



Mission

Our mission is to gather, learn and grow in our gardens and schools.

Project Name

Food Farmacy: Fresh Local Produce for Food Security and Medically Prescribed Healthy Diets

Community Need

There are approximately 4,300 residents of Summit County who need support from a food security program, of whom 1,200 are children. The population impacted by these preventable conditions are integral members of our community. Both adults and children with health conditions have been proven to benefit from diets high in fresh produce, but as patients, many do not have access to these healthy foods due to income, language, and/or education constraints. Children who experience food insecurity have a higher risk for developing chronic health problems such as obesity, eating disorders, depression, and anxiety. Further exacerbating children's ability to thrive, juvenile diabetes cases are on the rise. Women are often the primary caretakers for children, to include family meal-planning, making an invaluable contribution to their household. Women will directly benefit from increased access to foods that are rich in essential vitamins and minerals, helping to ensure that their children are getting the nutrition they need to develop, grow, and stay healthy.

Project Overview

Food Farmacy empowers consumers to make and have access to healthy choices by leveraging food as medicine. SCG-EATS and its project partners (Christian Center, CCPC; People's Health Clinic, PHC; and Summit County Health Department, SCHD) developed Food Farmacy to help stabilize the crises in the lives of people facing food hardship by meeting their basic critical needs, while also providing them with long-term solutions needed to maintain good health. Via PHC, food prescriptions will be provided to patients with diabetes, heart disease, and other health conditions for which increased produce consumption has proven medical benefits. The prescription can be redeemed YEAR-ROUND at our garden, CCPC, PHC, and the mobile food pantry and will contain access to extra allowances of vegetables, fruits, whole grains, dairy, and protein. This project is high impact for women and children because Food Farmacy intentionally visits the clinic on Wednesdays - the day that is devoted to women's health - with over 40 women seen in clinic that day.

Impact

Food Farmacy offers immediate, life-changing, and lasting impact by centering the importance of nutritional intake to support everyday activities and lifelong health benefits. SCG-EATS measures short term success by delivering nutritionally dense supplemental meals to women and children. Long-term success is defined by changing habits with reinforced nutritional knowledge. SCG-EATS aims to serve 2,000 eligible women and children in 2023/2024 and intends to increase the quantity and variety of fresh produce offered; number of healthy recipes provided; and amount of educational material delivered. Post grant, SCG-EATS we will spread awareness about food insecurity and advocate for policies that address this issue and ensure that food projects like this one have the resources they need to support their communities.

Budget

| Line Item | TOTAL |
|----------------------|-----------------|
| Labor | \$24,000 |
| Food | \$20,000 |
| Equipment | \$2,900 |
| Supplies | \$2,750 |
| Transportation | \$750 |
| Printed Materials | \$1,120 |
| Communications | \$480 |
| Capital Improvements | \$8,000 |
| TOTAL | \$60,000 |

The basis of costs and estimates used throughout this proposal is SCG-EATS' experience providing food security and nutrition education services to the community over the past seven (7) years. Costs are based on historical data gathered over the trailing six (6) months, currently available information, and prevailing conditions in the market.