

Food Farmacy Evaluation (2021-2022)

Food Farmacy is managed by FeedMore WNY in partnership with Catholic Health System and D'Youville College.

This Food Rx program, located on the D'Youville campus on the impoverished west side of Buffalo, serves patients and community walk-ins identified as food insecure. To support behavioral change the program connects participants in the health care network with:



Healthy Food
Bi-weekly assortment of perishable and non-perishable food




Nutrition Education
Monthly nutrition programming and regular appointments with a dietitian



Tracking & Support
Tracking of and feedback on core health metrics

In its first year, Food Farmacy provided a total of 106 educational opportunities and distributed 89 food kits.

Participants were surveyed at baseline and again every three months. The survey measured sociodemographics, perceived health, diet and family support, fruit and vegetable intake, cooking behaviors, food literacy, food insecurity, food pantry and Food Farmacy satisfaction, and dietary behaviors. Baseline data was not included in analysis due to a technical error. Follow-up data was collected from nine participants.



Socio-Demographics of Surveyed Clients

Age: 60% Under 50
Race: 40% White; 13.3% Black; 6.7% American Indian or Alaska Native; 40% (write-in responses: Puerto Rican, Latin, Nigerian, Scottish American, Mixed, Bi-racial)
Education Level: 40% 2- or 4- year degree; 26.7% graduate, medical, or law school; 20% some college/no degree; 13.3% high school/GED

Demonstrating the Need for Food Farmacy as a Means to Address Food Insecurity



71.4% food insecure
28.6% food secure

Food security improved by 4.7% throughout the intervention period



The average daily fruit and vegetable intake improved by over one full serving per day



16.7% increase in "I know how to manage my health"



100% of survey respondents provided an excellent or good satisfaction assessment of:

- Food Farmacy
- food pantry
- individual and group nutrition educational classes
- cooking classes

Program Satisfaction Feedback

"Since starting this program, I have really tried to eat a fruit every morning, and I have cut back a little on my late-night eating."





Rooted in Evidence

In 2021, FeedMore WNY was selected as a Rooted in Evidence grantee. Established by the Gretchen Swanson Center for Nutrition, with funding support from the Gretchen Swanson Center for Nutrition Foundation, this grant program funds eligible food banks working to support innovative and dynamic programming to improve the health and dietary quality of emergency food recipients. Grantees were awarded \$25,000 and received technical assistance and evaluation support.

