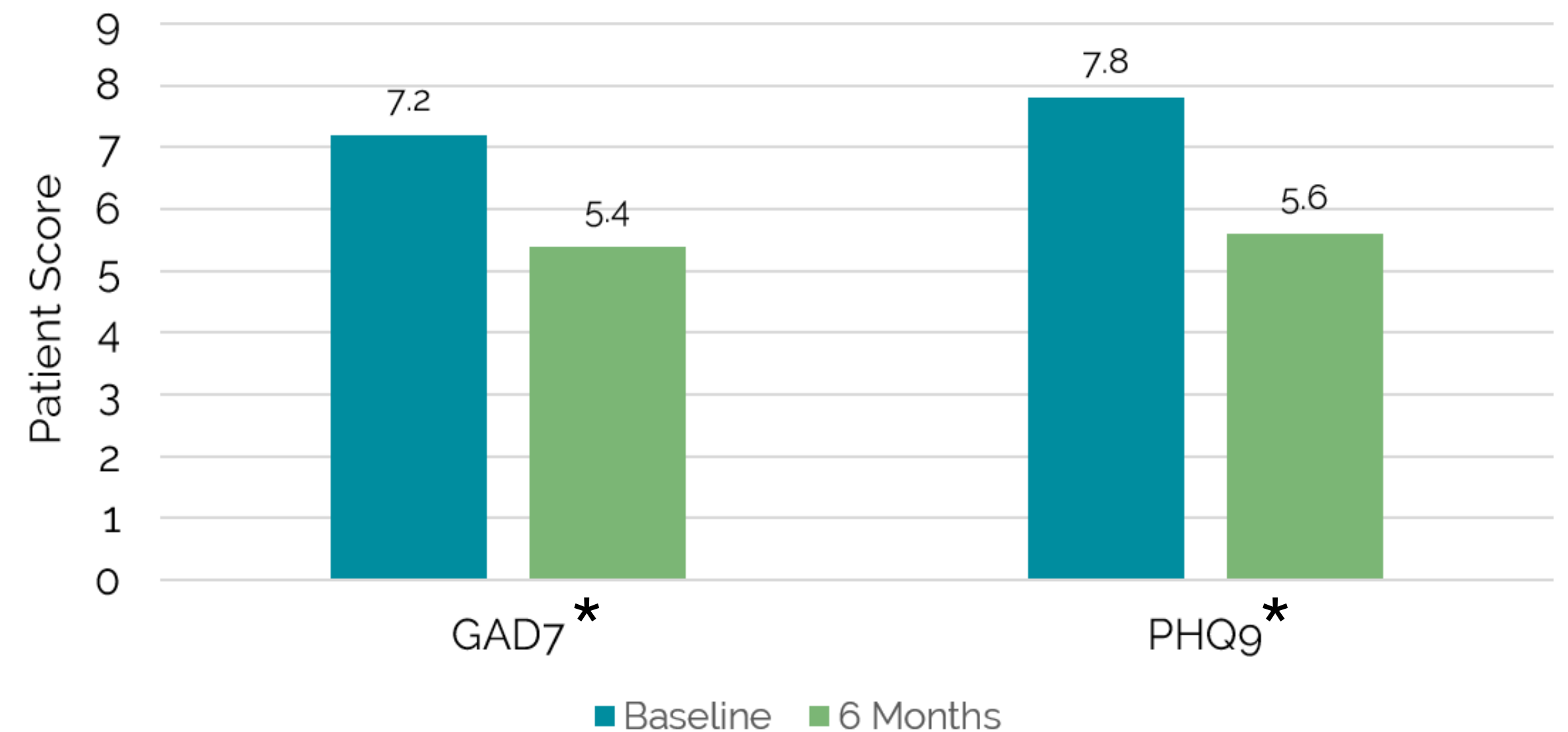
One Group Pre-Test Post-Test Outcome Evaluation (N = 150)



Statistically significant decrease in the number of DFF patients experiencing food insecurity at baseline and at 6 months

Statistically significant decrease in GAD7 scores by 1.8 points

Statistically significant decrease in PHQ9 scores by 2.2 points





# From Primary Care to Women's Health

## 6 to 8 month Medically Tailored Groceries

### An evidence-based intervention:

#### *The Mediterranean Diet*

- Associated with improved dietary behaviors
- Associated with a decrease in preterm birth (17%), growth restriction (42%), and preeclampsia (35%)

#### *Community Health Worker Model*

- Associated with improved CAHPS/HCAHPS, chronic disease management, health outcomes, hospital utilization, and cost savings per person





# Patient Testimonials



## Access

"I have the ability to be able to feed my family without stressing if we would have enough to eat."

## Expertise

"I appreciate the assistance provided by the healthcare professional, who ensured that I received all the necessary information. Furthermore, I gained valuable knowledge regarding healthier dietary choices and improved eating habits."

## Choice

"Really helped cut down on weekly grocery bill and make better food choices."

## Education

"Very helpful to my pregnancy and my health. I love this program; it also taught me how to cook healthier for my pregnancy that will forever stick to me."

## Opportunity

"The program offered the opportunity to try foods that I typically would not get; Consistent grocery deliveries; Opportunities the program offers. Overall, a good program!"

## Future

"I hope this program gets off the ground and takes off and more people get the food that many people are not able to get. I love hearing that this might be something possible for many other moms in the future."

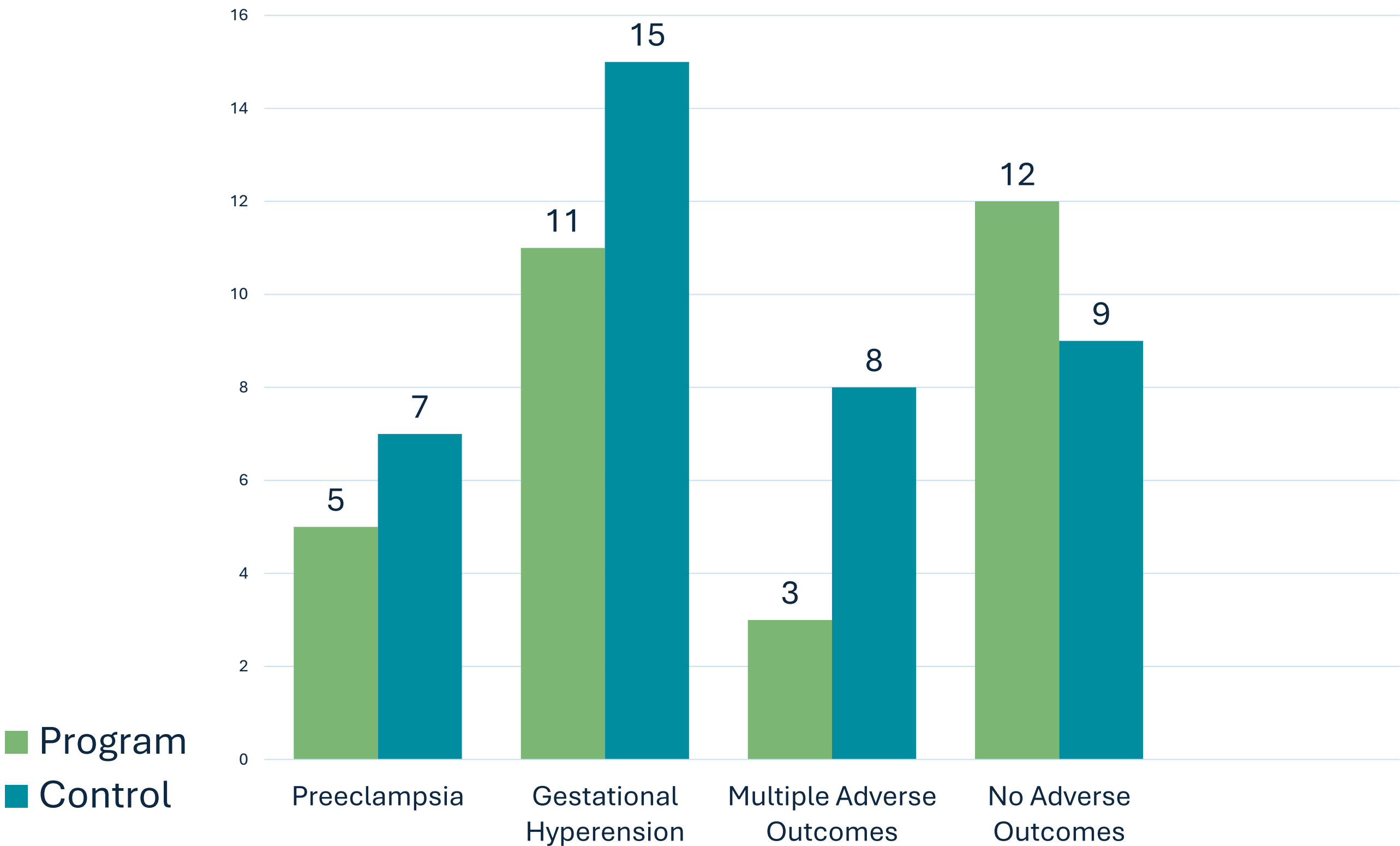


# Preliminary Outcomes

March 2025

Childbirth Outcomes (N=74)		
	Full –Term	Pre-Term
Program (n = 38)	34 (89%)	4 (11%)
Control (n= 36)	28 (77%)	8 (22%)

Maternal Health Outcomes







# Strong Partnership Takeaways



**Start with Why:** Shared purpose unlocks alignment



**Own Your Readiness:** Understand what's in reach, what's not, spot what's missing and take steps to close the gaps



**Be Clear About the Complexity:** Acknowledge the layers – clinical, operational, and community realities all intersect with FIM



**Design for Sustainability:** Build beyond the pilot –have intentional systems in place and the data needed to show outcomes and impact from the start



A top-down view of various fresh ingredients arranged on a dark grey, textured surface. In the center, two large, vibrant orange salmon fillets with white marbling are laid out on a piece of white parchment paper. Surrounding the salmon are numerous other items: a whole head of green cabbage at the top; a small white bowl of yellow oil at the top right; several green Brussels sprouts to the right; a halved red grapefruit showing its juicy segments at the far right; a small white bowl of red and white quinoa to the right of the Brussels sprouts; a wooden bowl of white beans with black eyes at the bottom right; a halved avocado with a large brown pit next to it; a walnut and a cracked walnut shell at the bottom right; a small white bowl of green peas at the bottom left; a bowl of blueberries to the left of the salmon; a bowl of brown lentils or grains above the blueberries; a bowl of yellow powder (possibly turmeric) at the top left; a head of broccoli and some florets to the left of the salmon; and a few chestnuts at the bottom left. The overall composition is a rich, colorful array of healthy food options.

*Partners in Health United by Food*

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