

# COMMUNITY HEALTH

## COMFORT FOOD COMMUNITY

In 2018, Comfort Food Community launched its community health program, aiming to address the growing need for nutrition and health-related education as well as community resources for the region. Building on the models and research around Food as Medicine and the Social Determinants of Health, the team provides broad-based culinary education around fresh fruits and vegetables, resource navigation that leverages partnerships with local and regional organizations to provide additional supports, and expand access to healthy options with healthcare providers and payers.

### OUR 2021 PROGRAMS:

PRODUCE PRESCRIPTION AT THE GLENS FALLS FARMERS MARKET

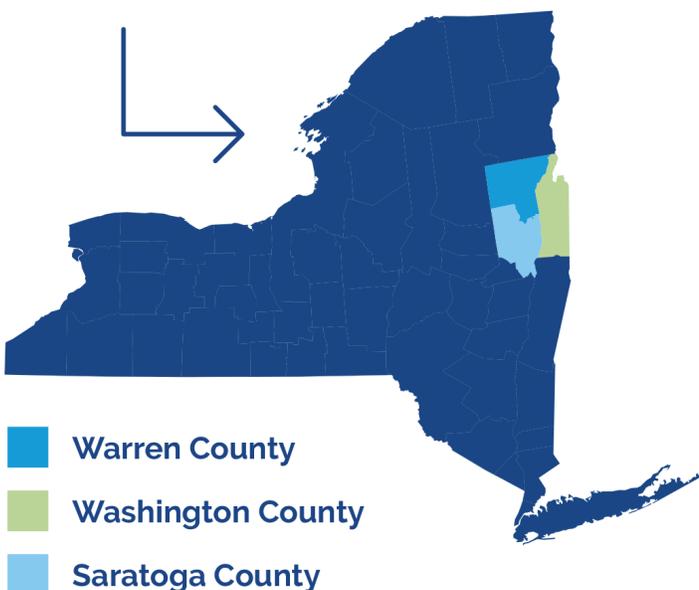
FRESH FOOD FARMACY WITH HUDSON HEADWATER HEALTH NETWORK

FIT & FRESH HEALTH COACHING

EDIBLE EDUCATION WITH THE SOUTHERN ADIRONDACK LIBRARY SYSTEM



### COMMUNITIES WE SERVE



Washington, Warren, and Saratoga counties are blessed with some of the best local producers of fruit, vegetables, meat, and dairy in New York State. Despite the availability of local options, only 25 % of adults in our region report eating the recommended 5 servings of fruits and vegetables a day. Chronic illnesses, such as asthma, lung disease, obesity, hypertension, and diabetes, remain prevalent throughout the region and are all exasperated by food insecurity. Our work at this intersection of community resources, food insecurity, and health.

When clients walk through our doors, Comfort Food Community works to provide the necessary wrap-around services, regardless of their level of need or resources. In particular, one food pantry client has worked with the Community Health team over the past few months to receive food assistance, locate helpful resources, and navigate the stress of finding local and affordable housing. Living in rural Washington County, accessing grocery stores, pharmacies, and additional supports for their limited resources remained complicated due to their lack of transportation. Also, having moved many times over the last few years, complicated their rental history and supporting documentation, including the necessary documents for signing a lease.

In a nearly 2-month process that involved multiple partner agencies such as Family Services Agency, Southern Adirondack Independent Living, Adirondack Health Institute, and numerous county departments, our client secured local, affordable housing in Greenwich with the aid of CFC's team. For someone with limited resources, chronic health problems, and a restricted budget, resource navigation and community health programs underscore the need for our wrap-around services in order to better meet our region's needs.



*“Comfort Food Community helps my food stamps go three times as far and fill in the gaps of what I need. They’re there to give me extra help and support and find out about programs I didn’t know about. No one should be embarrassed to ask for help! They are an incredible resource for the community. Our personal superheroes!” – CFC Client*

## 2021 IN NUMBERS:

4329

RECIPES AND  
NUTRITIONAL  
INFORMATION  
PROVIDED TO GUESTS

316

REFERRALS PROVIDED  
TO PARTNER  
ORGANIZATIONS

38

INDIVIDUALS  
PROVIDED WITH  
DIRECT HEALTH  
COACHING

60+

LOCAL FARMS AND  
PRODUCERS  
SUPPORTED

To learn more about our Community Health program and goals, visit [www.comfortfoodcommunity.org](http://www.comfortfoodcommunity.org)

