

Views From the Field

Stories from Clinics
& Food Banks



Sunflower Foundation



Heartland Community Health Center



Overview

TARGET POPULATION

Heartland patients with a diagnosis of either pre-diabetes or Type 2 diabetes with a comorbidity of depression.

LENGTH OF INTERVENTION

A total of 30 patients will undergo a 6-12 month intervention.

IMPLEMENTATION STRATEGIES

- Food is Medicine Enrollment Kit
- Medically Tailored Meal Kits - Healthy Plate Method
- Group Classes
 - "Gut and Mental Health Connections"
 - "Designing the Diabetic Plate"
 - "Reading Nutrition Labels For Health"

EARLY WINS

Positive feedback from class participants; building relationships with patients has a positive impact on provider relationship and motivation for lifestyle changes

Effective referral workflow from Care Teams to Care Cupboard Coordinator

New partnership with Free From Market, for supplemental food options to increase variety & collaboration with community partners and local growers

LESSONS LEARNED

Importance of having different options for tracking patient progress to provide feedback:

- Veggie Meter
- Continuous Glucose Monitoring (CGM)

Standardizing class curriculum & organizing patients into cohorts to partake in classes with peers

Identifying barriers to medically tailored meal kit distribution:

- Accessibility to the pantry for distribution during pantry hours (9-5 M-F) to accommodate participants schedules vs by appointment only

CHALLENGES

Staffing and provider time to focus on program promotion and patient education

Finding adequate space for group classes

Opportunity to provide 1:1 coaching and instruction for participants who face certain barriers

Heartland Care Cupboard

Group Cooking Class: How to Make Hummus



Harvesters' Nutritionist-Led Class

"Knowing if a patient is experiencing [food insecurity] we now have a program to refer them. Even if they aren't experiencing food insecurity, but are struggling with managing their diabetes and what to eat/cook, to have this program to refer patients has been a special resource. Patients are feeling like they are being heard and it's become a positive outlet for them." - **Behavioral Health Therapist, Alex Rodenbeek**

Genesis Family Health



Overview

TARGET POPULATION

Genesis patients with a diagnosis of diabetes and positive screening for food insecurity.

LENGTH OF INTERVENTION

30 patients have been identified by a provider champion and will participate in the program for 6-12 months.

IMPLEMENTATION STRATEGIES

- Community Health Worker Model
- Strategies are to be determined
 - Peer learning by shadowing another clinic

EARLY WINS

Physician participation and buy-in

- Two physician champions have been identified
- One has already identified 30 patients for referral

New food pantry space has been identified and has already begun to receive donations

Commercial-size refrigerator to store fresh produce has been purchased and delivered

LESSONS LEARNED

Importance of community-oriented programming:

- Variety of languages and cultural differences

Time and work necessary for preparation

- CHW certification in diabetes education & nutrition

CHALLENGES

Obtaining adequate credentials for staff to be involved in Food is Medicine program

Relocation of clinic to new building

- Layout and space plans yet to be finalized

Balancing current versus upcoming needs



Community Health Center of Southeast Kansas



Overview

TARGET POPULATION

CHCSEK patients with a clinical diagnosis of diabetes and an A1C greater than 9%.

LENGTH OF INTERVENTION

3 cohorts of 10-15 patients and their families will participate in the program for 12-13 weeks.

IMPLEMENTATION STRATEGIES

- Welcome Kit with Kitchen & Pantry Basics
- Weekly Medically-Tailored Groceries
- Weekly Check-In Calls with Diabetic Health Coach
- Diabetic Education Classes
- SNAP-Ed Classes
- Dietitian Visits

EARLY WINS

LESSONS LEARNED

CHALLENGES

Awarded GusNIP Produce Prescription grant, allowing expansion of FIM initiatives

Evaluation of the program thus far shows need for a Food Procurement Officer

Coordinating workflow among all departments in a large healthcare system

- ex: Billing Department

MOU in place to strengthen relationship with SNAP-Ed

SNAP-Ed fits some but not all of Food is Medicine needs

Finding adequate space to store the food

Improvement in food options for medically-tailored groceries

- Frozen vegetables!

Onboarding and orientation of new staff to the FIM program



Hoxie Medical Clinic



Overview

TARGET POPULATION

Hoxie patients with a clinical diagnosis of diabetes.

LENGTH OF INTERVENTION

A total of 16 patients will undergo a 12-month intervention with three separate phases.

IMPLEMENTATION STRATEGIES

- Biweekly Prepared Frozen Meals (3 months)
- Biweekly Meal Kits (3 months)
- Food Vouchers (6 months)
- Weekly Check-In Calls
- Cooking Classes & Peer Support Group
- Targeted Support to Local Pantries

EARLY WINS

Robust partnerships with local entities

- The Elephant Bar & Bistro
- Food Pantries & Public Health Departments

LESSONS LEARNED

Flexibility with the program is key for supporting the patients and clinic staff

Collaboration with community partners is a powerful support tool

CHALLENGES

Shifting strategies with single-person households that don't want to necessarily cook an entire meal

Identifying a meal kit organization that would be a good fit for the program

Provider collaboration and active participation in the Food is Medicine program

Limitations of volunteer-led pantries in rural areas

Health Ministries Clinic

HMC is currently in the transition period between the planning and implementation phases, with an understanding of the broad direction in which they will continue.

Key components and strategies that have been determined include:

Targeting Patients with Diabetes

Key Partnerships with Local Entities

- Local nonprofit, The Porch, will store food and possibly aid in distribution

Physician Champion-Led Cooking Classes



HMC Med Kitchen



HMC's cooking classes utilize a holistic approach to health in order to inspire a love for cooking and healthy foods in their patients.

Students are pre-identified patients with diabetes, and are allowed to bring a guest of their choice, many electing to bring a spouse or child.

These courses, which emphasize cost-effectiveness, are a great way to build trust and develop connections between provider and patient.



HealthCore Clinic



Overview

TARGET POPULATION

HealthCore patients with an A1C level greater than or equal to 9%.

LENGTH OF INTERVENTION

4 cohorts of patients will undergo 3 months of intervention, ultimately totaling 12 months.

IMPLEMENTATION STRATEGIES

- Weekly Food Boxes
- Diabetes Education Courses
- Monthly Primary Care Provider Visits
- SNAP-Ed Cooking Courses

EARLY WINS

LESSONS LEARNED

CHALLENGES

Standardization of Diabetes Education Trainings

Necessity of clinic engagement with patients for active participation

Coordinating several moving pieces to make one effective & cohesive program that works for the patient

Accessibility of Food is Medicine materials to Spanish-speaking population

Allocating staff time & integrating the FIM process to existing job duties

Promising early A1C reductions

- Patient Success Stories

Logistical issues with successful & consistent weekly food delivery to patients



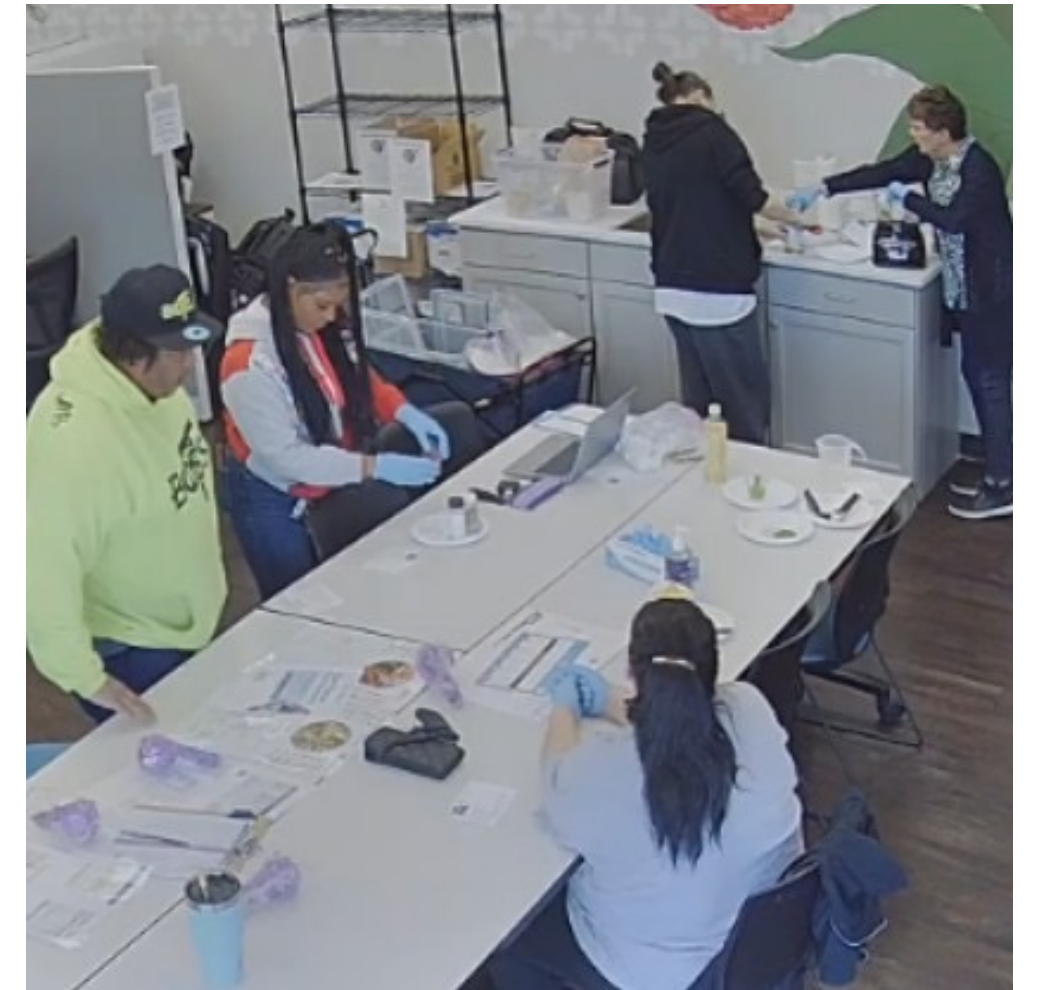
Food is Medicine Welcome Kit



Supplemental Weekly Food Box Example



SNAP-Ed Cooking Course with Food Pantry Items



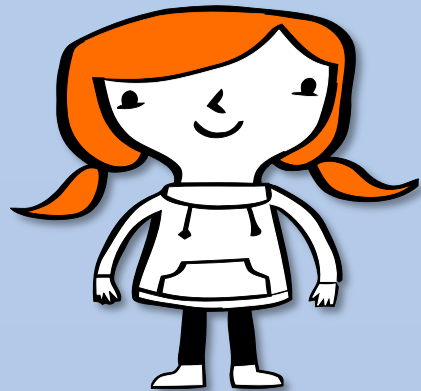


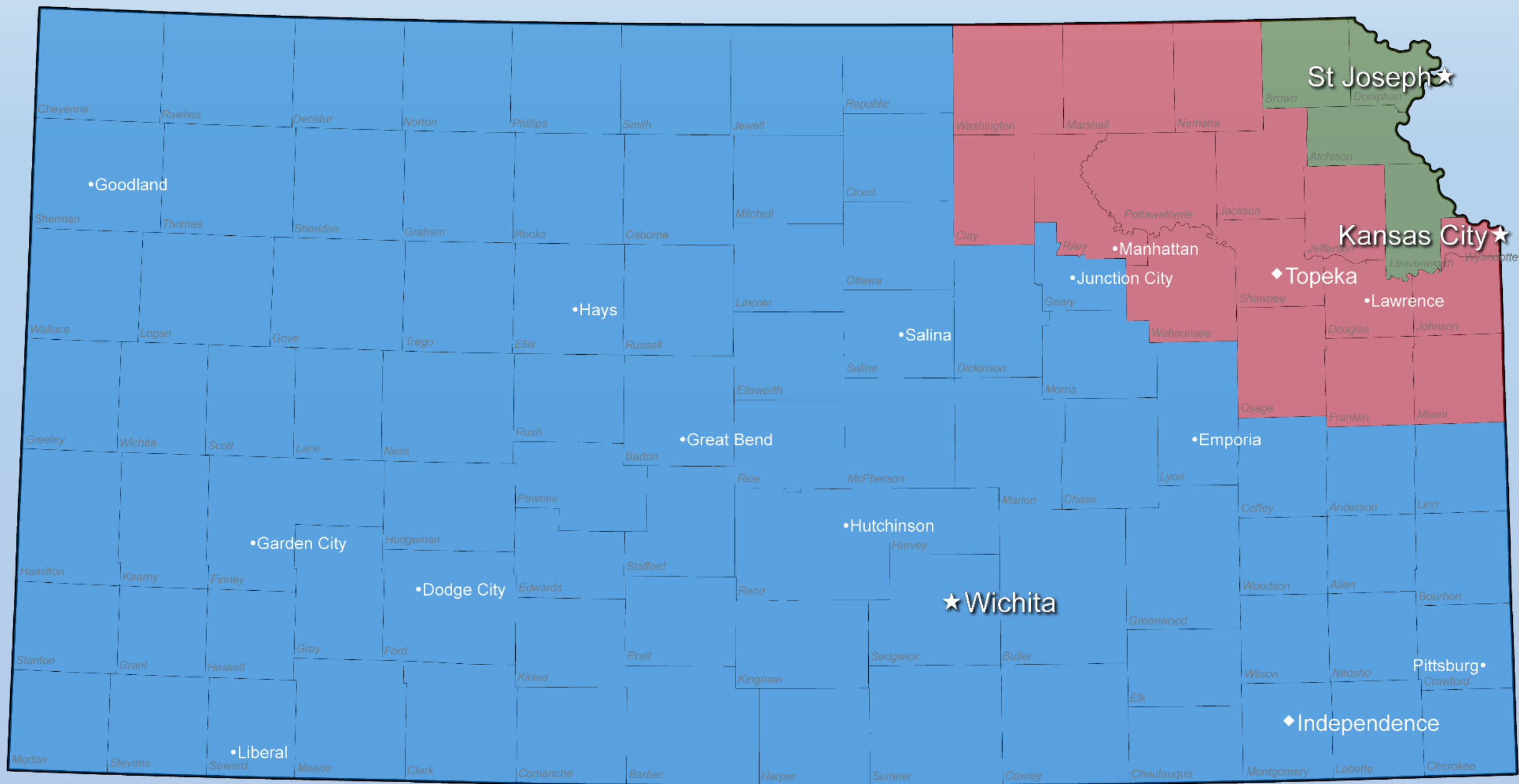
Kansas Food Bank

Food is Medicine

Because No Kansan Should be Hungry.

Craig Hubbard
Food Security Coordinator
March 31, 2021





State of Kansas - Food Bank Service Areas

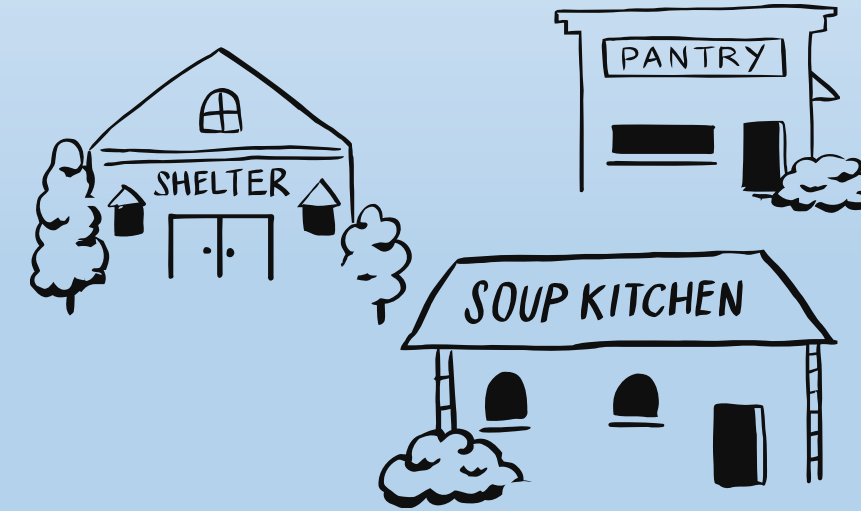
The Kansas Food Bank based in Wichita, Harvesters Community Food Network based in Kansas City, Mo., and Second Harvest Community Food Bank based in St. Joseph, Mo., are all member food banks of Feeding America, the national network of food banks. Each provide services to hundreds of member agencies across the state of Kansas, including: food pantries, soup kitchens, homeless shelters, domestic violence shelters, schools, and many others who are all engaged in providing help and bringing hope to our fellow Kansans who find themselves in need.

★ Home City ♦ Satellite Location • Major City

Updated: 2/11/13 Kansas Food Bank



Our Programs



- **205 'Traditional' Partner Agencies**
 - Food Pantries, Soup Kitchens, Shelters, etc.
- **371 Food 4 Kids Schools**
 - 5,753 kids
- **37 Children's Summer Food Programs**
- **61 Senior Box Programs**
- **31 Mobile Pantries**
- **5 Food is Medicine Partners**



Food is Medicine

- **Challenges**
 - What food to offer?
 - Frozen
 - Fresh
 - Better variety
 - Logistics
 - Location
 - Delivery
 - Timing
 - Clinic readiness
 - Food orders





Questions

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Food Security Coordinator

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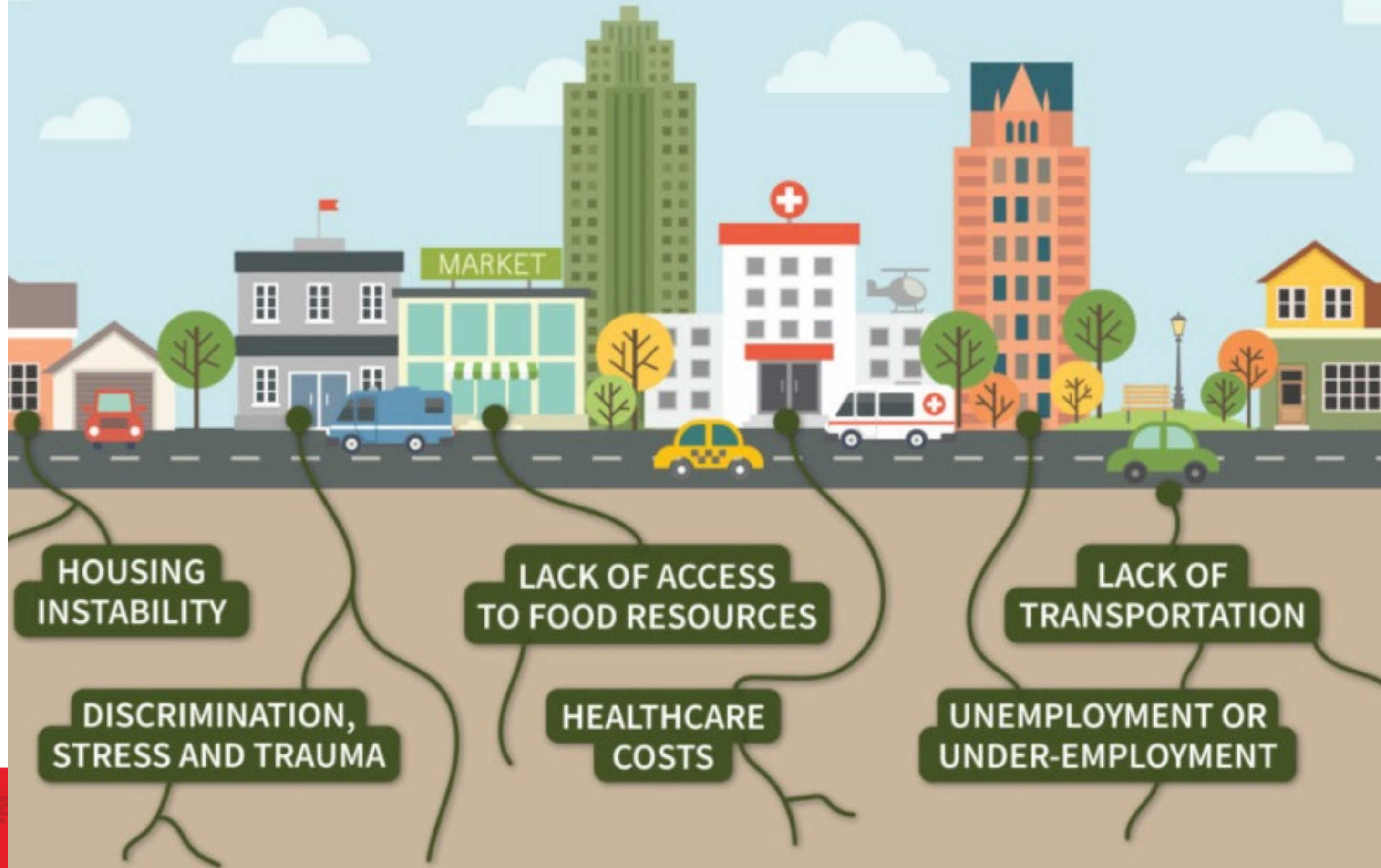


Helping People with More than Food

Harvesters' Food+ focus recognizes that ending hunger involves more than food. We understand creating a "healthy & thriving community where no one is hungry" also involves working in collaboration with others to address issues that often cause our neighbors to experience food insecurity.



ROOT CAUSES OF FOOD INSECURITY





Integrates food into
healthcare settings to
promote disease prevention
and management.



Removes the burden of food
costs for people seeking
skills development.



Builds a bridge from free to
accessible food by
increasing access and
affordability in food deserts.




HARVESTERS
COMMUNITY FOOD NETWORK

Food + Healthcare

- Screen and Intervene
 - Referral Platforms
- Healthy Pantry Staples Kits
 - Pre-packed boxes



Rx 

NUTRITION PRESCRIPTION:

PATIENT: _____


COMMENTS: _____ DATE: _____

Hunger is a health issue. Harvesters can help!

To find a food pantry, meal site or mobile food distribution near you, visit www.harvesters.org. Click on "Get Help" and enter your zip code. Or call toll-free at 877-653-9519.

To speak with someone about SNAP (food stamps), call toll-free 877-653-9522, or email SNAP@harvesters.org.

For assistance with other needs, like housing and utilities, please call 211 or visit www.211.org.

 **HARVESTERS**
COMMUNITY FOOD NETWORK

3801 Topping Avenue, Kansas City, MO 64129
215 SE Quincy, Topeka, KS 66603

This institution is an equal opportunity provider.



Food + Healthcare

- Pop-up Produce Distribution
- Nutrition Nudges
- Prescriptive Pantry



HARVESTERS
COMMUNITY FOOD NETWORK

Challenges and Opportunities

- Cultivation of deep partnerships for impact work takes time and careful consideration
- Metrics and outcomes
 - Long-term work
 - Healthy food is only one component to complex issues and multi-faceted solutions
 - Success will look different in each unique field, and perhaps with each unique partner
- Partner readiness and capacity
- Healthy food sourcing
- Help others understand this work in connection to the mission of ending hunger



HARVESTERS
COMMUNITY FOOD NETWORK



Check out the [new Food+ webpage](#)
for more information and partner videos!



Thank you!



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