



Central Texas Food Bank

Food is Medicine Programs

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Where do food banks fit in?

POLICY

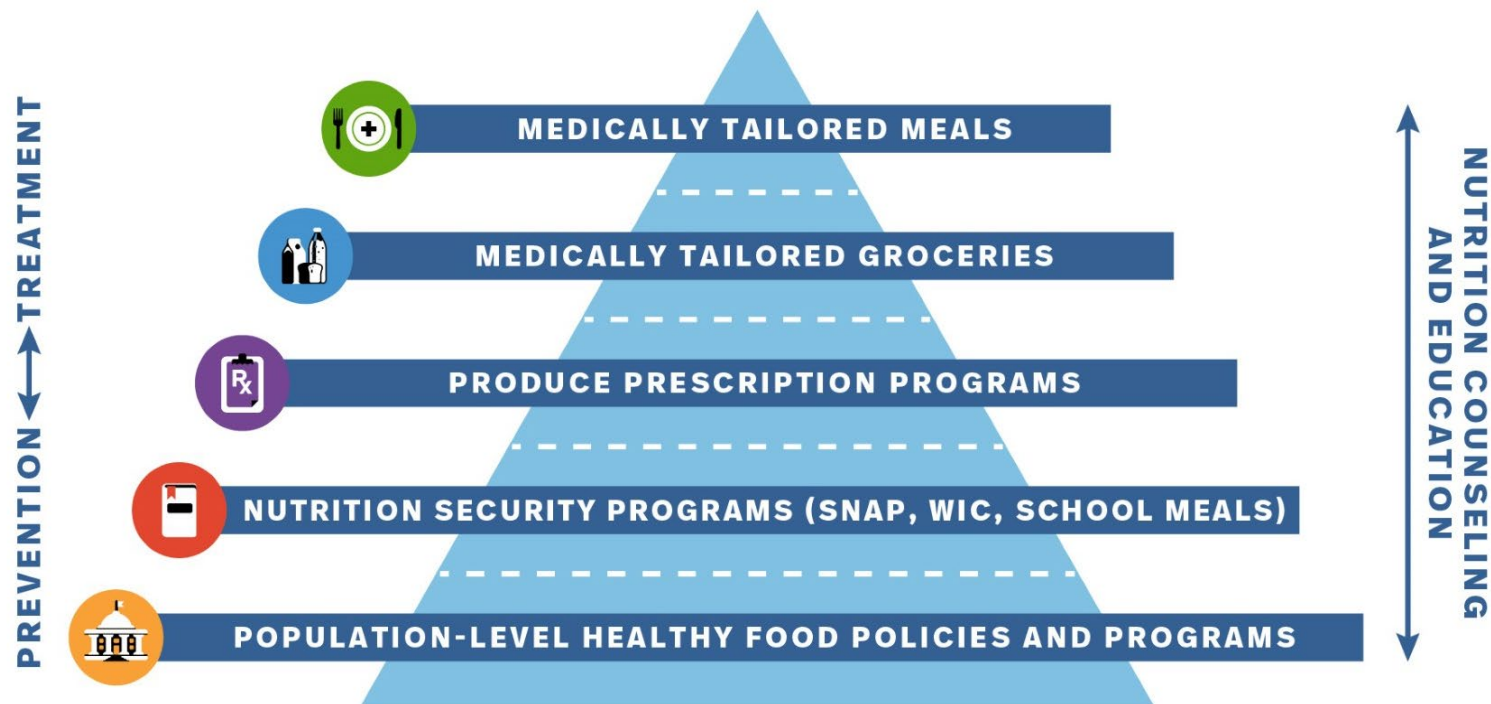
Federal, state, local

NUTRITION SECURITY

SNAP outreach, food access

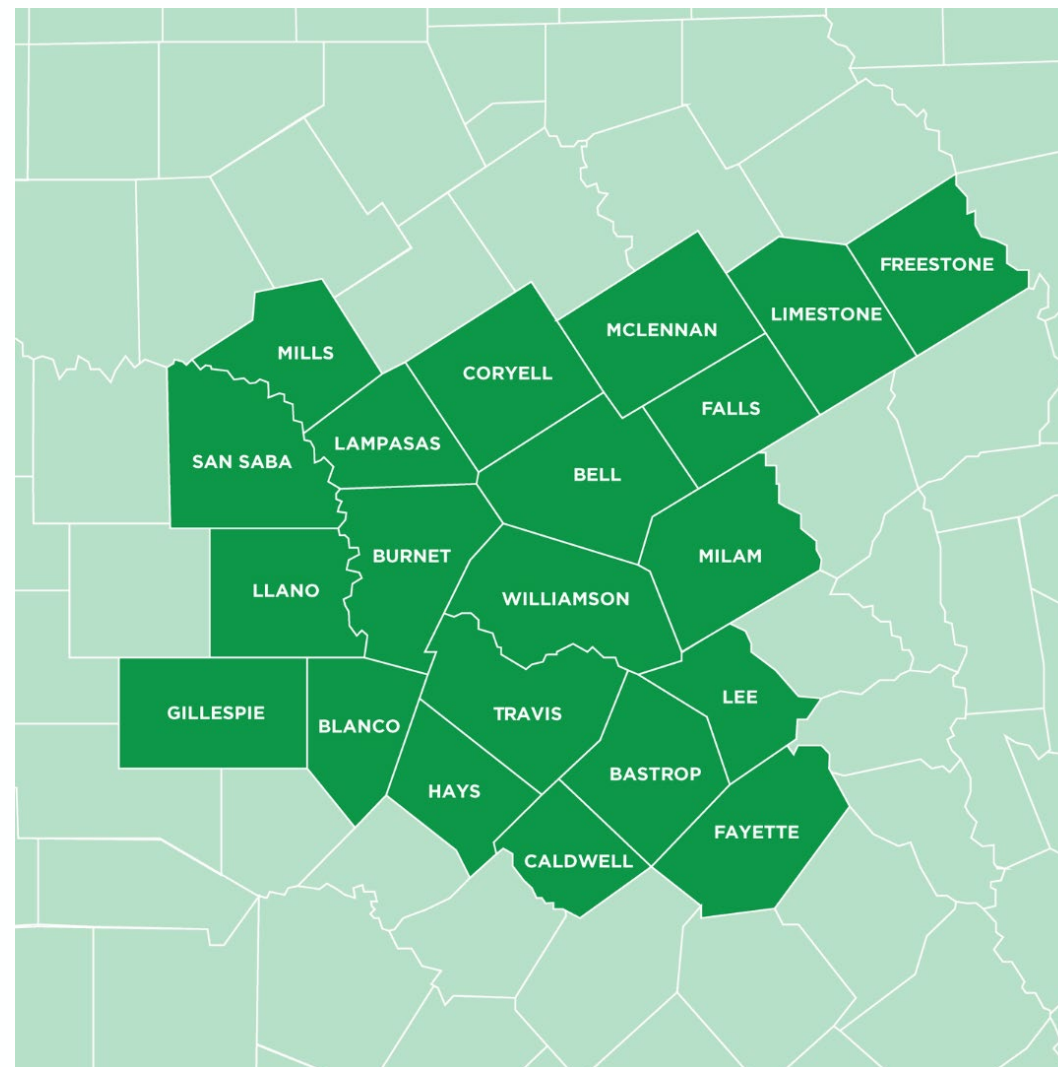
FOOD INTERVENTIONS

Access vs. targeted



Who We Are

- We are the largest hunger-relief organization in Central Texas and a member food bank of Feeding Texas and Feeding America.
- Founded in 1981, CTFB provides food and grocery products through a network of nearly 250 nonprofit community partners and direct-service programs, serving about 610,000 people every year.
- Headquartered in Austin, CTFB serves 21 counties in Central Texas.



Programs and Services

CHILDREN

- After School Meals
- Back Pack Program
- Summer Meals
- School Pantries
- College Pantries

FAMILIES

- Mobile Pantry + Food Fairs
- Partner Agency Network
- Home Delivery
- Military Pantries

OLDER ADULTS

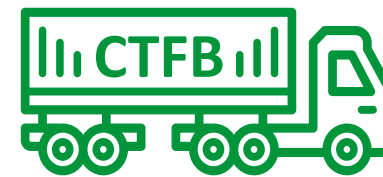
- CSFP – Senior Food Box
- HOPE – Healthy Options for the Elderly
- Golden Harvest

HEALTH + WELLNESS

- Nutrition + Garden Education
- Mobile FARMacy
- Healthcare Pantries
- Food is Medicine Initiatives, including Medically Tailored Meals

EMPOWERMENT

- State Benefits Assistance
- Onsite Pantry
- Helpline
- Workforce Training
- Employment Resources



Individuals | Corporate Partners |
Retailers | Food Manufacturers |
Local Farms | Foundations | USDA



Partner Agencies | Mobile Food Pantry
| Programs | Social Services

Neighbors In Need

Food is Medicine at CTFB

PROGRAMS

- Medically tailored meals and meal kits
- Mobile FARMacy
- Onsite healthcare pantries
- Home delivery
- Wrap-around services: SNAP enrollment, nutrition education, and workforce programs

CUSTOMERS AND PARTNERS

- Federally qualified health centers
- Community health centers
- Rural health nurse
- Mental health centers
- Payers
- Health systems



Outcomes



MOBILE FARMACY PROJECT WITH MCO AND FQHC

- Improvement in controlling high blood pressure
- Reduction in Hemoglobin A1c values
- Increase in screening rates – BMI, depression, colorectal and cervical cancer
- Increase in child weight assessment and nutrition counseling

MTMs AND MATERNAL HEALTH

- 30% self-reported improvement in health
- 25% reduction in post-partum depression

SNAP ENROLLMENT

- Reduces healthcare costs by roughly \$1400 per person annually for low-income adults*
- Decreases hospitalizations, emergency room visits, and medication non-adherence

Future: Working with UT professor on correlation of Mobile FARMacy intervention to improve mental health outcomes (stress/anxiety)

Food is the best medicine

September 2023 - January 2026



FBM Evaluation

Food is the Best Medicine (FBM) from Ascension Seton is an 8-week postpartum Food Is Medicine program delivering weekly support during the fourth trimester. When a food insecure family declines participation, is found ineligible, or is unable to participate due to practical barriers, the program also uses a “no-wrong-door” approach by providing a \$100 H-E-B grocery gift card for immediate support.

Feeding High-Need Families



2 of 3
Household
income <\$15K/yr



4 of 5
Non-English
speaking

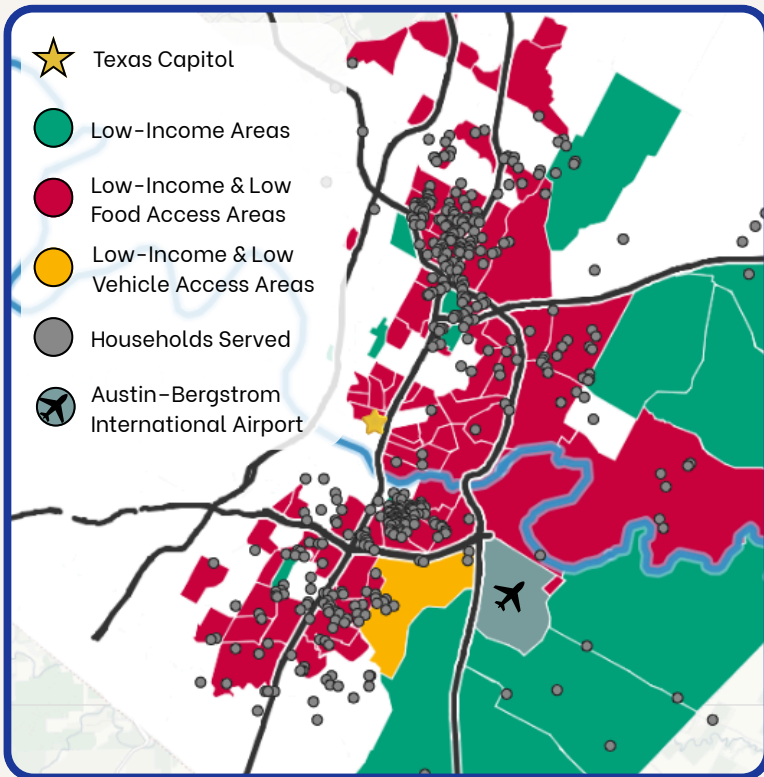


43%
No high school
diploma



4.5
Average
household size

Delivery Map Within Food Insecure Areas



428 households served across Austin-Travis County primarily within USDA classified food insecure census tracts.⁵

Why This Matters for Texas

Texas food insecurity is costly: a 1% increase adds ~\$400 M in healthcare costs.¹ This contributes to worse postpartum depression, breastfeeding outcomes, and infant hospitalizations.^{2,3}

Food is the Best Medicine is a targeted program, and national analogs like WIC show measurable impact and strong ROI—up to **\$3.13 saved per \$1** invested in early postpartum nutrition support.⁴

Program Outputs



428
Households
Served



51,633 lbs
Food
Delivered



50,488
Total
Meals



836*
\$100 Grocery
Cards Distributed



\$10
Cost per
Meal



3,237
Successful
Deliveries

*Gift card distribution began in May 2022.



1-5

Results in 8 Weeks



FBM Evaluation

29%
▼ DECREASE

Drop in Postpartum Depression

- Depression screenings decreased by 29%
- Meaningful reduction in depression

19%
▼ DECREASE

Food Insecurity Reduced

- Food insecurity decreased by 19%
- 2.48x more participants were food secure

74%
▲ INCREASE

Increased Fruit & Vegetable Consumption

- Produce consumption improved by 74%
- Based on self-reported dietary frequency

28%
▲ INCREASE

Improved Perceived General Wellness

- Health improved for 28% of participants
- 4 in 5 maintained or improved their health

Program Publicity

In the Spotlight



9 media features
(7 local | 2 national)

On the Stage



15 conference invitations
(8 posters | 2 panel | 5 orals)

Sharing Work



6 professional events
(2 webinars | 4 summits)

PARTICIPANT VOICE

★★★★★ 99% Positive Reviews

“One of my doctors asked if I wanted to consider medication for [postpartum] depression and I said I didn’t feel it necessary yet as I felt it was more situational. The next day I began crying feeling very alone in my situation when the doorbell rang and it was y’all’s package. It felt like it came at the perfect time and truly made me feel supported and relieved.”

– FBM Program Participant

PARTICIPANT VOICE

★★★★★ 99% Positive Reviews

“...I’m from [Bali] . When a woman gives birth, our community would help [with] our needs, just like people [say] it takes a village to raise a child. Here [it is] only me and my husband [who] raise our baby. He cooks, cleans and helps me a lot during this journey. And with your help, that’s really ease[d] our tasks. I really hope that every woman in the US in the future who experience this journey would have easy access for healthy food...”

– FBM Program Participant

Learn More

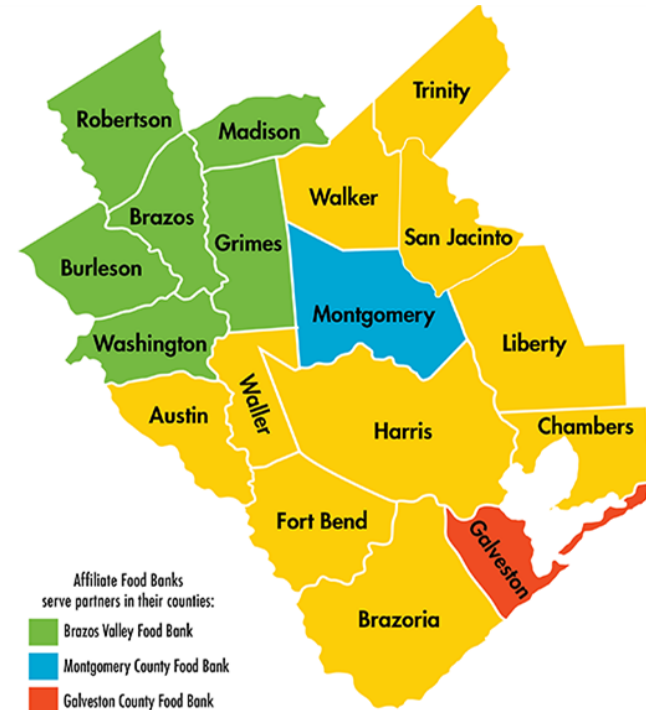


Explore our research outcomes, citations, and more

Houston Food Bank Service Area

- 18 Counties
- Network >1,600 partners
- 150M nutritious meals per year
- We work with three regional food banks by delivering food and supporting their programming

Through all our partnerships we serve those who need emergency food assistance, while also working to **shorten the line of neighbors**, and ultimately work to end the need for our neighbors to seek emergency food assistance.



“Shorten the Line” through Food For Change Model

Who Houston Food Bank Serves and How



Food Rx

Chronic disease management through nutrition-focused programs



Food Scholarship

Support for students & working learners balancing multiple priorities



Medically Tailored Meals

Chronic disease management through home-delivered tailored meals with collaboration between RDN and healthcare professionals.

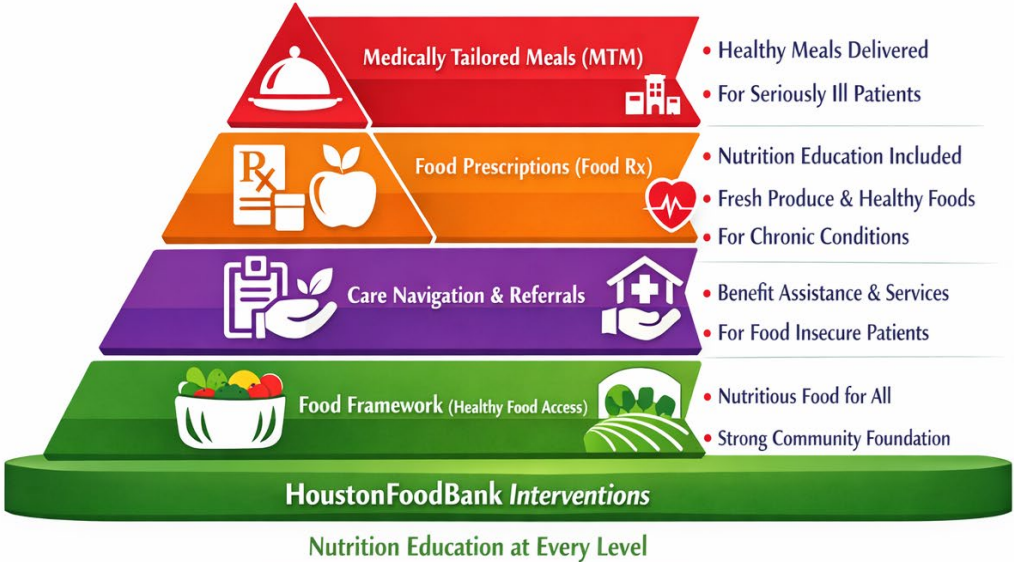


Through Food for Change Markets

Dignified grocery access through various distribution models (curbside, appointments, and client-choice)



Food is Medicine Pyramid: Interventions






Partnerships in Over 85 Locations
Federally Qualified Health Clinics • Community Health Centers • Health Care Systems • Mental Health Services • Payors

Health Outcomes from Food is Medicine Programs

houston**food**bank 



Self-Reported Quality of Life Indicators

-  Improved Overall Wellbeing
-  Reduced Stress & Anxiety
-  Improved Outlook on Daily Life



Fewer Hospital & ER Visits

Reduced Healthcare Costs



Better Diabetes & Blood Pressure Control

Lower A1c & Reduced Blood Pressure

Improved Maternal & Birth Outcomes



Lower GDM Lower Hypertension Lower Low Birth Weight Lower Macrosomia

Rates were lower than National Medicaid Averages



Increased Food Security

Access to Healthy Food & Resources

 Screening Rates & Preventative Care Visits



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SNAP + Food for Change = Family Stability

Co-enrollment reduces food costs and frees household income for essential needs

