

FoodRX- Logan Health and Land to Hand Collaboration

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What is the current problem?

- Food insecurity is on the rise in the U.S. and across the globe.
- Food insecurity occurs when an individual or a family has disrupted eating patterns, insufficient food or food access problems
- 1 in 6 children live in a food insecure home
- 91% of High School students do not eat enough fruits and vegetables (according to the last CNHA)



Why is this
so
important?

- Food insecurity impacts our health. A poor diet has been linked to many chronic health conditions including diabetes, hypertension, depression and anxiety.
 - 1 in 10 adults have Type 2 Diabetes
 - By 2050, the CDC projects that 1 in 3 individuals will have Type 2 Diabetes
 - Nearly ½ of ALL adults have hypertension (119.9 million).
 - Almost ½ of ALL adults have symptoms of anxiety or depression.
 - 15% of children have been diagnosed

How can we help?

- Approach Food as Medicine!
- Address Nutrition Insecurity and Food Insecurity
- Diets high in fruits and vegetables reduce cardiovascular risk.



Our FoodRX program is developed

Logan Health Whitefish partnered with Land to Hand in 2018 to create the Food Rx program.

Expanded in 2021 with further partnerships and grant funding and now includes 8 clinics and the Flathead Food Bank.



Land to Hand

M O N T A N A

Our mission is to
build a strong
community food
system that fosters
socially just ways of
accessing food.



How does this play a role in our School Based Health Centers?



Assess for Food Insecurity regularly

- Within the past 12 months we worried whether our food would run out before we got money to buy more.
 - Never true, sometimes true or always true
- Within the past 12 months the food we bought just didn't last and we didn't have money to get more.
 - Never true, sometimes true or always true



Enroll in Food Rx program and LEARN how to incorporate fresh fruits and vegetables into each meal





Date _____
 Name _____
 Participant ID # _____
 Provider _____
 Signature _____

Redeemable only for fresh vegetables and fruits at the following sites:

- ___ Kalispell Farmers Market - Saturdays 9am - 12:30pm
- ___ Columbia Falls Community Market - Thursdays 5 - 8pm
- ___ Whitefish Farmers Market - Tuesdays 5 - 7:30pm

Weekly amount based on household size:

- ___ \$40 / family of 4 or less
- ___ \$75 / family of 5 or more



Who's Your Farmer?

How the program works

- SBHC staff assists student and family to complete enrollment packet
 - In person or over the phone registration
 - Receive confirmation and contact information from Land to Hand Staff
 - Every two weeks, pick up food box or attend Farmers Market through the summer months
 - Receive recipes, storage instructions, preparation instructions and even food staples such as flour, olive oil and lemon juice!
 - SBHC records health metrics at regular visits to assess BMI, height, weight, BP, HR and depression status

IN YOUR SHARE TODAY:



ROMANESCO
 Storage: Store in a tightly sealed bag in the veggie drawer of your refrigerator. Eat your Romanesco as soon as possible, because nutrient content and taste deteriorate, but it will keep for up to a week.
 Usage: Can be compared to broccoli in taste, it is best roasted and tossed into your dish of choice!



BROCCOLI
 Storage: Loosely wrap in a plastic bag and store in crisper drawer of the refrigerator.
 Usage: Can be eaten raw. Cut into smaller pieces to steam or roast until tender. Add to stir-fries, soups, and pasta dishes.



ORANGES
 Storage: Can store in the crisper drawer for up to a month. Wash right before consuming; extra moisture will spoil your fruit faster.
 Usage: Peel and eat raw or use in recipes. You can use the zest for recipes that include added citrus- such as breads, salad dressings, etc.



YELLOW ONIONS
 Storage: Store out of direct sunlight on your counter or in a dry, cool place. Once cut, store in a container in the refrigerator.
 Usage: Can be sliced up raw for a spicy addition to salads and sandwiches. Cooking will make them more sweet and less spicy. Toss in a pan to be added to most dishes!



SPINACH
 Storage: Can be stored in a bag inside the crisper of the refrigerator. Make sure not to wash until before using, will accelerate wilting.
 Usage: Can be eaten raw in a salad or on a sandwich, etc. or cooked down to add to dishes like omelets or pasta.



BABY BOK CHOY
 Storage: Place in a plastic bag and put in crisper drawer in the refrigerator. When you're ready to use it, remove from the refrigerator and wash it.
 Usage: Can be eaten raw or cooked. Whole pieces or halves cook in about 5 to 7 minutes on the stove. Smaller chopped pieces used in a stir fry can take 2 to 3 minutes to tenderize.



ACORN SQUASH
 Storage: Winter Squash is super hardy and can be stored on your counter or in a cool space for months.
 Usage: Needs to be baked or cooked in soup/stew until tender. Cut into pieces (if this is too hard to do, poke holes and put it in your microwave for 4-5 minutes on high until softer) and then bake face up with a teaspoon of olive oil in the center for 30-40 min at 400 degrees.



RAINBOW CHARD
 Storage: Put Chard in a plastic bag and store in the refrigerator.
 Usage: It is great steamed and sautéed as well as raw (add to a salad or use the big leaves as a sandwich wrap) We love to add it to scrambled eggs and soup!



CARROTS
 Storage: Loosely wrap in a plastic bag and store in crisper drawer of the refrigerator.
 Usage: Can be eaten raw. Cut into smaller pieces to steam or roast until tender. Add to stir-fries, soups, and pasta dishes.



CILANTRO
 Storage: Cilantro should be stored in the fridge.
 Usage: It brings a vibrant flavor to any dish. As it lends a cooling sensation, it's great for spicy Latin or Thai foods. It also has a bright flavor that great for chutneys and salsas. You can use cilantro leaves as a garnish to nearly any dish.



PEARS
 Storage: If slightly underripe, store on a counter or dry place. Once fully ripe, or cut open, they will go bad quite quickly so place in a plastic container in the fridge.
 Usage: Eat raw. Or use in recipes like baked oatmeal or pear crisp.



KALE
 Storage: Store in a supermarket plastic bag or a zip-top plastic bag in the refrigerator crisper drawer. The kale should be in great shape for a week or two.
 Usage: Great on its own steamed and sautéed with garlic/seasoning of choice. Also is great to chop and eat in a salad! Can also add to the oven to make crispy "Kale chips"!



YAMS
 Storage: Yams actually have a pretty flexible timeline. They can be used for up to a month or two if stored in a cool, dark, dry space.
 Usage: Chop up and cook/bake in a pan with savory seasonings like garlic, cumin, onion, salt, etc. or sweet with cinnamon, nutmeg, and butter. They are very versatile, but are known as a "winter" vegetable!



Roasted Romanesco and Spinach Pasta

Not sure how to use your romanesco? No worries! After all, who doesn't love pasta for some winter comfort food? You got this!



4 servings 35 minutes

Ingredients

- 1 head of romanesco
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 10 ounces, of pasta of choice
- 3 chopped up garlic cloves or garlic powder to taste
- Juice of 1 lemon
- Spinach (however much you want)
- 1/2 cup grated pecorino cheese or any cheese you have on hand!
- 1/4 teaspoon red pepper flakes (optional)

Instructions

1. Preheat the oven to 425 degrees F.
2. Trim the leaves and stem from the romanesco and break it into small florets. On a sheet pan, toss the romanesco with olive oil, salt, and pepper and spread into an even layer, making sure the florets are not overlapping. Roast for 20-25 minutes until the romanesco is brown at the edges.
3. While the romanesco is roasting, cook the pasta according to the package instructions.
4. In the last couple minutes of the pasta cooking, heat 1 tablespoon of olive oil in a large skillet. Sauté the garlic until fragrant and golden brown.
5. Remove one cup of pasta water (you can add this to your sauce and it will help bind everything together!)
6. Drain the pasta and add it to the skillet along with the romanesco. Stir in the lemon juice and spinach. Then fold in the cheese and red pepper flakes, feel free to also add other seasonings of choice to elevate this dish however you wish.

How is it going?



- We started with 5 families (roughly 20 participants)
- We now have over 52 families (roughly 170 participants)
- Additionally, we have 15 families – 32 participants that receive a market only share.



- Initial patient surveys
 - Families state that less than 50% of the food they eat is healthy.
 - Low to average energy levels
 - Fruit/vegetable intake is 3 days a week or less
 - Most families also qualify for SNAP
 - Energy levels increased, fruit and veggie intake increased!

Why this matters

- We also offer the program to our primary care clinics and our diabetes clinic.
 - Our metrics indicate overall improvement in A1C, BP and weight.



- “The Food Rx program did so many great things for me. I’ve learned about new vegetables, tried them out, and I’ve lost so much weight – over 70 lbs! It really helped me out.”

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Toni – Food Rx Participant



Thank you!

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Land to Hand
M O N T A N A

Nourishing People. Cultivating Community.

LOGAN
HEALTH