



SOCIAL MEDIA TOOLKIT

Food is Medicine Research Action Plan

[Aspen Institute Food and Society Program](#), in partnership with the [Center for Health Law and Policy Innovation of Harvard Law School \(CHLPI\)](#) and support from the [Walmart Foundation](#), launched a new [Food is Medicine Research Action Plan](#), which outlines a comprehensive set of recommendations to expand and strengthen research on nutrition interventions in health care.

This new Action Plan provides a clear road map to identify and gather the information that will transform the way our health care system addresses patients' food-related needs. The authors list 26 specific recommendations for future research, offering guidance on how to embed equity throughout the research continuum, ensuring that research will yield valuable and actionable information, identifying urgent new questions, and describing how funders can and should support future efforts.

We encourage you to use this toolkit to share these important findings with your networks and engage with us on Twitter, Facebook, and Instagram at @AspenFood, @HarvardCHLPI and Twitter @Walmartorg.

Link to the Food is Medicine Research Action Plan:

<https://bit.ly/FoodisMedicineResearch>

Link to the webinar: <https://bit.ly/WatchFoodisMedicine>

Link to graphics:

https://drive.google.com/drive/folders/1_ogqCIEgD_6DXkqi_ssKNOgDW-gcOwqR?usp=sharing

Websites:

www.aspeninstitute.org/programs/food-and-society-program/

www.CHLPI.org

www.walmart.org

Hashtags

#FoodisMedicine

#FoodisMedicineAction

Twitter Handles

@AspenFood

@CKummer

@AspenInstitute

@HarvardCHLPI

@Walmartorg

Funder Acknowledgement

Thanks to generous support from the Walmart Foundation, this research action plan was developed as part of the Food is Medicine Initiative, a collaboration between Food and Society at the Aspen Institute and the Center for Health Law and Policy Innovation of Harvard Law School (CHLPI).

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Action Plan Text for Facebook/LinkedIn

The United States is in a chronic disease epidemic fueled in-part by inequitable access to the food and nutrition needed to maintain optimal health. The public health and economic consequences of Covid-19 exacerbated these inequities.

For the first time, a new Research Action Plan by @AspenFood at @AspenInstitute, in partnership with @HarvardCHLPI provides a clear road map to identify and gather the information that will transform the way our health care system addresses patients' food-related needs.

This analysis will equip researchers, funders, Food is Medicine implementers, and advocates for food access to realize the enormous promise of Food is Medicine interventions across a range of health conditions in improving health and quality of life, while also curbing health care costs.

Read the Action Plan: <https://bit.ly/FoodisMedicineResearch>

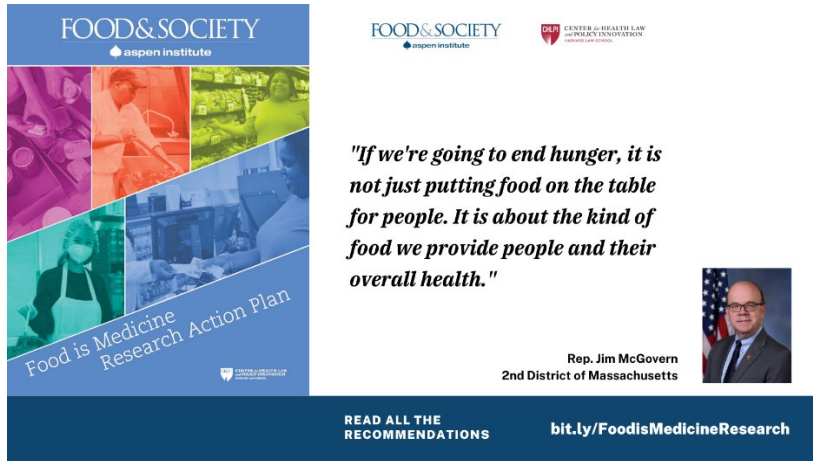
Watch the webinar: <https://bit.ly/WatchFoodisMedicine>

Transforming our health care system can begin with what we put on your plates. @AspenFood at @AspenInstitute with @HarvardCHLPI published the Food is Medicine Research Action Plan, which gives a first-time, succinct but in-depth summary of research that overwhelmingly shows the effectiveness of nutrition interventions such as medically tailored meals, medically tailored groceries, and produce prescriptions.

Available now: <https://bit.ly/FoodisMedicineResearch>

Action Plan Text for Twitter

It is time to treat food access and nutrition as critical parts of the U.S. health care system. Thank you @RepMcGovern for joining the conversation at: <https://bit.ly/WatchFoodisMedicine> #FoodisMedicine



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CHESTER CENTER FOR HEALTH LAW & POLICY INNOVATION
HEALTH CARE SYSTEMS

"If we're going to end hunger, it is not just putting food on the table for people. It is about the kind of food we provide people and their overall health."

Rep. Jim McGovern
2nd District of Massachusetts

READ ALL THE RECOMMENDATIONS bit.ly/FoodisMedicineResearch

(Graphic McGovern 1)

#FoodisMedicine research points out that when we prioritize the prevention of chronic illness with food, we can end hunger and nutrition insecurity in America—and lower health care costs.

Watch the webinar conversation with @RepMcGovern at: <https://bit.ly/WatchFoodisMedicine>



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HEALTH CARE SYSTEMS

"I want the White House Conference on Food, Nutrition, Hunger, and Health to pull everybody together to utilize the recommendations in the Food is Medicine Research Action Plan—and call on all of you to help us connect the dots."

Rep. Jim McGovern
2nd District of Massachusetts

READ ALL THE RECOMMENDATIONS bit.ly/FoodisMedicineResearch

(Graphic McGovern 2)

Dr. Hilary Seligman at @UCSFMedicine highlights research by colleagues at @tuftsnutrition that shows #FoodisMedicine intervention is cost effective or averts negative health outcomes for Medicaid or Medicare beneficiaries. Learn more: <https://bit.ly/WatchFoodisMedicine>

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UCSF

"Here's the key point about nutrition interventions becoming cost-effective: it does happen, and it happens with great frequency, and in the long term they are highly cost effective. That's where we need to stay focused for the future."

Hilary Seligman, MD, MAS
University of California San Francisco

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(Graphic Seligman)

Food is Medicine conversations are building momentum for health care systems to become part of the solution to the prevent disease through food nutrition. More: <https://bit.ly/WatchFoodisMedicine> #FoodisMedicine

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"We're committed to building evidence for Food is Medicine interventions, so Kaiser Permanente Community Health will have a better impact on health and cost with equity in mind."

Pamela Schwartz, MPH
Executive Director for Community Health,
Kaiser Permanente

READ ALL THE RECOMMENDATIONS bit.ly/FoodisMedicineResearch

(Graphic Schwartz)

Katie, a client at @OperationFoodSearch gave us candid insight into the ways education, food delivery and cooking lessons changed her and her family's lives. Watch #FoodisMedicine webinar: <https://bit.ly/WatchFoodisMedicine>

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"I don't want to say this too loud, because the kids are in the other room. But black beans are in everything; they are in my brownies! They don't realize they are getting healthy food."

Katie, client of Community Servings

READ ALL THE RECOMMENDATIONS bit.ly/FoodisMedicineResearch

(Graphic Katie)