



# FAIR TABLE PROGRAMS

USING THE HEALING POWER OF FOOD TO NOURISH OUR PATIENTS,  
ENRICH OUR COMMUNITIES, AND TRANSFORM OUR SYSTEMS

## FRESH FOOD PRESCRIPTION PROGRAM

Patients experiencing food insecurity and nutrition-related chronic conditions can receive fresh, locally sourced food each week during the growing season. Boxes include produce, pantry staples, and protein. The program offers home delivery or pick up at clinics or community partner sites. Available at select clinics.

## FOOD VOUCHER PROGRAM

Fairview's food voucher program provides patients with \$80 per month to purchase groceries from our retail and farmers market partners such as The Food Group's Twin Cities Mobile Market and Fare For All program. The year-round program is available at our clinics and hospitals.

## MEDICALLY TAILORED, PREPARED MEALS

Patients experiencing food insecurity and pre-diabetes or diabetes, or who are pregnant or postpartum, can receive up to 14 medically tailored, prepared meals per week. Menu options include cultural and dietary preferences. The program offers home delivery. Available at select sites.

## SHELF-STABLE FOOD BAGS

Immediate-need bags of food containing culturally appropriate, shelf-stable, staple items, are available year-round. Available at our clinics and hospitals.

## OUR COMMUNITY PARTNERS



## FOOD RESOURCE NAVIGATORS

Our full-time food navigators assist patients who screen as food insecure. They help patients identify, understand, and access resources and food assistance programs offered by Fair Table and our partners.

## EAST SIDE TABLE

East Side Table is collaborative community programming, led by Fairview, focused on improving food skills to increase the consumption of healthy foods. Programming includes fresh food distribution, demonstrations, community meals, monthly deliveries to seniors, and paid youth workforce development programming.

## ADDITIONAL PROGRAMMING

- **Veggies For All** This is a weekly food distribution at Health Commons Cedar-Riverside for food insecure residents.
- **Keystone Foodmobile** Each month, a mobile food pantry visits select Fairview clinics.
- **Care Carts and Fresh Funds** In partnership with Instacart, these programs offer patients immediate or short-term financial support for online grocery shopping with home delivery.
- **Food resource packets** We distribute packets at our hospitals and clinics that detail area community food resources, provide immediate grocery support, and offer Food is Medicine engagement materials.
- **Engagement and education** Our team holds cooking classes and demonstrations and helps with food distributions and community meals.

