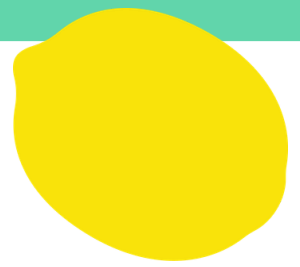


REGIONAL
FOOD
BANK
Food As Medicine



**For every neighbor
in need.**

regionalfoodbank.net



Overview

In partnership with healthcare providers, the Regional Food Bank's Food As Medicine (FAM) Program provides **increased access to healthy foods to food insecure individuals diagnosed with a diet-sensitive, chronic condition**. Conditions that frequently generate referrals into FAM include diabetes, hypertension, and heart disease.

Partners develop onsite pantries that distribute food packages tailored to patients' chronic diseases. This food can be coupled with additional nutrition education and counseling to increase impact and improve health outcomes.

Program Goals

The Food As Medicine program tackles food insecurity which is one of the most critical factors influencing health outcomes by ensuring patients have reliable access to nutritious food. **The Food Bank partners directly with hospitals, clinics, and community health centers to reach patients at the point of care**, addressing health-related social needs alongside medical treatment.

Participants receive fresh produce, lean proteins, and whole grains tailored to support chronic conditions such as diabetes, cancer, and heart disease.

By addressing nutrition-related social needs, the program supports disease management, helps prevent complications, and reduces avoidable emergency room visits and hospital readmissions.

The program **pairs medically tailored, nutritious groceries with nutrition education and referrals to community resources**, helping address multiple social determinants of health that impact long-term well-being beyond food.

Impact at a Glance

- Over 5,000 patients served in 2025
- 135,000 pounds of fresh food distributed in 2025
- Decreased patient A1C and weight
- Enhanced Patient Care
- Improved patient biomarkers
- Increased knowledge of healthy food choices and preparation



More Information

For more information, or to get involved in this program, please contact:

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Onsite Pantry Program

Onsite pantries are also located directly within healthcare settings, allowing patients to access healthy food immediately following medical appointments. By embedding food access in clinical spaces, the program reduces barriers related to transportation, cost, and access.



Onsite pantries deepen collaboration with healthcare providers and reinforce a whole-person, community-based approach to care.

Patients screening positive for food insecurity can regularly receive nutritious groceries to support chronic disease prevention and management.

Patients select foods that meet their **cultural preferences and household needs while aligning with nutrition guidelines** and providing flexible, dignified food choices.

Cohort Program

Patients enroll in **structured cohorts (typically 12 weeks)** focused on managing specific chronic conditions such as diabetes or hypertension. Cohorts include nutrition education, cooking tips, and ongoing support to encourage sustainable dietary changes.

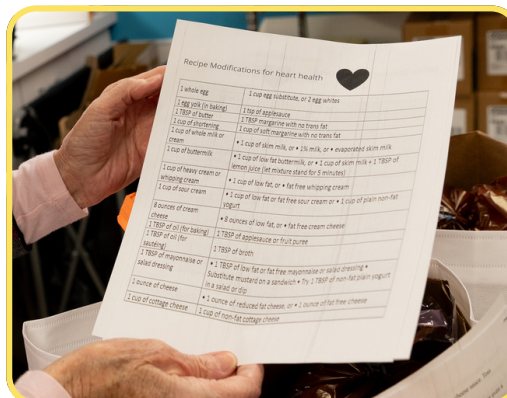
The time-bound, high-touch support cohort model focuses on tracking participation, food access, and health-related outcomes over time, strengthening program evaluation and reporting.

Participants **receive weekly or bi-weekly deliveries of medically tailored groceries**. Home deliveries include nutritious foods aligned with clinical nutrition guidance, including fresh produce, lean proteins, and whole grains. Home delivery reduces transportation barriers and ensures consistent access to healthy food – one of the most impactful social determinants influencing health outcomes.



Medicaid 1115 Waiver

The Medicaid 1115 waiver allows the RFB to **provide nutrition services to Medicaid recipients**. The food bank has partnered with Social Care Networks within our service area to provide services to individuals who would benefit from medically tailored groceries and nutrition counseling.





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