

Food Rx

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Social Prescribing is a **Pathway**



Source: Husk et al. (1)

Social Prescribing is a **Systems Intervention** that Builds Better Connections



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Canadian
Red Cross



Social Prescribing works by Community and Individual **Self-Determination**



- Autonomy
- Competence and Purpose
- Belonging
- Giving Back

Models of FoodRx

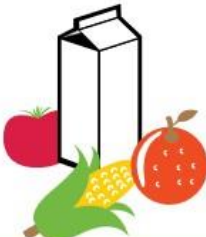
How does it work?



Screened by
Healthcare
Partner/
Stay in Community
Health Program



Get **FoodRx**
card



Get groceries
from
Food for Change
Market

[Houston Food Bank](#)

PRESCRIBING FRESH FOOD TO ADDRESS FOOD INSECURITY



[Guelph CHC & The Seed](#)

Models of FoodRx

Food RX Overview

The Food Rx project is run in collaboration between FoodShare and the University Health Network (UHN) and aims to address food needs that have been exacerbated by the COVID-19 pandemic by connecting folks with a 'prescription' for regular home delivery of fresh fruits and vegetables.

[UHN & FoodShare](#)

eat healthier!

shop smarter!

for yourself and your family.

Ask your doctor about the **Food Rx!**

The **Food Rx** is a great way to get fresh and healthy food for yourself and your family!

Get advice from your doctor on healthy eating, along with a page of helpful tips to help you shop smart!

You can also save money!

With **Food Rx**, you'll receive coupons for:

- \$2 or \$5 off of any **healthy food item** with a minimum \$10 or \$20 purchase at a participating **Walgreens**
- \$9 off **fresh produce** at the **61st Street Farmer's Market**

To learn more about **Food Rx**, ask your doctor for information, or visit www.SouthSideDiabetes.org

IMPROVING DIABETES CARE ON THE SOUTH SIDE OF CHICAGO

Walgreens

61st STREET FARMERS MARKET

[Improving Diabetes Care on the South Side of Chicago](#)

FoodRx takes place in the context of a broader intervention

The infographic is titled "BUILDing a Healthier Pasadena" and is divided into three horizontal sections: Production, Distribution, and Consumption. The Production section (orange background) shows hands holding a plant and a seedling, with labels for "Community Supported Agriculture Campus (CSA)" and "Job Training Classroom". The Distribution section (green background) shows a "24hrs" store, a "SCHOOL" with a "Healthy Corner Store Network" label, and a hand holding a plate of food with a "Healthy Dining Matters" label. The Consumption section (pink background) shows a pill bottle labeled "Rx" and a plate of food, with labels for "Prescriptions for Fruits & Vegetables Policy" and "Food Scholarships".

- Two years ago, fresh produce wasn't always easy to find or affordable in north Pasadena (and health was suffering).
- Today, there are almost 20 new places to access healthy food...and it's usually free.

[BUILDing a Healthier Pasadena](#)

What do we want to learn?

- Is there a change in self-reported or objective:
 - Experiences (ie healthcare appointments, household food procurement) and/or
 - Outcomes (e.g. health, wellbeing, belonging, food security)
- What would improve the design or implementation of the program?
- What unexpected challenges arose? How can we mitigate those in the future?
- What can we learn about program sustainability for participants and providers?
 - What are the costs and to whom?
 - Did we shift the costs from one place (e.g. pharmaceutical drugs) to a more appropriate and/or affordable one (e.g. food budgets)?



We are committed to building and celebrating social prescribing that prioritizes health equity, community leadership, and collaboration.