Supported across multiple sectors, the growing food as medicine movement recognizes the complexity in accessing healthful food and nutrition education needed to prevent, treat, or intervene individual and population health issues. Food as medicine programs provide nutritious, often medically tailored, food to improve individuals’ health. Studies show that these programs reduce healthcare utilization and costs, increase vegetable consumption, and improve health.

In Summer 2019, the DC Food Policy Council examined the current food as medicine programs in the District, researched best practices across the country, and considered opportunities for enhanced integration of food as medicine programs within the health care system.

### DC Programs

**Medically Tailored Meals Programs**
Home-delivered meals tailored to dietary needs of specific illnesses
*Food & Friends, Mom’s Meals*

**Medically Tailored Food Programs**
Food or groceries tailored to specific illnesses; sometimes home-delivered
*Food & Friends’ Groceries-to-Go*

**Produce Prescriptions Programs**
Vouchers for fresh produce prescribed to address diet-related illnesses
*DC Greens’ Produce Rx*

**Population-Level Healthy Food Programs**
Combining food access and health care initiatives for all food-insecure individuals, regardless of health status
*DC Central Kitchen’s Healthy Corners*

### Sources
Opportunities in DC

If you know of other food as medicine programs or organizations not included here, please email dcfoodpolicy@dc.gov. Learn more about DC Food Policy Council at dcfoodpolicy.org.