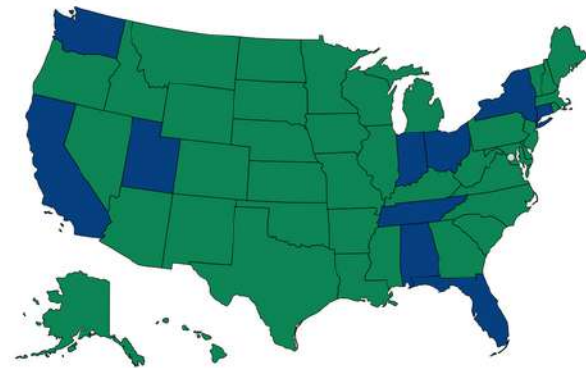


# Food as Medicine Grant Report 2024

## Background

The "Food as Medicine" grant program, funded by the McKesson Foundation, provided \$20,000 to each participating free and charitable clinic to address food insecurity as a vital component of healthcare. The program supports clinics in expanding food distribution, offering nutrition education, and providing mental health services to food-insecure patients. By integrating these services, the initiative helps prevent and manage chronic diseases, particularly in underserved communities. Clinics also implemented innovative solutions, such as financial support for healthy food purchases and combining nutrition education with physical activity and wellness outreach, fostering healthier, more resilient communities.



## Awardees

- Anne Kastor Brooklyn Free Clinic - Brooklyn, New York
- Caridad Center - Boynton Beach, Florida
- Grace Clinic - Kennewick, Washington
- LifeSpring Community Health - Chattanooga, Tennessee
- Matthew 25 - Fort Wayne, Indiana
- Midvale Community Building Community (CBC), Inc. - Midvale, Utah
- Physicians CareConnection - Columbus, Ohio
- University of South Alabama Student Run Free Clinic (SACAA) - Mobile, AL
- Clinic by the Bay - San Francisco, California
- HAVEN Free Clinic - New Haven, Connecticut

## Results

The "Food as Medicine" grant from the McKesson Foundation has empowered free and charitable clinics to tackle food insecurity and improve health outcomes through \$20,000 grants to help them implement or expand food security programs and screenings. The clinic stories speak for themselves.

**Midvale Community Building Community** became a certified food pantry, increasing its food distribution capacity by 46% and providing over 329,300 pounds of food to more than 8,000 individuals. CBC also offered 17 nutrition classes, expanded mental health services by adding five staff members, and reached over 2,500 clients through mass texting and revamped social media platforms. **HAVEN Free Clinic** used the grant to create a two-pronged program combining financial support for healthy food purchases with diet and exercise counseling, addressing both food insecurity and chronic disease prevention for its vulnerable patients, as well as collaborating with 4-CT to provide essential financial support, enabling patients to select healthier foods. **Matthew 25's** Community Farmacy program showed remarkable outcomes, with participants seeing reductions in A1C, cholesterol, and BMI, as well as improvements in physical activity and quality of life. Of special note, **HAVEN Free Clinic's** average food insecurity score went from 4.28% to 3.35% due to this program, and 31.1% of **LifeSpring Community Health's** patients improved their scores as well.

Clinics collectively reached thousands of community members through wellness fairs, mass outreach, and digital platforms, demonstrating the profound impact of the "Food as Medicine" initiative on both food insecurity and health education.

## By the Numbers

- The project reached **12,391 patients** through **10 Free and Charitable Clinics**.
- **2,164 food referrals** were provided to underserved patients.
- **24,654 lives** were touched through the program. This includes patients, providers, staff, volunteers and patient family members.

