

Episcopal Health Services

Food as Medicine Program

Transforming Health Through Nutrition

Food As Medicine refers to the idea that nutritious food can play a significant role in promoting health, preventing disease and even treating certain conditions. At Episcopal Health Services (EHS), we are committed to **enhancing patient care** and **achieving better health outcomes** through access to **nutritious food and culturally tailored** culinary education.

Program Resources

The 6-month Food As Medicine Program includes:

- Access to **fresh produce**
- **Nutrition education** from EHS dietitians, including **healthy eating education** and **food demonstrations**
- **Support** from a Food As Medicine navigator and team
- **Patient incentives** such as **onboarding kits** and **regular check-ins**
- Access to **EHS providers**

For more information, call 718-869-7100, email FoodAs_Medicine@ehs.org or visit ehs.org/foodasmedicine