

Rooting Food As Medicine in Healthcare:

A Toolkit for Primary Care Clinics and other Healthcare Settings



Worksheet 1: Readiness Assessment

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Below are Readiness Assessment questions to help guide the planning for your Food as Medicine Initiative. If you find that many of your answers are “no,” this will help guide the pieces you need to think about and put in place in order to launch your initiative.

A. Existing Food and Health Related Projects	Circle one
Do you already have an ongoing program promoting accessibility to healthy foods in your practice?	Yes No
Do you have a regular mechanism for offering cooking classes or cooking demonstrations?	Yes No
Do you provide nutrition education courses or materials?	Yes No
If so, are these nutrition courses or materials available to all patients or just those with existing diet-related conditions?	Yes No

B. Food Insecurity Screening	Circle one
Do you have a regular practice of asking patients about the quality of food they eat?	Yes No
Does your practice screen patients for food insecurity?	Yes No
Is screening part of your standard workflow?	Yes No
Do you use a standardized assessment tool, like Hunger Vital Sign?	Yes No
Are screening results recorded in the EHR?	Yes No
If no to the above, do you have capacity to add screening into your workflow?	Yes No

C. Administrative Support	Circle one
Do you have someone on your team passionate about the connection between food insecurity, nutritious food, and disease prevention to champion a Food as Medicine program in your healthcare setting?	Yes No
Are preventative health care measures such as addressing food insecurity and its relationship to disease a priority for your health care setting?	Yes No
Do you have anyone within your administration who would be supportive to these kinds of efforts moving forward?	Yes No

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D. Volunteer & Patient Involvement		Circle one	
Do you have an existing group of volunteers that may be able to help with a new Food as Medicine project?		Yes	No
Do you have any existing committees with patient participation where they could help inform a new Food as Medicine Project?		Yes	No

E. Local Resources		Circle one	
Do you already have partnerships with local organizations, food pantries, neighborhood groups or corner stores that could be allies in building this initiative?		Yes	No
Are there urban or local farms near your clinic who could supply fresh produce?		Yes	No

F. Space		Circle one	
Do you have an existing outside or inside area where food could be distributed to patients?		Yes	No

G. Funding		Circle one	
Do you presently have any funding that could be allotted to purchasing healthy foods for your patient population?		Yes	No
Do you have a fundraising department that would be willing to take on a new project such as this?		Yes	No