TEACHING KITCHENS FOR IMPROVED HEALTH OUTCOMES

FOODSHARE
feeding a need in our community.

School of Medicine Columbia UNIVERSITY OF SOUTH CAROLINA
FRESH FOOD BOX PROGRAM DETAILS

The Fresh Food Box is filled with 9-11 varieties of top quality fruits and vegetables. Typically you’ll find:

- 1 Leafy Green Vegetable - Greens (Collard, Mustard, Turnip), Kale, Lettuce (any variety), or Spinach
- 1 Onion Variety
- 3 Fruit Varieties - Bananas, Apples, and Oranges are the most consistently available
- 1 Starchy Vegetable - Potatoes, Corn, or Turnips
- 6 other varieties of fruits and vegetables based on price

**RECIPE CARD**
STATE-WIDE IMPACT IN 2022

Over 76,000 Fresh Food Boxes
Nearly 18,000 Participants
THE BIG PICTURE
PARTNERSHIPS & SUPPORT

Expansion + Support Grants
- Center for Rural and Primary Healthcare
- Sisters of Charity
- Central Carolina Community Foundation
- South Carolina Office of Rural Health

Member Hub Special Projects
- SNAP Ed Assistance with State wide campaign
- No Kid Hungry - Share our Strength
- Center for Disease Control Special Funding
  - BRIC (Building Resilient and Inclusive Communities)
  - HOP (High Obesity Project)

Columbia Special Projects
- American Heart Association
- PASOs + Accountable Communities
- Veggie Vouchers + Prisma Health Children’s Hospital Outpatient Center
CULINARY MEDICINE

FOOD IS MEDICINE PROGRAMS

Veggie Rx
Culinary Medicine
Opportunities to Collaborate

FoodShare South Carolina
VeggieRx is a produce prescription program designed to increase the intake of fresh produce for patients with diet-related diseases.

<table>
<thead>
<tr>
<th>Reduce</th>
<th>Improve</th>
<th>Decrease</th>
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<tbody>
<tr>
<td>Reduce A1C, blood pressure, and BMI</td>
<td>Improve food security</td>
<td>Decrease emergency care/ health care cost</td>
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“When I came in, I was broken, but when I left, I was feeling alright.”

Rhonda is a participant in our VeggieRx program through a partnership with the Community Medical Clinic of Kershaw County.

Meet Rhonda - YouTube
PATIENT RECRUITMENT & ENROLLMENT PROCESS

<table>
<thead>
<tr>
<th>Screening</th>
<th>Referral</th>
<th>Contact</th>
<th>Onboard</th>
<th>Box Distribution</th>
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<tr>
<td>Patient screening and recruitment is completed by the clinical team</td>
<td>Patient referrals are keyed into Unite Us (HIPPA secured system) by the provider or other clinic staff.</td>
<td>Patients are contacted by the VeggieRx Program Manager and program details are reiterated.</td>
<td>VeggieRx Program Manager creates enrolled patients profile in OneBox system.</td>
<td>Patients are scheduled to receive 2 produce boxes a month for 6 months from their local FoodShare hub.</td>
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Program details are explained
Eligibility: 18+ years old
Type 2 diabetes or pre-diabetes
Primary language English

FoodShare South Carolina
After six months, patients with positive changes outnumbered those with worsening outcomes across 4 out of 5 clinical indicators.
Culinary Medicine
Evidence-based Nutrition Science Translated to your plate (everyday) for better health
Challenge Vegetable

Health Benefits

Storage Tips

Inspiration!
Health Meets Food Culinary Medicine curriculum

Teaching Kitchen Collaborative
50% of the graduating class of 2022 came through the Culinary Medicine elective.

CME for healthcare professionals

South Carolina Food Policy Council
COMMUNITY COOKING CLASSES

Coming in Fall 2023
COMMUNITY COOKING CLASSES

Overall Health
Box recipients learn to use ingredients and improve their health.

Heart Health
Patient referrals from Cardiology department to learn to follow DASH and Mediterranean eating patterns.

Pre-diabetes
Learn to add in fiber, fresh produce and whole grains to prevent development of Type 2 Diabetes.

Plant-Based
For those looking to explore more plant-forward eating while still enjoying traditional recipes from their heritage.

Kids’ Can Cook!
Kids gain skills and confidence in the kitchen, through fun recipes.
COLLABORATION OPPORTUNITIES

Participant recruitment
• Data

Improved Health Outcomes
• Co – teaching
• Video collaboration

Community-based
• Service learning
• Student publishing
FOODSHARE SC

Food Access & Nutrition Security Doesn’t End at Intervention
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