

Toolkit



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What is Food is Medicine (FIM)?

Food is Medicine (FIM) is a national initiative focused on improving access to healthy, nutritious foods for individuals living with health-related chronic conditions. Many of these individuals face barriers to finding foods that meet their specific daily nutritional needs. Food is Medicine (FIM) works to bridge that gap by integrating food-based solutions into healthcare and community support systems.

Arkansas Foodbank aims to bridge the gap by collaborating with Community Health Centers (CHC), Federally Qualified Health Centers (FQHCs), and other healthcare providers. These centers will recommend areas of support for neighbors experiencing food-insecurity that will include nearby pantry partners or healthcare facilities who will be equipped to offer varieties of nutritious food boxes or fruits and vegetables to support health-related chronic conditions.

What Community Need Does the Food is Medicine Program Address?

- Equitable access
- Support for specific populations
- Healthcare integrations
- Cultural responsiveness
- Community involvement
- Financial and logistical support

What is a Food is Medicine (FIM) partnership?

Integration with clinical care, that includes medical professionals being involved in guiding nutrition support as part of a patient's treatment plan. Collaboration will involve a wide range including healthcare systems, food banks, community-based organizations, and government agencies. The goal is to improve health outcomes for chronic conditions like hypertension and diabetes, reduce healthcare costs, and advance health equity, particularly in under-resourced communities. These partnerships are grounded in the growing evidence that nutrition is a key determinant of health and is supported by research and pilot programs.

Program Models

Choice Market

- a. Offering a full choice, shoppable market style food distribution in a pantry.
- b. This pantry acts as a community resource for healthcare providers to refer patients to

Food Pharmacy

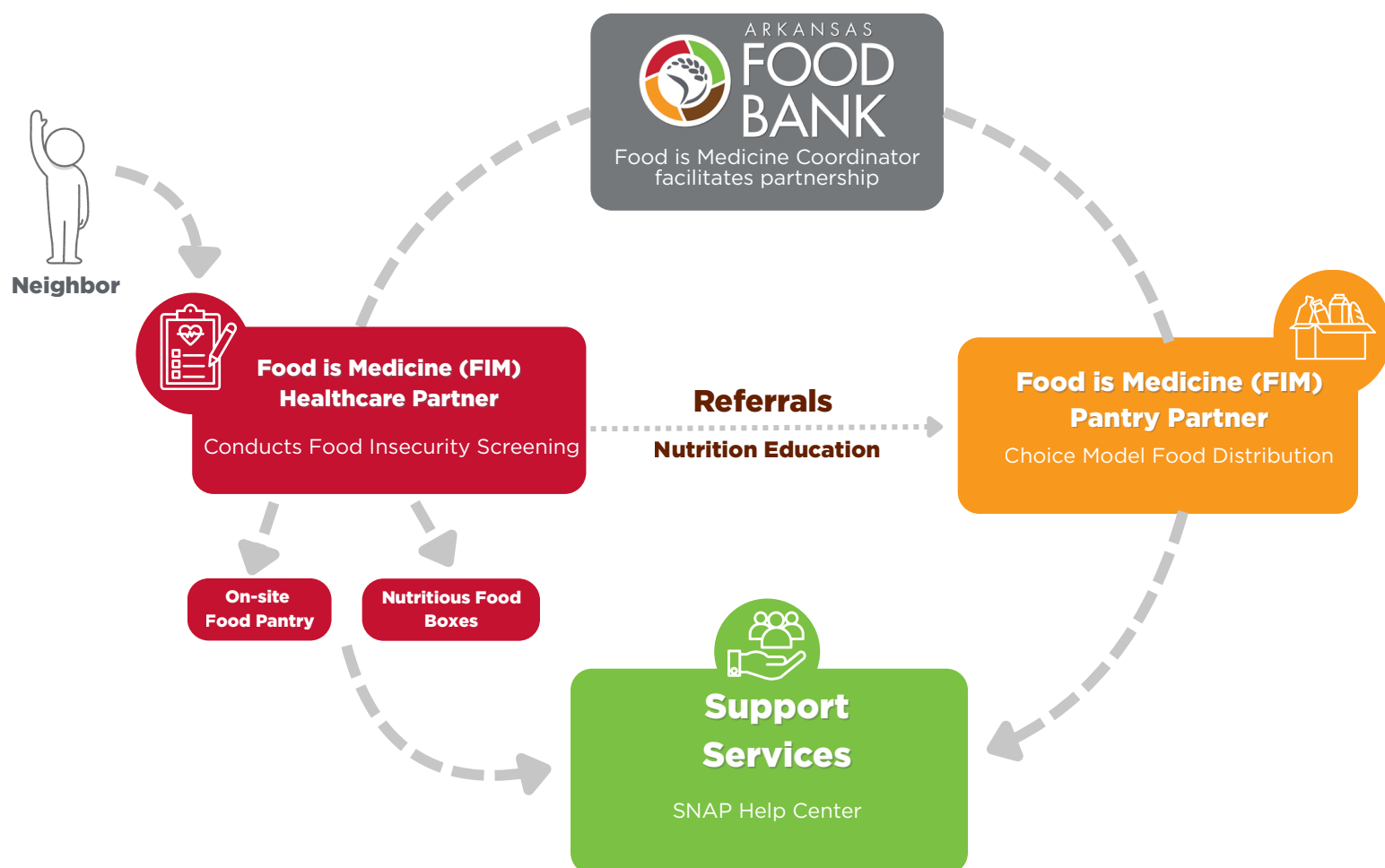
- a. Offering nutritious food boxes or fruits and vegetables on-site at clinics or partner facilities. (frequency may vary depending on inventory and availability).
- b. Optional community access—may serve the broader public but not required for operation.

Nutritious Food Box

- a. Pre-packed food boxes containing nutritious foods for health-related chronic conditions.
- b. Healthcare partner stores pre-packed food boxes for patient distribution

Important resources

- [FIM Resource Folder](#)
- [Find Food Page](#)
- [SNAP Help Center Page](#)
- arkansasfoodbank.org



Referral System

The Community Health Center (CHC), Federally Qualified Health Center (FQHCs), or other healthcare provider will conduct the food insecurity screening (seen on next page) and offer access to the on-site food pantry or provide a nutritious food box (when options are available at the Healthcare Center) and offer on-site support services that are available.

Or

The Community Health Center (CHC) or Federally Qualified Health Centers (FQHCs) will refer the neighbor to a Food is Medicine Pantry Partner, who may also offer a variety of support services.

The AR Foodbank will provide a pamphlet of additional support resources, such as (Supplemental Nutrition Assistance Program (SNAP), Find Food, and other community based services.

Referral System (continued)

Healthcare Partners will be provided referral sheets (seen on next page) containing information about the Food is Medicine program, location information for their Food is Medicine Pantry Partner, information on what to expect when visiting the pantry, and information to locate additional pantries.

Healthcare Partners will provide a referral sheet to all patients who have screened positive for food insecurity based on the Food Insecurity Screening Questions seen below.

Healthcare Partners will instruct their patient to bring this referral sheet with them to their next visit to the FIM Pantry Partner and present it during check-in. Pantry staff will be able to assist the patient with any dietary modifications they require to ensure they are receiving food appropriate for any chronic conditions they may have.

Food Insecurity Screening Questions

1. "Within the past 12 months, we worried whether our food would run out before we got money to buy more."

- a. Often True
- b. Sometimes True
- c. Never True

2. "Within the past 12 months, the food we bought just didn't last and we didn't have money to get more."

- a. Often True
- b. Sometimes True
- c. Never True

How to use these questions

- Screening: Ask these two questions to individuals or caregivers.
- Referral: If someone answers "often true" or "sometimes true" to either statement, they are considered to be at risk of food insecurity.
- Support: The screening can prompt a discussion about their needs, and they can then be referred to local food pantries or other community and resources for immediate and ongoing assistance.

Referral Sheet Example

FOOD IS MEDICINE

(FIM)



Food is Medicine (FIM) is a national initiative focused on improving access to healthy, nutritious foods for individuals living with health-related chronic conditions.

Your FIM Pantry:

Agency Name

(555) 555-5555

Hours of Operation



Address

123 Street

City, AR 12345



Choose foods that best fit your daily nutritional needs



Supplement your meals with a variety of nutritious food options that include fruits and vegetables



Verify the distribution days and operating hours with each pantry partner

To find additional pantries in your area:



VISIT

arkansasfoodbank.org
/findfood

to search for partner pantries by location, name, address or zip code



SCAN
THE QR
CODE





TEXT
"FINDFOOD"

to 844.381.3663

and enter your zip code when prompted to receive a list of pantries nearby

Legal Disclaimer (This is not a medical referral or prescription)

Choice Model

The client-choice model, is a food pantry system that allows neighbors to select their own food items, similar to grocery shopping. This approach differs from traditional models where pre-packaged bags of food are distributed, and it aims to increase neighbor dignity, reduce food waste, and provide a more personalized and respectful experience. The specific set up can vary depending on a pantry's capacity, with some models resembling a grocery store and others using a table or "point-and-choose" system. This model is already in use across multiple Arkansas Foodbank partner pantries.

Choice Options

- **Non-Choice**

- Traditional Pantry Model: Prepacked bags or boxes of food are provided during distribution.

- **Limited Choice (Suggested for Nutritious Food Boxes)**

- Neighbor's will start with a standard bag or box of food items. After receiving their pre-packed items, they can select a limited number of additional items from a designated area. Volunteers or staff typically assist neighbors in this process, helping them navigate choices and keeping the process moving. This model can be adjusted, with options ranging from choosing just a few items to supplementing a pre-packed bag with one or two additional items.

- **Full Choice (Preferred for Food Pharmacy & FIM Pantry Partner)**

- Neighbor's can walk through the pantry and select items off shelves, refrigerators, and freezers. Giving them the autonomy to make their own choices, respecting their dignity and personal needs. They can choose foods that align with their family's preference cultural norms, and daily nutritional needs and allergies. This methods reduces waste and can save time and resources because they don't need to spend time pre-packing bags.

Reporting Process & Data Collection

Monthly reporting must be completed and turned into the AR Foodbank on the 1st of each month, no later than the 5th of each month.

Food is Medicine (FIM) Pantry Partners and Healthcare Centers who distribute food must use Service Insights to track neighbor data and record referrals.

AR Foodbank requests all Healthcare Partners collect and report health data on screened and referred patients without any personally identifiable information as not to violate HIPAA. AR Foodbank will use this data in addition to the data collected from Pantry Partners to measure the impact of the program.

HER & SWAP Guidelines and Implementation

Healthy Eating Research (HER) Guidelines are evidence-based food recommendations for food banks and pantries to improve the nutritional quality of the food they provide. These guidelines use a color-coded system to rank food into three categories: “Choose often” (green), “Choose sometimes” (yellow), and “Choose rarely” (red), based on levels of saturated fat, sodium and sugar. Certain items like condiments and baby food are not ranked by this system.

These categories are implemented using the Supporting Wellness At Pantries (SWAP) system.

The HER guidelines were created by experts in nutrition, food policy, and the charitable food system, supported by the Robert Wood Johnson Foundation.

Printable shelf signs are provided on the following two pages. Having clear signage is very important for our neighbors to make the shopping process easier. Clear signage will help to encourage healthier and more nutritious choices and give our neighbors the confidence in their selections. Please contact the Food is Medicine Coordinator if you would like laminated shelf signs delivered to you.



**CHOOSE
OFTEN**

ELIJA FRECUENTEMENTE



**CHOOSE
OFTEN**

ELIJA FRECUENTEMENTE



**CHOOSE
OFTEN**

ELIJA FRECUENTEMENTE



**CHOOSE
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ELIJA FRECUENTEMENTE



**CHOOSE
OFTEN**

ELIJA FRECUENTEMENTE



**CHOOSE
OFTEN**

ELIJA FRECUENTEMENTE



**CHOOSE
SOMETIMES**

ELIJA VECES



**CHOOSE
SOMETIMES**

ELIJA VECES



**CHOOSE
SOMETIMES**

ELIJA VECES



**CHOOSE
SOMETIMES**

ELIJA VECES



**CHOOSE
SOMETIMES**

ELIJA VECES



**CHOOSE
SOMETIMES**

ELIJA VECES



**CHOOSE
RARELY**

ELIJA CON POCA FRECUENCIA



**CHOOSE
RARELY**

ELIJA CON POCA FRECUENCIA



**CHOOSE
RARELY**

ELIJA CON POCA FRECUENCIA



**CHOOSE
RARELY**

ELIJA CON POCA FRECUENCIA



**CHOOSE
RARELY**

ELIJA CON POCA FRECUENCIA



**CHOOSE
RARELY**

ELIJA CON POCA FRECUENCIA



Diabetes Friendly!

DIABÉTICO



Diabetes Friendly!

DIABÉTICO



Diabetes Friendly!

DIABÉTICO



Diabetes Friendly!

DIABÉTICO



Diabetes Friendly!

DIABÉTICO



Diabetes Friendly!

DIABÉTICO



Heart Healthy!

CORAZÓN SALUDABLE



Heart Healthy!

CORAZÓN SALUDABLE



Heart Healthy!

CORAZÓN SALUDABLE



Heart Healthy!

CORAZÓN SALUDABLE



Heart Healthy!

CORAZÓN SALUDABLE



Heart Healthy!

CORAZÓN SALUDABLE



Gluten-Free!

SIN GLUTEN



Gluten-Free!

SIN GLUTEN



Gluten-Free!

SIN GLUTEN



Gluten-Free!

SIN GLUTEN



Gluten-Free!

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Gluten-Free!

SIN GLUTEN



SWAP[®] Guide

Supporting Wellness At Pantries

	Choose Often			Choose Sometimes			Choose Rarely		
<i>Food Category</i>	Saturated Fat	Sodium	Added Sugars*	Saturated Fat	Sodium	Added Sugars*	Saturated Fat	Sodium	Added Sugars*
<i>Fruits and Vegetables</i>	≤2g	≤230mg	0g (≤12g for Total Sugars)	100% juice and plain dried fruit are yellow.			≥2.5g	≥480mg	≥12g (≥24g for Total Sugars)
				≥2.5g	231-479mg	1-11g (13-23g for Total Sugars)			
<i>Grains</i>	First ingredient must be whole grain AND meet following thresholds:			≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
	≤2g	≤230mg	≤6g						
<i>Protein</i>	≤2g	≤230mg	≤6g	2.5-4.5g	231-479mg	7-11g	≥5g	≥480mg	≥12g
<i>Dairy</i>	≤3g	≤230mg	0g (≤12g for Total Sugars)	3.5-6g	231-479mg	1-11g (13-23g for Total Sugars)	≥6.5g	≥480mg	≥12g (≥24g for Total Sugars)
<i>Non-Dairy Alternatives</i>	≤2g	≤230mg	≤6g	≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
<i>Beverages</i>	0g	0mg	0g	0g	1-140mg	1-11g	≥1g	≥141mg	≥12g
<i>Mixed Dishes</i>	≤3g	≤480mg	≤6g	3.5-6g	481-599mg	7-11g	≥6.5g	≥600mg	≥12g
<i>Processed and Packaged Snacks</i>	None			If a grain is the first ingredient, it must be a whole grain AND meet following thresholds:			≥2.5g	≥141mg	≥7g
				0-2g	0-140mg	0-6g			
<i>Desserts</i>	None			None			All desserts are red		
Condiments and Cooking Staples	Unranked. Examples include salad dressing, sauces (except tomato sauce), jelly, syrup, oils, flour, sugars.								
<i>Misc. Products</i>	Unranked. Examples include baby food, nutritional supplements, protein powders.								

*Use the added sugars value when available on the Nutrition Facts Label. If it is not available, use the total sugars value. The thresholds are the same for all categories except fruits and vegetables and dairy.

Increasing Access to Healthy Food



Why are we using the SWAP stoplight system?

As a food bank, we recognize the strong connection between food insecurity and health. We know that many food pantry neighbors face the double burden of food insecurity and health-related chronic conditions. We are committed to distributing healthy, nutritious food to support the health and well-being of our neighbors. To do that, we are adopting a nutrition stoplight system called **Supporting Wellness at Pantries (SWAP)**.

What is SWAP?

SWAP is designed to help promote healthy food choices at food banks and food pantries. SWAP ranks food based on levels of **saturated fat, sodium, and sugars** because these nutrients are linked with increased risk of health-related chronic conditions. SWAP was revised in 2020 to align with the Healthy Eating Research (HER) Nutrition Guidelines for the Charitable Food System. The HER Nutrition Guidelines were developed by an expert panel convened by HER and were adopted by Feeding America.

What do the rankings mean?



Food that is Green:

- Choose Often
- Low in saturated fat, sodium, and sugar
- Supports health



Food that is Yellow:

- Choose Sometimes
- Medium levels of saturated fat, sodium, or sugar
- Can contribute to good health



Food that is Red:

- Choose Rarely; think of as a treat
- High levels of saturated fat, sodium, or sugar
- Limited health benefits

Unranked Foods: Some food groups like cooking supplies, condiments and baby food are “Unranked” or “Not Eligible” for SWAP ranking. Some food categories are more challenging to rank because they arrive in large batches of miscellaneous items and are labeled “Assorted – Not Ranked”.

How can SWAP be implemented?

We are exploring adding the nutrition ranks to our ordering system that would allow you to view which foods are Green, Yellow, and Red to promote healthy foods in your programs. We will work with our food donors to encourage them to donate healthy foods. We would encourage you to talk with your local food donors to donate healthy items. We also hope by using SWAP that you can promote nutritious foods in your programs for the neighbors you serve.

Nutritious Foods List

As a general reference for prioritizing nutritious foods in distribution, the following list is informed by key national guidelines, including USDA's MyPlate, HER Nutrition Guidelines, The Healthy Choice by Foodlink, and the FDA's Food Labeling Guide.

Fruits	Vegetables	Grains
• Fresh • Frozen • Canned • Jarred • Pouches • Dried/dehydrated • 100% Juice	(Packaged with no added sauces, no added salt, or low sodium <140mg per serving) • Fresh • Frozen • Canned • Jarred • Pouches • Dried/dehydrated	(Items should have whole grain as the first ingredient or be labeled a Good or Excellent source of fiber >3g dietary fiber per serving) • Whole grain breads • Rolls • Pancake mix • Bagles • Pita • Tortillas • Whole grains • Brown/wild rice • Barley • Plain oats • Bulgur • Quinoa • Whole wheat flour • Whole grain pasta • Whole grain cereal

Animal-based Proteins	Plant-based Proteins	Dairy
(Fresh and frozen items should have no breading. Packaged meats must be packaged in water) • Whole or ground lean cuts • Sirloin (90/10) • Chuck (80/20) • Round (85/15) • Venison • Skinless Poultry • Fish • Shellfish • Canned, jarred, or pouches of chicken or fish • Eggs	(Items with no added salt, seasoning, or labeled low sodium <140mg sodium per serving) • Dried beans • Dried lentils • Canned beans • Nuts and seeds • Tofu • Tempeh • Other soy or vegetable-based	Consider fresh and shelf-stable items • Reduced fat milk (2%) • Low-fat milk (1%) • Non-fat milk (skim) • Low-fat or non-fat yogurt (<3g fat per serving) • Low-fat or non-fat cheese or cottage cheese (<3g fat per serving) • Unsweetened non-dairy alternatives • Soy milk • Almond milk

Top Chronic Conditions Food List

Many individuals face health-related chronic conditions that require life-style changes. This toolkit focuses on the three most common health-related chronic conditions: diabetes, hypertension, and high cholesterol. Use this guide to support neighbors with informed recommendations, answer questions, and set up signage that helps them choose healthier choice options.

Diabetes

Over 422 million people worldwide are affected by diabetes. In the United States, over 30 million people have diabetes. Early detection and management are crucial in preventing complications. There are a variety of meal plans and lifestyle modifications to help manage diabetes in all types.

Disclaimer

Type 1 and Type 2 diabetes are different conditions with unique management needs. The food list provided below does not distinguish which items are best suited for each type of diabetes. It is intended only as a general guide to support neighbors living with diabetes. Individuals should always consult their doctor or a qualified healthcare professional for personalized guidance based on their specific type of diabetes and overall health needs.

Foods to Promote	Foods to Distribute Sparingly	Foods to Avoid
• Fresh fruits • Fresh vegetables • Dried beans • Brown rice • Whole grains • Canned tuna, chicken, and beef • Unsalted nut butters, no sugar added • Canned vegetables • Oatmeal • Plain yogurt • Vegetable oils • Popcorn • Milk and unsweetened milk substitutes • Low sugar/high fiber cereals (<6g sugar/>3g fiber per serving)	• White rice • White bread • White pasta • Dried fruits • Canned fruits • Fruit juice for low blood sugar • Sweetened yogurt	• Candy • Fruit juice that is not made from 100% fruit • High-sugar cereals (>6g sugar per serving) • Sweetened applesauce • Toaster pastries • Cookies • Graham crackers • Honey • Cane sugar

Hypertension

High blood pressure is also known as hypertension. It happens when the force of your blood pushing against the walls of your blood vessels is too high. High blood pressure can lead to other serious problems such as heart attack and stroke. It can affect all age groups: children, young adults, adults and older adults.

Foods to Promote	Foods to Distribute Sparingly	Foods to Avoid
• Fresh fruits • Dried beans • Whole grains • Fresh produce • Low-sodium canned fruits and vegetables • Canned tuna or chicken • Unsalted nut or seed butters • Milk and unsweetened milk substitutes • Plain yogurt • Unsweetened applesauce • Low-sodium pasta sauce • Unsalted nuts • Brown rice • Oatmeal • Canola and olive oil • Unsalted popcorn • 100% fruit juice	• Granola bars • Regular pasta sauce • White bread • White pasta • White rice • Canned beans • Canned fruits • Canned vegetables • Canned beef • Cheese • Dried fruits • Sweetened yogurt	• Chocolate • Candy • Toaster pastries • Juice that is not 100% fruit juice • Pretzels • Salted nuts • Sweetened applesauce • Cookies • Butter

High Cholesterol

High cholesterol, also known as hyperlipidemia, is a medical condition in which the blood is carrying abnormal amounts of fats. Cholesterol is affected by both genetics and diet. Cholesterol is a waxy substance that is naturally made in the body and important for cell function. Dietary fats are also essential to life and can affect how much cholesterol the body produces. High cholesterol over time can put one at risk for negative health events like heart attack and stroke.

Foods to Promote	Foods to Distribute Sparingly	Foods to Avoid
• Fresh fruits • Dried beans • Whole grains • Fresh produce • Low sodium canned fruits and vegetables • Canned tuna or chicken • Unsalted nut or seed butters • Milk and unsweetened milk substitutes • Plain yogurt • Unsweetened applesauce • Low-sodium pasta sauce • Unsalted nuts • Brown rice • Oatmeal • Canola and olive oil • Unsalted popcorn • 100% fruit juice	• Granola bars • Regular pasta sauce • White bread • White pasta • White rice • Canned beans • Canned fruits • Canned vegetables • Canned beef • Cheese • Dried fruits • Sweetened yogurt	• Chocolate • Candy • Toaster pastries • Juice that is not 100% fruit juice • Pretzels • Salted nuts • Sweetened applesauce • Cookies • Butter

Food Allergens

A food allergy is a potentially serious response to consuming certain foods or food additives. For those who are sensitive, a reaction can occur within minutes or hours, and symptoms can range from mild to life-threatening. The nine leading causes of food allergies identified in the US are milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame. USDA's Food Safety and Inspection Service (FSIS) and the U.S. Food and Drug Administration (FDA) both have laws requiring that all the ingredients in a food product be listed on the food label.

- Milk: The most common food allergy, particularly in infants and young children, though many outgrow it.
- Eggs: One of the most common allergies in children, often found in baked goods and mayo.
- Peanuts: A legume that can cause severe, lifelong reactions.
- Tree Nuts: Includes almonds, walnuts, cashews, and pecans.
- Wheat: Found in many baked goods and pasta.
- Soy: Common in babies and children, found in edamame, tofu, and soy sauce.
- Fish: Includes salmon, tuna, and cod.
- Crustacean Shellfish: Includes shrimp, lobster, and crab.
- Sesame: Designated as the ninth major allergen, commonly found in baked goods, hummus, and salad dressings.

Learn more about food allergens and help keep our neighbors safe:

USDA:

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/food-allergies-big-9>

FDA:

<https://www.fda.gov/food/buy-store-serve-safe-food/food-allergies-what-you-need-know>

Food Allergy Research & Education:

<https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens>

Please watch either of the following F.A.R.E. training videos from our Foodbank University:

https://www.youtube.com/watch?v=4ubzHwd8_Us

<https://www.youtube.com/watch?v=GHsKvdEMAr4>

READINESS ASSESSMENT

Please scan the QR code or click the link below and complete the following readiness survey:



SCAN ME
OR
CLICK HERE

Onboarding Steps: Pantry Partner

- ☐ **Conduct a phone call or in-person meeting with the Food is Medicine Coordinator to discuss the Food is Medicine program and Healthy Pantry Training.**

- Objectives:
 - Gauge interest in the program
 - Clarify pantry goals
 - Assess capacity to serve additional neighbors
 - Identify potential challenges
 - Explore how we can support your success

- ☐ **Schedule in-person pantry visit**

- Objectives:
 - Complete an initial Food is Medicine inspection form
 - Collaborate on next steps
 - Create a list of equipment and resource needs
 - Develop a budget
 - Begin development of a work plan and program timeline

Schedule biweekly check-ins

- ☐ ◦ Objectives:
 - Review goals
 - Monitor progress
 - Ensure alignment with work plan milestones

Completion stage

- ☐ ◦ Objectives:
 - Receive Certificate of Healthy Pantry Training Completion
 - Sign MOU to release agreed-upon food credits and-or funds (if applicable)

Healthcare Partner will be notified to begin referrals



Monthly support calls or meetings will be scheduled for the first three months of program implementation, transitioning to quarterly check-ins thereafter.



Onboarding Steps: Healthcare Partner Food Pharmacy or Medically Tailored Boxes

- ☐ **Conduct a phone call or in-person meeting with the Food is Medicine Coordinator to discuss the Food is Medicine program and partnership**
 - Objectives:
 - Gauge interest in the program
 - Clarify healthcare partner goals
 - Assess capacity to serve additional neighbors
 - Identify potential challenges
 - Explore how we can support your success
- ☐ **Schedule in-person visit**
 - Objectives:
 - Complete an initial Food is Medicine inspection form
 - Collaborate on next steps
 - Create a list of resource needs
 - Begin development of a work plan and program timeline
 - Sign agreement to participate in program
- ☐ **Schedule biweekly check-ins**
 - Objectives:
 - Review goals
 - Monitor progress
 - Ensure alignment with work plan milestones
- ☐ **Completion stage**
 - Objectives:
 - Receive Certificate of Healthy Pantry Training Completion
 - Sign MOU to release agreed-upon food credits and-or funds (if applicable)
- ☐ **Healthcare Partner will be notified to begin referrals**
- ☐ **Monthly support calls or meetings will be scheduled for the first three months of program implementation, transitioning to quarterly check-ins thereafter.**

Onboarding Steps: Healthcare Partner Referrals Only

- ☐ **Conduct a phone call or in-person meeting with the Food is Medicine Coordinator to discuss the Food is Medicine program**
 - Objectives:
 - Gauge interest in the program
 - Clarify program goals
 - Assess capacity to refer and track neighbors
 - Identify potential challenges
 - Explore how we can support your success
- ☐ **Schedule in-person visit**
 - Objectives:
 - Collaborate on next steps
 - Create a list of resource needs
 - Begin development of a work plan and program timeline
 - Sign agreement to participate in program
- ☐ **Schedule biweekly check-ins**
 - Objectives:
 - Review goals
 - Monitor progress
 - Ensure alignment with work plan milestones
- ☐ **Pantry Partner will be notified that they will begin receiving referrals**
- ☐ **Monthly support calls or meetings will be scheduled for the first three months of program implementation, transitioning to quarterly check-ins thereafter.**

FIM Initial Pantry Inspection Form

Agency Name:

OPERATIONS & CAPACITY	YES	NO	NOTES
Staff trained in food safety and handling			
Staff or volunteers available to manage referrals			
Ability to track and report services provided			
Capacity to serve additional patients referred by healthcare providers			
Delivery or transportation options available			

PRIVACY & DATA SHARING	YES	NO	NOTES
Secure method for receiving patient referrals			
Staff trained in handling sensitive health information			
Consent protocols in place for data sharing			

FIM Initial Pantry Inspection Form (Continued)

FACILITY OVERVIEW	YES	NO	NOTES
Facility is clean, organized, and free of hazards			
Adequate space for food storage and distribution			
Accessible for individuals with disabilities			
Refrigeration available for perishable items			
Pest control measures in place			

FOOD INVENTORY & NUTRITION	YES	NO	NOTES
Variety of fresh produce available			
Whole grains, lean proteins, and low-sodium options stocked			
Ability to provide medically tailored food (e.g., diabetic-friendly, low-sodium)			
Nutrition labeling or guidance available			
Capacity to adjust food packages based on health conditions			

FIM Initial Pantry Inspection Form (Continued)

EDUCATION & SUPPORT SERVICES	YES	NO	NOTES
Nutrition education materials available			
Cooking demos or classes offered (or ability to host)			
Partnerships with dietitians, nutritionists, or other healthcare providers			

ADDITIONAL NOTES & OBSERVATIONS	NOTES
General Observations	
Areas for Improvement	
Recommended Next Steps	

Inspector Name:

Signature:

Date:

Work Plan

Goal:		
Step 1		Date:
Step 2		Date:
Step 3		Date:

Goal:		
Step 1		Date:
Step 2		Date:
Step 3		Date:

Goal:		
Step 1		Date:
Step 2		Date:
Step 3		Date:

Work Plan (Continued)

Goal:		
Step 1		Date:
Step 2		Date:
Step 3		Date:

Goal:		
Step 1		Date:
Step 2		Date:
Step 3		Date:

Goal:		
Step 1		Date:
Step 2		Date:
Step 3		Date:

Contact List

Healthcare Partner Name:

Address:

	Name	Title	Phone	Email
Primary Point of Contact				
Secondary Point of Contact				

Pantry Partner Name:

Address:

	Name	Title	Phone	Email
Primary Point of Contact				
Secondary Point of Contact				

Arkansas Foodbank

4301 W 65th St, Little Rock, AR 72209

	Name	Title	Phone	Email
Primary Point of Contact		SNAP / Food is Medicine Coordinator		
Secondary Point of Contact	Austin Sublett	Community Programs Manager	501-569-4311	asublett@arkansasfoodbank.org
Tertiary Point of Contact	Dreia Alexander	Programs Director	501-569-4361	aalexander@arkansasfoodbank.org

FOOD IS MEDICINE ADDENDUM
Memorandum of Understanding
Member Agency Agreement
2026-2027

Purpose

This Addendum to the Memorandum of Understanding for all Member Agencies of the Arkansas Foodbank covers specific requirements associated with being recognized as a Food is Medicine food pantry which is affiliated with the Arkansas Foodbank. By signing this Addendum, the Member Agency agrees to all terms and conditions of the Addendum in addition to upholding all terms and conditions of the Member Agency Agreement.

Duration

This Food is Medicine Addendum is in effect until the Arkansas Foodbank Annual Renewal period, which begins July 1st and becomes effective immediately upon signing of the document by the authorized Member Agency representative. If at any time the Member Agency wishes to terminate the terms of this Addendum, one calendar year from the date signed must be fulfilled.

Terms of Agreement

- Offering a Full Healthy Choice food distribution model
- Be open for food distribution a minimum of once per week
- Display Arkansas Foodbank Food is Medicine signage and educational materials
- Prioritize distributing a wide variety of nutritious foods to accommodate those with chronic conditions, including fresh produce, lean proteins, whole grains and no/low/reduced salt, sugar, and saturated fat options
- Follow the HER/SWAP Guidelines for categorizing and labeling food
- Explore options for hosting community partners for health screenings and educational events
- Creatively nudge neighbors to healthier choices through bundling food displays, signage, recipes cards, taste testings, and offering educational materials
- Tracking and reporting the number of healthcare provider referrals via the Service Insights intake platform
- Regularly gather neighbor feedback through surveys, community conversations, or other means to ensure needs are being met

Signatures

Authorized signatures below confirm that the Member Agency is accepting and agrees to all terms and conditions of this Addendum and is willing to function as a Food is Medicine pantry in affiliation with the Arkansas Foodbank.

AR Foodbank Community Programs Manager

Member Agency Partner

Date

Date