



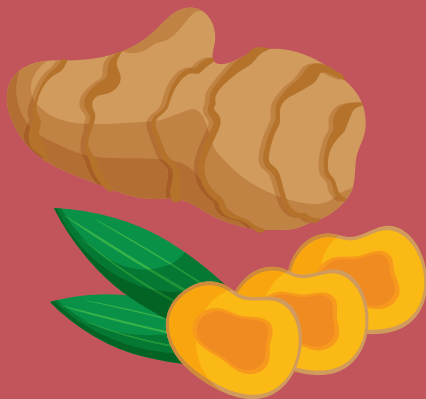
FOOD



IS



MEDICINE



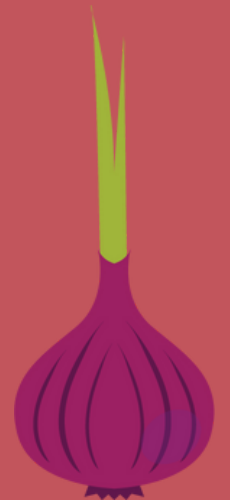
Definition:

Food is Medicine (FIM) programs use **healthy, food-based** interventions to help prevent, manage, and treat chronic diet-related diseases.



FIM in healthcare

Integrating nutrition into healthcare means doctors could **prescribe fruits and vegetables** or **healthy meals** as easily as other medications and reduce the need for expensive and invasive health services, like visits to the ER or hospital admissions.



It can also bring down the giant costs of healthcare.

Application of FIM

FIM highlights several different approaches for improving diet.

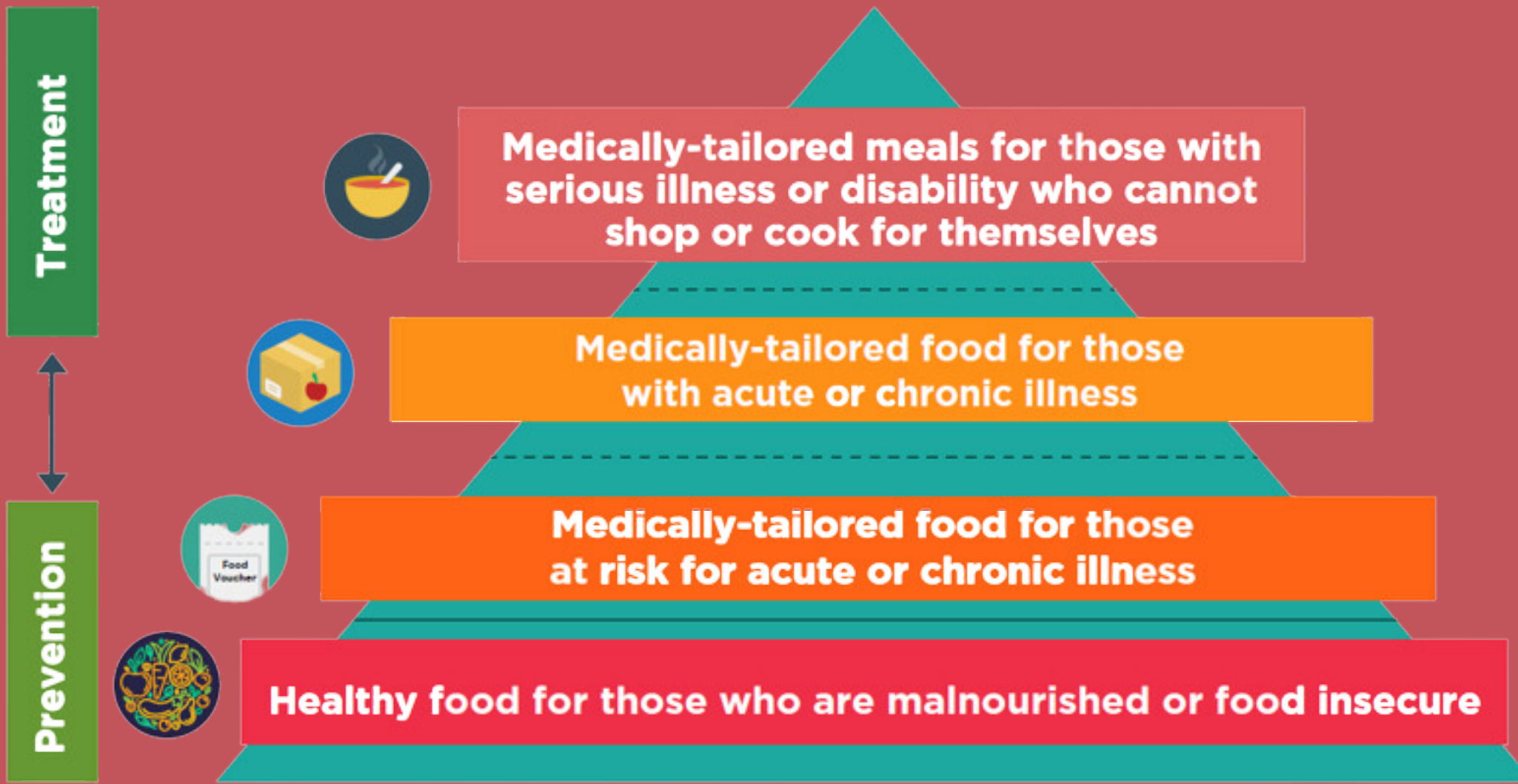
Medically Tailored Groceries

Participants receive **nutritional counseling** to help them **shop for food**. It's appropriate for a broader range of patients—those with diet related chronic and acute conditions but who can cook and prepare food at home.



Medically Tailored Meals

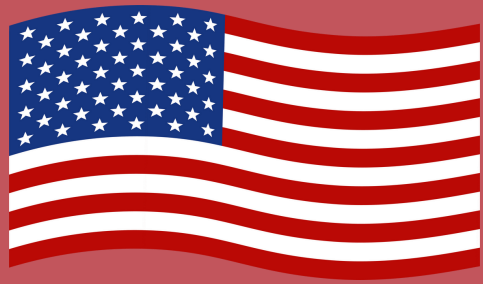
Meal plans are **tailored** to individuals living with severe illness by a Registered Dietitian or Nutritionist, and are designed to improve health outcomes, lower the cost of care and increase patient satisfaction.



Future Needs

Prescribing food can be more complicated than prescribing a pill. Widespread uptake of Food is Medicine approaches will require **training health professionals** on the appropriateness and use of these interventions.





Food is Medicine in the US

Under the Biden-Harris administration, a total of **\$8 billion** in the private- and public sectors was dedicated to initiatives aimed at addressing access to and affordability of healthy foods, as well as programs to support better integration of nutrition and health and to empower US consumers to make healthy food choices.

Food is Medicine in Europe



Initiatives in Europe are **under-funded, under-implemented** and **under-researched**.

We need more traction, education and awareness on FIM in Europe.

With the convergence of public and private initiatives in the US promoting the centrality of food and diet to prevent and treat disease, the **time is ripe** for research and practical applications of FIM in the European healthcare system.

We are on a mission to spread awareness amongst **health professionals** about the connexion between **soil-human health**.

Join us in our mission!



Coalition of Health Professionals
for Regenerative Agriculture