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FOR IMMEDIATE RELEASE:

**FARSB FEATURED IN NATIONAL REPORT HIGHLIGHTING HEALTH OUTCOMES
FROM “FOOD AS MEDICINE” PROGRAM**

*Local initiative helps connect food and healthcare to improve well-being of neighbors
experiencing food insecurity*

Riverside, CA, September 23th, 2025– A new national report from Feeding America® spotlights Feeding America Riverside San Bernardino (FARSB) as one of many food banks across the country delivering innovative solutions at the intersection of hunger and health through their “Food as Medicine” program. The three-year initiative, made possible by a \$14.1 million grant from Elevance Health Foundation, supports local partnerships between food banks and over 30 healthcare providers across the country to improve access to nutritious food for people managing chronic health conditions.

Launched locally in 2023 and in partnership with Riverside University Health System, San Bernardino Free Clinic, and CareMore Health OR Riverside University Health System, Riverside Free Clinic, Loma Linda VA Hospital, and Carelon Health, FARSB’s “Food as Medicine” program follows Feeding America’s screen – refer – nourish model that connects individuals in the Inland Empire identified as food insecure during healthcare visits with access to nutritious, medically tailored food and wraparound services.

Since launching the multi-year grant, the program in the Inland Empire has:

- Reached almost 15,000 participants
- Distributed over 3,540 healthy meal boxes
- Offered food boxes through our healthcare partners with the FoodRx program
- Supported neighbors in managing various health conditions

“Partnering with healthcare clinics to improve health outcomes through food assistance takes care of two issues at once, creating healthier individuals with adequate nutritious meals, while breaking down barriers to access healthy food options,” said Carolyn Fajardo, CEO of FARSB. “Food is essential, just like healthcare, and we’re ensuring both nutritious food options and physical health are improved, allowing our region to thrive,” Fajardo continued.

Findings from the national report underscore the value of food as a key part of care:

- Over 100,000 neighbors who screened positive for food insecurity received nutritious food from a participating food bank
- Nearly 70% of participants reported a chronic health condition at enrollment
- Participants described improved eating habits, emotional wellbeing, and greater confidence in managing their health

- Clinical outcomes included an average 1.5% reduction in A1C for those managing diabetes

This “Food as Medicine” initiative is one of the largest national efforts to formally integrate food access into health care systems, reflecting a growing recognition among health care providers, policymakers, and community leaders of food’s critical role in health outcomes. The 21 participating food banks have tailored programs to local needs, offering services like onsite food pantries, mobile food distributions, onsite emergency food packages, food prescription voucher programs and home delivery services that support whole-person well-being.

This work builds on a three-year grant that has allowed FARSB to expand food access and increase the number of food-insecure households we are helping through our FoodRx program. As the initiative enters its final year, ongoing evaluation will offer valuable insights into long-term health outcomes and help shape future food-based health interventions that advance equity and reduce disparities.

FARSB is proud to be a part of this innovative initiative and remains committed to advancing food as a tool for dignity, wellness, and long-term community health.

To learn more about FARSB’s “Food as Medicine” work visit FeedingIE.org/healthcare and to access the full national report visit www.feedingamerica.org/foodasmedicine2.

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About Feeding America Riverside | San Bernardino

Feeding America Riverside | San Bernardino (FARSB) is leading the fight against hunger in the Inland Empire by providing food access, emergency relief, education, and advocacy to families in Riverside and San Bernardino Counties. FARSB opened in 1980 as Survive Food Bank in response to the increasing concern about the dual problems of hunger and food waste in the Inland Empire. Today, FARSB is the primary food source for over 250 local nonprofit organizations, distributing over 3.1 million pounds of food monthly to emergency food pantries, soup kitchens, high-need elementary schools, senior centers, after-school programs, and more. With the help of these community partners, they make up the largest hunger-relief organization serving Riverside and San Bernardino Counties, ultimately making food security a reality for over one million households every year. Feeding America Riverside | San Bernardino proudly holds the 2025 Guide Star Platinum Seal of Transparency, the highest level of transparency achievable through Guide Star. For more information, visit <http://www.FeedingIE.org>

About Elevance Health Foundation

Elevance Health Foundation is the philanthropic arm of Elevance Health Inc. The Foundation works to improve the health of the socially vulnerable through partnerships and programs in our communities with an emphasis on maternal and infant health; behavioral health; and food as medicine. Through its key areas of focus, the Foundation also strategically aligns with Elevance Health’s focus on community health and becoming a lifetime, trusted health partner that is fueled by its purpose to improve the health of humanity. To learn more about Elevance Health Foundation,

please visit www.elevancehealth.foundation or follow us @ElevanceFND on X and Elevance Health Foundation on Facebook.

About Feeding America

Feeding America® is the largest hunger-relief organization in the United States. Through a network of more than 200 food banks, 21 statewide food bank associations, and over 60,000 partner agencies, food pantries and meal programs, we helped provide 6.6 billion meals to tens of millions of people in need last year. Feeding America also supports programs that prevent food waste and improve food security among the people we serve; brings attention to the social and systemic barriers that contribute to food insecurity in our nation; and advocates for legislation that protects people from going hungry. Visit www.feedingamerica.org, find us on [Facebook](#) or follow us on [Twitter](#).

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