

Defining Food is Medicine *in the First State*



Short Definition

“Food Is Medicine” incorporates healthy food into patient care by prescribing a variety of nutritious foods, prioritizing Delaware grown options, to improve health outcomes.

Long Definition

“Food is Medicine” (FIM) programs integrate food-based nutritional interventions into healthcare to prevent or treat disease and advance health equity. These health sector strategies prescribe medically tailored meals, groceries, and/or produce to support disease management and overall well-being, based on individual health conditions and social needs. In Delaware, FIM means leveraging our network of community health workers, collaborating with our community-based organizations, prioritizing our agricultural community, and incorporating a diverse range of animal proteins, fruits, vegetables, and value-added foods to promote health.

Learn more about the Delaware Food is Medicine Committee:
<https://ltgov.delaware.gov/delaware-food-is-medicine-committee/>