



'Food as Medicine' Checklist

1. Assess Your Community's Needs

- Identify common health conditions impacted by nutrition (e.g., diabetes, heart disease)
- Talk to local healthcare providers, volunteers, and families

2. Build Strategic Partnerships

- Partner with local farms and food suppliers
- Connect with hospitals and health departments
- Identify nutrition experts (dietitians, chefs, volunteers)

3. Explore Funding Opportunities

- Apply for USDA grants and CDC health equity grants
- Contact local foundations and health-focused donors
- Launch a crowdfunding campaign with compelling stories

4. Design a Sustainable Model

- Choose between mobile produce deliveries, pantry-style markets, or prescription-style programs
- Develop culturally relevant meal plans

5. Measure Impact and Share Results

- Collect patient stories, data, and statistics
- Use data to appeal to funders and expand programming
- Maintain transparency with stakeholders and donors

6. Engage the Community

- Train volunteers as nutrition advocates
- Host cooking classes or nutrition workshops
- Share success stories to inspire others