

Food for Health

Impact at a glance

Wholesome Wave Georgia's Food for Health programing combines increase access to fresh fruits and vegetables, nutrition education, and a connection to a medical home to promote lifestyle changes to adults experiencing food insecurity and a chronic diet related disease.

The majority of participants* are:

- Older adults
- Low income
- Employed
- Insured
- Have a high school or higher education

Program participation has been linked to weight loss and blood pressure management.

*Based on 2022 data

Participant Changes

Program Participants experienced significant increases* in:

- Understanding the seasonality of fruits and vegetables (0.83)
- Accessing affordable fresh fruits and vegetables (0.47)
- Confidence in controlling their own health (0.33)
- Confidence in cooking health foods (0.3)

*Based on a 6 point Likert Scale

Program Challenges

Challenges that impact participants' ability to make long-term life-style changes include:

- Understanding of their own health
- Ability to continue affording fresh fruits and vegetables



FROM
2015 - 2023

1,359
FOOD INSECURE
HOUSEHOLDS

RECIEVED
\$395,903
IN FRESH, LOCAL
GROWN FOOD

To learn more about Wholesome Wave Georgia's Food for Health program, visit <https://wholesomewavegeorgia.org/food-for-health/>