

The Good Food, Healthy Hospitals initiative is convened by The Hospital and Healthsystem Association of Pennsylvania, the Pennsylvania Department of Health, and the Philadelphia Department of Public Health

PROGRESS REPORT

2025 Nutrition Security Grants

Good Food, Healthy Hospitals (GFHH) awarded **eight grants totaling $120,000** to Pennsylvania hospitals with impactful food security programs with a focus on populations at risk for and living with diabetes. Awardees are GFHH participants that offer services and programs to distribute, promote, or support healthy food in the hospital and broader community. Congratulations to the recipients!

Penn Medicine

Chester County Hospital

Grant funding improved food safety, temperature control and overall meal quality of the Meals on Wheels (MOW) program, while providing a total of 6,115 meals to 62 homebound seniors. Of the clients served, 94% were aged 60 and over, 19% had diabetes, and 77% reported that MOW helped them maintain or improve health.

Jefferson Health

Jefferson Einstein Philadelphia Hospital

The JeffCares Community Food Pantry transitioned from outdoor distribution of prepackaged bags to an indoor "free shopping" facility with increased refrigeration, food storage, and overall capacity with the help of grant dollars. It served 112 participants over 2,520 visits, distributing 13,823 pounds of food and 837 recipe cards over the grant period.

Episcopal Campus

Using grant funding, the Episcopal Community Food Pantry absorbed the Temple Food Delivery Program (TFDP) into the existing food pantry structure and incorporated two food rescue partnerships into the existing Diabetes Prevention Program (DPP). These new partnerships enabled delivery of fresh produce to 20 DPP participants, all of whom reported increased nutritional security and dietary improvement. The pantry served 8,732 individuals with almost 3,000 deliveries made by TFDP over the grant period.

Fox Chase Cancer Center

Planting with Purpose is a hydroponic gardening group that provides patients, particularly those facing unique challenges due to cancer and diabetes, access to nutrition and gardening education through hands-on training. Grant dollars were utilized to purchase equipment and fund staff time. The program grew 10 pounds of produce and registered 22 participants, with 4 completing the program and losing an average of 1.3 kg (2.9 pounds); one of these patients demonstrated clinically significant improvement in glycemic control during the grant period.

Frick, Latrobe, Westmoreland Hospitals

Westmoreland County hospitals' Food Pantry Box Program and County Food Bank partner to address food insecurity. Food insecure patients with a diabetes diagnosis who have no access to outpatient diabetes resources received educational materials and cooking utensils purchased with grant dollars. A post-discharge follow-up process with a dietitian will enhance program feedback.

Lankenau Medical Center

Nourishing Patients in Need is an existing program that extends the food outreach to new patients in underserved areas. Grant dollars supported costs for the bi-weekly delivery of fresh produce, health education materials and reusable food bags. Successful outcomes included 94.7% of recipients who agreed that the box of produce was helpful; 63% increased their intake of fresh produce, 84% were encouraged to try new vegetables, and 71% found the included educational inserts helpful.

Reading Hospital

BE Nourished is a medically tailored meal program that delivers customized meals to patients diagnosed with diabetes. Grant dollars supported supplies, meal delivery costs, staff time, and health education. Among (the 12) patients enrolled in the program for 90 days, 67% of patients had either no weight gain or weight loss, and 58% of patients maintained or lowered blood pressure, toward a goal of 75% of patients realizing a reduction at the end of the program (six months).

Pennsylvania Hospital

The Market on 8th Street is Pennsylvania Hospital's food pantry that provides nutritional support to food insecure patients in the community. Grant funding supported a coordinator position to oversee the program, as well as the development of a patient feedback process and real-time food inventory tracking. About 1,150 pounds of food were distributed to 45 patients and their families, including four unhoused patients visiting the Wood Clinic.

