Rooting Food As Medicine in Healthcare





Worksheet 2: Models of Intervention

Example #1: Pop-Up Food Farmacy Logistics & Roles

Pop-Up Food Farmacies

Tips and Best Practices in Alameda County

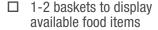
Step 1: Supplies Needed

☐ 4-5 tables

□ Grocery bags



□ Table cloths



☐ Recipes

☐ Other information/resources you want to distribute

☐ Area for cooking demo (if needed)



Display baskets Plastic food bags

Step 2: Packing Food 2-4 volunteers

The dried goods are best packed in reusable bags

- 2. Reusable bags can also hold the proteins (perishable items should be packed closer to start of distribution)
- 3. Plastic or paper bags (double bagged) should be available to pack fruits and vegetables
- 4. Based on amount of food you have available, patients may be given choice to take what they want OR you can pack a set amount of food



Grocery bags

Step 3: Table Set Up

- □ 1 table for baskets showing the kind of produce people will be getting
- ☐ 2 tables for bags that will be distributed to patients
- ☐ 1 table for recipes, resources, food champions displays
- □ 1 table for Cal Fresh enroller



Resource table

Step 4: Distribution 4-5 volunteers

- 1. 1-2 volunteers to greet participants and collect any necessary data
- 2. 1-2 to volunteers to hand out packed bags
- 3. 1 volunteer to help with distribution of unpacked items, such as fruits and vegetables
- 4. 1 roaming volunteer to help with questions and problems as they arise



Fresh produce distribution option: Take as much as you need

Step 5: Clean Up 3-4 volunteers

- ☐ Put away the tables, coolers, pack up any materials
- □ Decide how to distribute remaining food

Additional Notes

If you are contracting with a local grower that have CSA boxes, you will need a table for that to be displayed with information on how people can obtain home delivery of these boxes.

If you are able, provide consistent volunteers, with gift certificates.

It is important that at least some of your volunteers be health center staff so that participants understand the farmacy's connection to your clinic.

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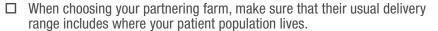
Worksheet 2: Models of Intervention

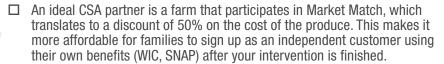
Example #2: CSA Boxes Logistics & Roles

Prescribing Community Supported Agriculture ("CSA Boxes")

Tips and Best Practices in Alameda County











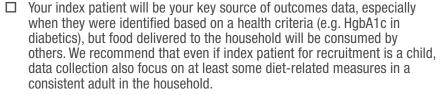
Step 2 Who will participate?

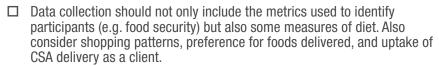
- ☐ Use a clear diet-related diagnosis (e.g. diabetes) in your index patients or a social determinant predisposing to poor diet (e.g. household food insecurity) based on report from index patient or appropriate household member (e.g. parent of pediatric patient on behalf of household)
- ☐ Participants must live in delivery range of farm partner

Step 3 What will they get?

- ☐ Choose frequency (such as weekly or biweekly deliveries)
- ☐ Choose duration (e.g. a total of 12 weekly deliveries)
- Boxes can either have the usual offerings delivered to paying customers or can be tailored to your patient population (i.e. just whole grains and vegetables)
- ☐ Boxes can have the same amount of food delivered to paying customers or be customized based on the household size of a patient's family
- Deliveries are more meaningful if coupled with recipes, cooking videos, and other health education materials to help families use the food in their box

Step 4 How will you measure impact?







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Worksheet 2: Models of Intervention Example #3: Best Practices for Clinic-Based Voucher Programs

Clinic-Based Food Prescription/Voucher Program

Tips and Best Practices in Alameda County

Step 1: Identify Partners

- Identify a local farm or procurer of local foods that can set up a farm stand at your clinic or at another location on designated days.
- Make sure that the grower or procurer you work with has the capacity to regularly staff a farm stand at your clinic, based on the schedule you develop.

Step 2: Identify Participants

Identify your priority population. For example: will you focus on specific populations with existing health challenges or focus on patients that are food insecure?



• Determine how your clinic will recruit eligible patients. Will it be through medical records, provider observation, or through a screening process such as Hunger Vital Signs?

Step 3: Prepare Resources



- Decide on the monetary value of your vouchers based on your funding. Generally, \$5-\$10 per voucher is sufficient depending on whether participants will be picking up food weekly or biweekly.
- Develop your vouchers with the ability to track which medical providers the vouchers came from.
- If possible, scan the voucher into the electronic medical record.
- Develop your clinic flow to make the voucher distribution smooth.
 For example, will the role of distributing vouchers be in the hands of the doctor, nurse practitioner, medical assistant, or nutritionist?

Step 4: Distribute and Track



- Make sure your farm partner is able to track which vouchers
 were redeemed at their stand. This will allow collection of patient
 outcomes data since this program is patient-specific. Farm stand
 staff can collect the vouchers from patients and return them to you
 for internal tracking.
- Note that clinics that have farm stands onsite (rather than at another location) will have higher amounts of redeemed vouchers.