

Actions Employers Can Take to Promote Food as Medicine

- **Include Food as Medicine in Benefits:** Cover medically tailored meals for high-risk employees, offer produce prescriptions or subsidies for fruits and vegetables, and ensure access to registered dietitians and nutritional counseling
- **Support Community Based Programs:** Partner with food banks, farms, and/or nonprofits to improve access to healthy food, and collaborate with organizations offering culturally relevant food programs
- **Enhance Wellness Programs with Nutrition:** Offer cooking classes and nutrition education, provide healthy snacks and meals at work, promote community supported agriculture and/or farmer's market incentives
- **Screen for Food Insecurity:** Encourage screening tools like Hunger Vital Sign via health plans or clinics and integrate food access into social determinants of health strategies
- **Leverage Data to Target Support:** Use claims data to identify employees with diet-related conditions and evaluate cost savings from food-based interventions
- **Advocate for Policy and Plan Innovation:** Engage with your carrier and pharmacy benefits manager to pilot a food as medicine model

