

Our Goals

We work to increase **nutrition security** by promoting access to and affordability of food that supports people's health and well-being in the long term. We are working in partnership with family medicine physicians, community organizations, dietitians, and researchers.

Building Connections

We work with a variety of partners from public health to health insurers in order to ensure our research and projects are useful on a broader level.

Why It's Important

Everyone deserves food that meets their health needs and aligns with their culture and taste preferences, but over [44 million people in the U.S. don't have enough food](#). Ensuring that everyone has enough healthy food can help people prevent and manage chronic health issues, lower health care costs, and create healthier communities.

What We've Done

In collaboration with department researchers and external partners, we're piloting strategies at a family medicine clinic by testing the feasibility and effectiveness of providing patients with:

- **Medically tailored meals:** Nutritious prepared meals customized for people living with diabetes.
- **Produce prescriptions:** A prescription for fruits and vegetables to help patients meet their nutritional needs.
- **Medically tailored groceries:** Discounts on fresh fruits and vegetables.
- **Nutrition education and counseling:** Preparing patients to make food choices that support their health and well-being and facilitating nutrition and physical activity goal-setting

What's Next?

We are members of the Wisconsin Food is Medicine Workgroup. We are collaborating across university, clinic, and community organizations to grow Food is Medicine initiatives in Wisconsin. These include projects to support collaboration across the University of Wisconsin-Madison, community organizations, and health systems throughout the state.

