

FOOD IS MEDICINE PROGRAM

WHAT IS THE FOOD IS MEDICINE PROGRAM?

Diabetics management program, which offers the following:

- Weekly or by-weekly, one-on-one, personalized nutrition counseling for a total of 12 sessions
- Nutritious foods
- Nutrition/cooking education
- Recipes and nutrition tip sheets
- Referrals to community resources
- Assistance with Supplemental Nutrition Assistance Program (SNAP) enrollment
- Monitor Health Outcomes
- Services are provided at NO COST to participants

WHAT ARE THE BENEFITS OF PARTICIPATION?

- Biweekly meetings with a Registered Dietitian Nutritionist
- Learn basic kitchen and cooking skills
- Potential improvements in physical health
- Increased access to healthy foods
- Potential improvement in personal wellbeing

MUST BE REFERRED BY A MEDICAL PROVIDER

To inquire about additional information or eligibility and enrollment procedures, please contact Feeding Westchester