



Logic Model: Healthy Meals Program-- *Nourishing Neighbors*

Problem: The healing power of food and community is not widely recognized.

- People facing a health crisis are often unable to source and prepare nourishing meals.
- People facing a health crisis often feel isolated due to a lack of mobility and social connections, diminishing an overall sense of wellbeing.
- People in a health crisis are not often supported with good nutrition and wellness practices.

INPUTS	OUTPUTS		IMPACTS & OUTCOMES	
<p>Investment:</p> <ul style="list-style-type: none"> • Board governance • Staff resources • Affiliation memberships • Annual RDN review • Volunteer time • Mentor training • Kitchen facility & equipment • Farm & gardens • Food & packaging • Wellness education • Volunteer recognition • Environmental education • 13000 lb produce 	<p>Activities:</p> <ul style="list-style-type: none"> • Cooking in safe, clean kitchen • Consuming whole food as medicine • Working in teams to prepare meals • Learning about organic food and gardening through guided experimentation • Connecting to client through deliveries & client care team • Intergenerational connections • Creating welcoming, electronic-free space • Sharing knowledge and experience • Crafting seasonal meal plans • Using educational activities to overcome literacy and language barriers 	<p>Annual Outputs:</p> <ul style="list-style-type: none"> • 35,000 healthy, organic meals prepared and delivered • 225 NEW Books distributed • 225 Nourishing Communities cookbooks distributed • 118 low-income families • 441 volunteers • 3500 cards • Phone calls 	<p>Short-term Impacts:</p> <ul style="list-style-type: none"> • Increased consumption of healthy food & decreased consumption of processed food by clients • Clients experience elevated sense of connection, knowing they are cared for • Clients feel increased competence in kitchen • Clients learn to appreciate flavors and textures of whole foods • Clients have greater understanding of impact of their daily nutritional and wellness practices 	<p>Long-term Outcomes:</p> <ul style="list-style-type: none"> • Clients complete 12 weeks of healthy meals program • Clients demonstrate understanding of how food impacts overall health and that food is medicine • Clients adopt daily health and wellness strategies • Clients experience social connections that promote sense of wellbeing • HM builds healthy communities to nourish with love • Lowered healthcare costs • HM empowers communities to improve their health through food is medicine • HM publishes research identifying positive health impact of healthy meals program

FACTORS

Assumptions:

- Funding is available
- Volunteers are highly appreciated and treated well
- Clients are nourished with love
- Meals are made from high-quality, organic ingredients that are essential to the healing process
- Diversity, equity, and inclusion are incorporated into a loving and welcoming environment

External Influences:

- Program funding is competitive
- Volunteers managing work, home, and school schedules
- Physically able to work in kitchen, farm, or deliveries
- Inflation and market fluctuations
- Availability of organic ingredients
- Transportation for volunteers can be challenging
- Cultural, literacy, and language barriers

For more information on Food is Medicine, please visit:
www.fimcoalition.org
www.ceresproject.org