



Food Is Medicine >

Understanding Food Is Medicine >

Our Principles

Our Principles for Food Is Medicine

Food Is Medicine takes various approaches to providing nutritious food through education, policy changes, and

collaboration at the nexus of health care
and community.



Our Principles

Our Vision

Exploring the Landscape

Types of Interventions

Food Is Medicine Framing Language

Food Is Medicine encompasses a broad range of approaches that promote optimal health and healing and reduce disease burden by providing nutritious food—in conjunction with human services, education, and policy changes—through collaboration at the nexus of health care and community.

Guiding Principles for Food Is Medicine

Recognizes Nourishment Is Essential for Good health, Well-being, and Resilience

Nourishment is essential to more than physical health — it fosters mental, social, and behavioral benefits—and is important across the life course in every setting.

Facilitates Easy Access to Healthy Food Across the Health Continuum in the Community

Approaches are designed to support health promotion, disease prevention, and/or chronic and acute condition management while addressing physical, mental, spiritual, cultural, and social well-being and community connections. Interventions prioritize the dignity and respect of a person receiving and consuming food with consideration of culturally and regionally appropriate and person-centered design.

Cultivates Understanding of the Relationship Between Nutrition and Health

Fosters intentional integration of nutrition education throughout health care and human service delivery and training to help ensure adequate provider knowledge. Facilitates knowledge of how nutrition affects health by engaging people and their communities through dynamic communication and tailored messaging, using direct and online education, teaching kitchens, and consumer labeling.

Unites Partners With Diverse Assets to Build Sustained and Integrated Solutions

Diverse organizations and sectors have reinforcing and collaborative assets that collectively advance and expand solutions. Through shared stewardship, guided by common language and data access, resources are employed to advance

policy and practice that complement existing tools to benefit health and nutrition.

Invests in the Capacity of Under-resourced Communities

Increased access to resources and capacity development enables all communities to support meaningful solutions that leverage inherent assets and prioritize investment in localized infrastructure, promoting economic opportunity and community stability.



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Curated For You

Our Vision for Food Is Medicine

We aim to work alongside our federal agency partners to unify efforts to encourage the integration of Food Is Medicine interventions

Exploring the Food Is Medicine Landscape

Explore the HHS perspective on the current landscape of Food Is Medicine practices,

Ensuring Access in Food Is Medicine

The U.S. Department of Health and Human Services (HHS) is committed to improving

across communities and health systems.

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policies, and research in the United States.

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health outcomes and advancing the health and well-being of all Americans by expanding access to high-quality care, strengthening prevention efforts, and supporting health care providers who serve individuals at increased risk for poor health outcomes.

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