



## FOOD FARMACY - Food is Medicine

Grace Clinic provides healthy food for patients to help with the management of chronic conditions and to address food insecurity. *More than 40% of Grace Clinic patients have stated that they do not always have enough money to buy food for their families.* This leads lower income families to purchase cheap food that is usually high in sodium, sugar and unhealthy ingredients. Please help us supply healthy, nutritious food for those in need in our community.

***Please consider donating one or more of the following items to fill our Food Farmacy!***

### PROTEINS

- Eggs
- Canned fish: tuna or wild salmon packed in water (*not oil*)
- Canned or dry beans, legumes: pinto beans, black beans, garbanzo beans, lentils
- Nuts and seeds: pumpkin seeds, sunflower seeds, almonds, walnuts, etc.
- Nut butters: peanut butter or almond butter

### FRUITS AND VEGETABLES

- Fresh fruits and vegetables
- Canned fruit and vegetables: packed in own juice (*not syrup*), low sodium
- Dried fruits (*preferably with no added sugar*): cranberries, raisins etc.

### GRAINS

- Brown or white rice
- Regular or quick cook oatmeal (*no instant with added sugar/ingredients*)

### OTHER

- Herbs and spices: oregano, basil, black pepper, garlic powder etc.

### MISCELLANEOUS

- Dental supplies: floss, toothpaste, toothbrushes
- Hygiene supplies (*standard size*): soap, shampoo, conditioner, lotion, deodorant, razors

**We are unable to accept items that are past the expiration date or that have already been opened or used.**

In revamping our food distribution program, **Grace Clinic has adopted the “Food is Medicine” concept**, which emphasizes the critical role that diet and nutrition play in maintaining health and preventing disease. **Grace Clinic’s Food Farmacy integrates the provision of healthy food into the free clinic setting to help prevent, manage, and treat chronic conditions like diabetes and high blood pressure.** To learn more, visit [GraceClinicOnline.org/support](http://GraceClinicOnline.org/support)

**Food as Medicine** is a philosophy where food and nutrition aids individuals through interventions that support health and wellness.

**Food as Medicine** is a reaffirmation that food and nutrition play a role in sustaining health, preventing disease, and as a therapy for those with conditions or in situations responsive to changes in their diet.



**eat right.** Academy of Nutrition and Dietetics Foundation

**GRACE CLINIC**  
Quality healthcare. Freely given.