



Free nutritional counseling and free food are available for Hudson County community members who are Greenville Primary Care patients, are food insecure and have a chronic disease

SUPPORT FROM ACME

The Food FARMacy program was launched with a generous grant from Acme's Nourishing Neighbors Community Relief Program. "Acme's number one priority in terms of philanthropic giving is food insecurity," says Dana Ward, Communications and Public Affairs Manager at Acme Markets. "We have two stores in Jersey City as well as one in Hoboken, and it makes sense for us to partner with Jersey City Medical Center because they serve so many of our own neighbors."

To keep the shelves stocked, the Food FARMacy partners with the Community FoodBank of New Jersey to purchase foods at minimal cost. The program has also received significant donations from Goya Foods and from local community agencies and donors.

"The Food FARMacy is one of Jersey City Medical Center's many initiatives to go beyond the four walls of the hospital to help our community residents," explains Whitney Bracco, Assistant Vice President, Social Impact and Outpatient Hospital Services for JCMC. "We regularly assess the community's needs, and one thing we hear loud and clear are the problems of food insecurity and chronic health conditions. The community spoke, and we're delivering this program to address their needs."

In addition to providing food and nutrition counseling, the program connects people with food assistance services they may not have had the tools to apply for. "Our patients are thrilled with this program," says Carlino, "and we look forward to continuing to help our neighbors get healthier."

NOURISHING HUNGRY NEIGHBORS

AN INNOVATIVE PROGRAM SUPPLIES NUTRITIOUS FOOD WHERE IT'S MOST NEEDED.

The idea is simple: Food is medicine. What people eat and drink can strengthen their immune system, increase energy and ward off chronic diseases like diabetes and cardiovascular conditions.

Non-nutritious food, however, has the opposite effects on the body. That's why Jersey City Medical Center (JCMC) has created a program, the Green Apple Rx, JCMC Food FARMacy, to provide patients at its Greenville Primary Care Group with healthy foods customized to their needs.

"When patients come in for a primary care visit, those who are having a difficult time purchasing groceries are identified through screening," explains Kristin Carlino, MS, RDN, at the Food FARMacy. "I

meet with them one-on-one to discuss their health needs as they relate to nutrition. Do they need to gain or to lose weight? Do they have a condition such as high cholesterol, high blood pressure or diabetes that can be helped through nutrition?"

Patients leave that meeting with a grocery bag full of food tailored to their nutritional needs, along with an appointment for a follow-up visit. "The great thing is that the patient and I can select the foods together, based on what kinds of things the patient likes to eat and what I can recommend to improve their health," Carlino says. "I had one patient who doesn't like vegetables but loves cheese, and I was able to give him asparagus, parmesan cheese and a recipe that he ended up liking a lot."

The Green Apple Rx, JCMC Food FARMACY serves community members in Hudson County who are food insecure and have a chronic disease. Registration and participation with the Greenville Primary Care team is required. For more information, call **201.839.2643**.

