

# From Food is Medicine to Food is Justice

Chicago Food Justice Summit 2022 – Wednesday, February 23



## **Saria Lofton, PhD, RN**

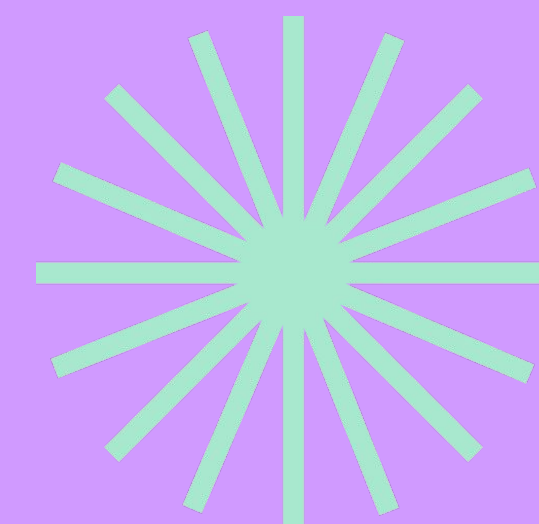
Assistant Professor  
Population Health Nursing Science  
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## **Laurie Ouding, RN, LNC**

Clinical Nurse  
Rush University Medical Center  
Founder of Food Matters, LLC

## **Lucy Peterson**

Program Manager  
Alliance for Health Equity  
Illinois Public Health Institute





# Session Agenda

Please share questions and comments in the chat throughout the presentation

**01**

Defining food  
justice

**02**

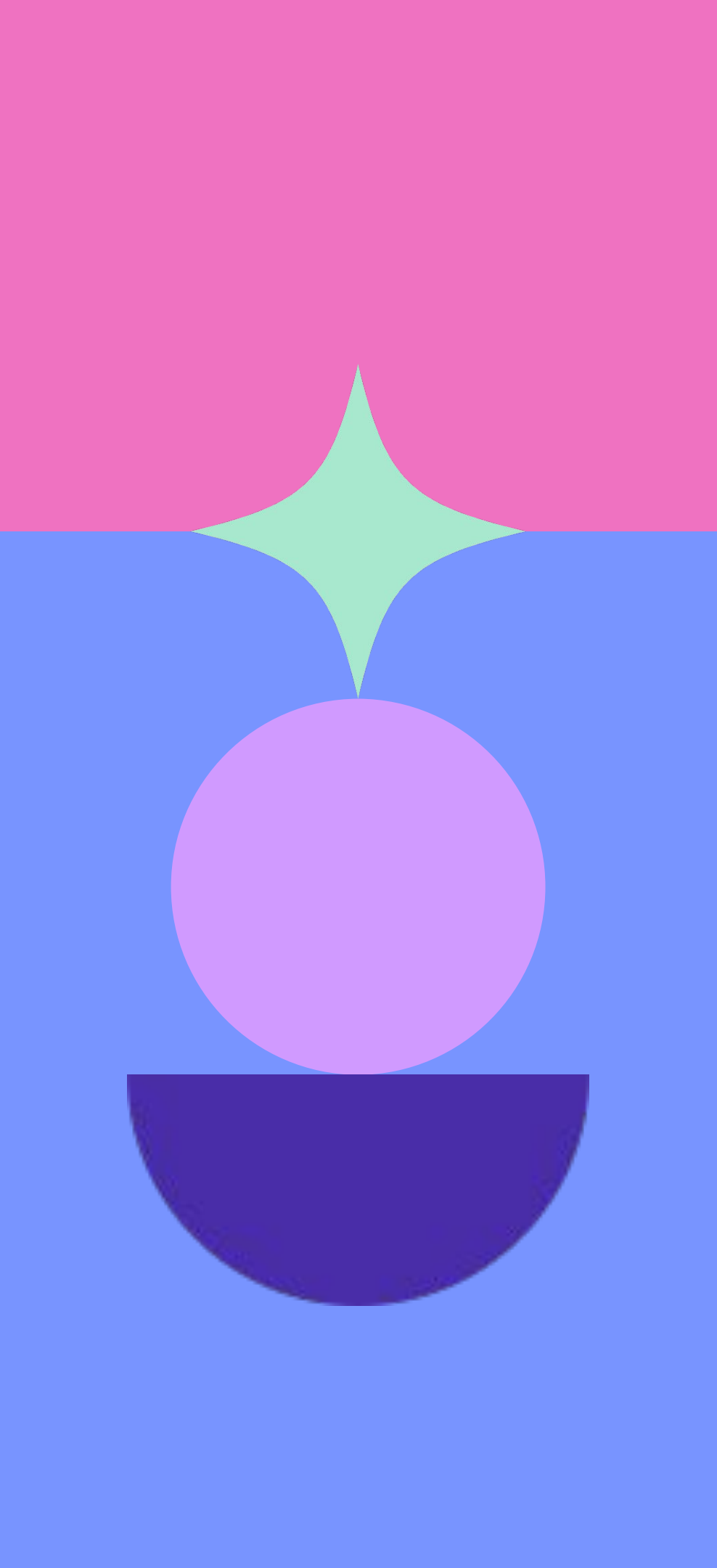
Decolonizing  
our plates

**03**

Reimagining  
food as  
medicine

**04**

Dreaming  
together



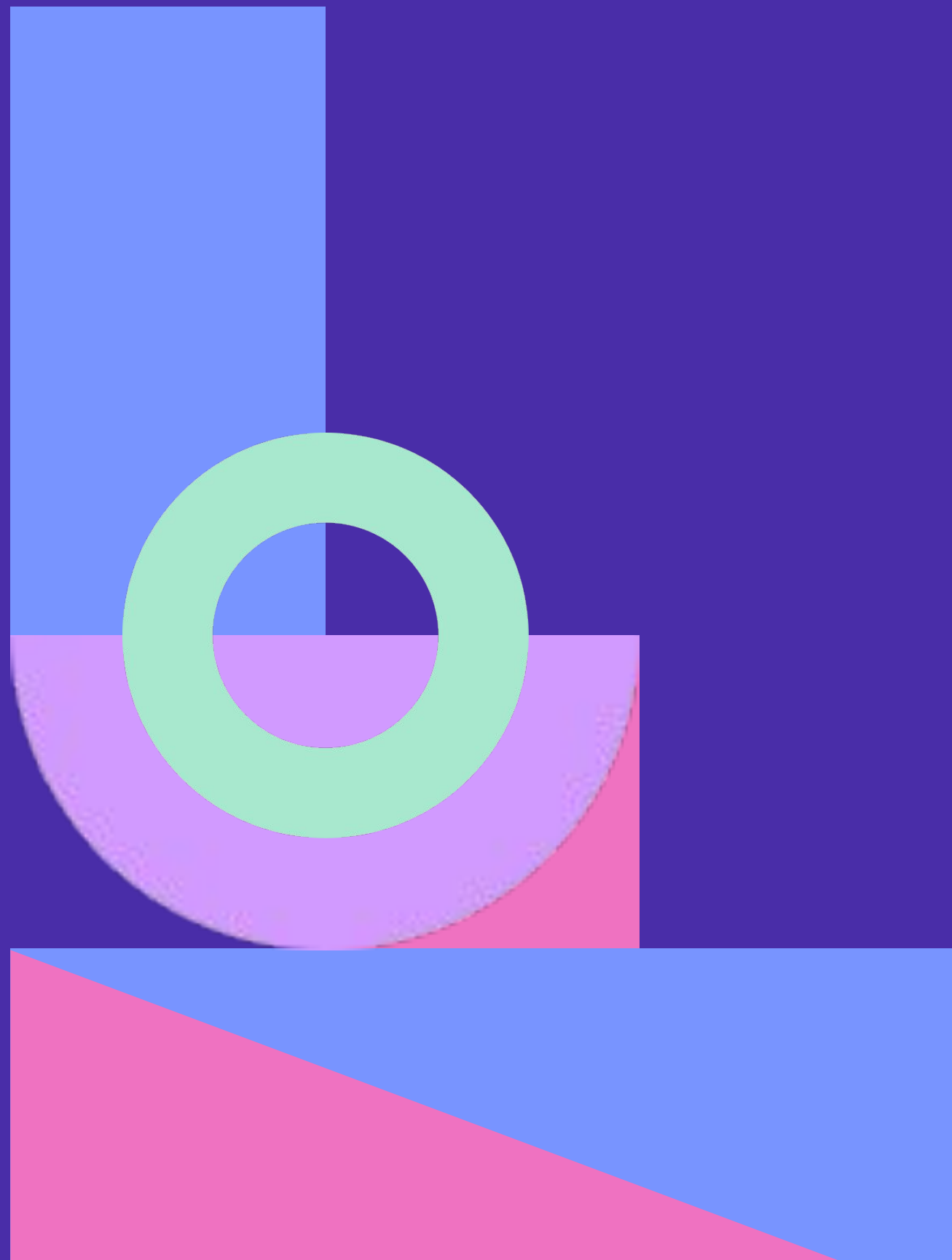


# Food as medicine

Includes food distribution programs that are led or co-led by hospitals or healthcare systems, including primary care, that aim to distribute food to specific populations, such as patients with chronic diseases, or underserved and historically marginalized communities.

# Food justice

Meeting basic human needs through equal access and opportunity for participating in the food system without exploitation. It is socially just and equitably shares powers amongst the people and communities to meet their needs.



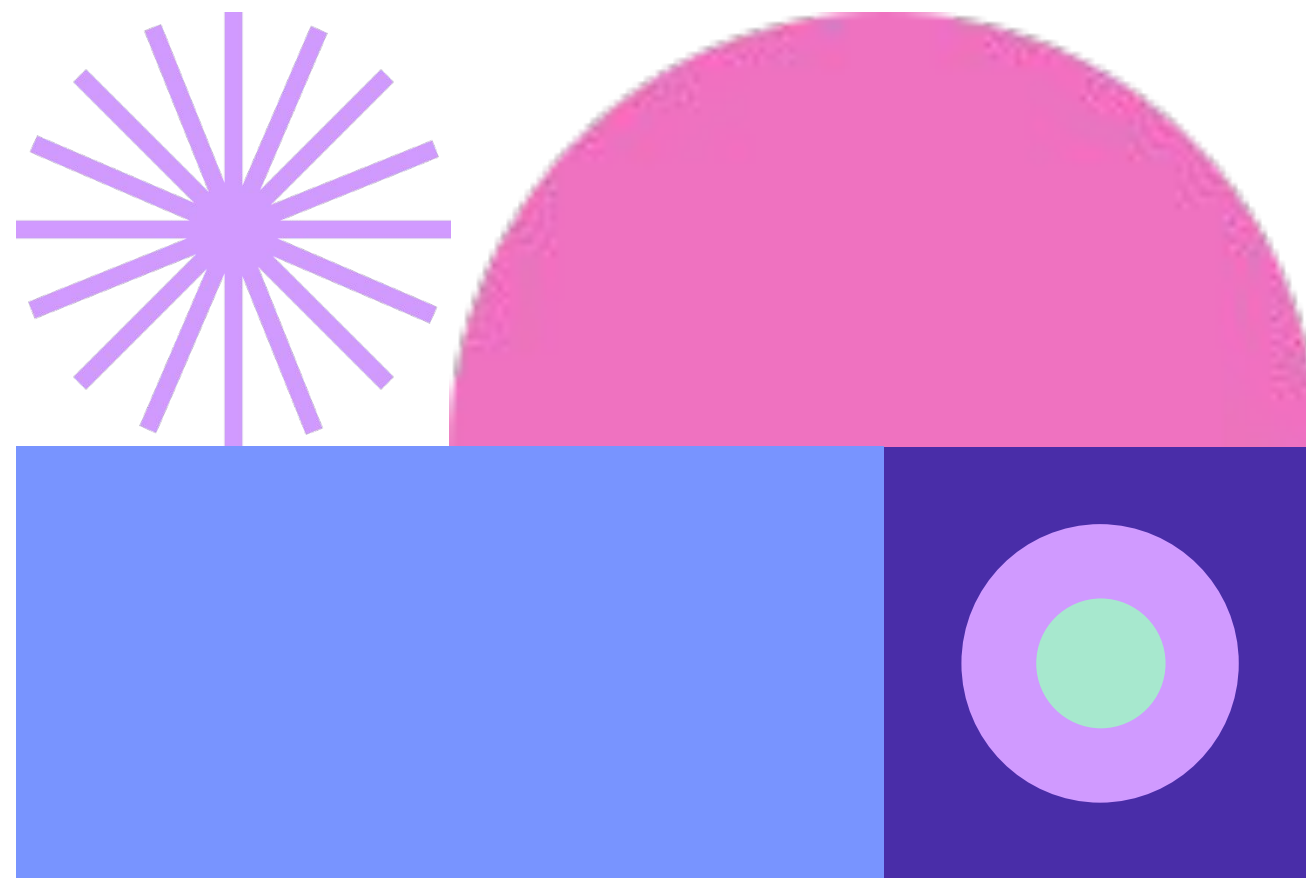
# Nourishing food is a central pillar of wellbeing

Access to nourishing food isn't charitable, it's a right.



Realizing food justice means

# Decolonizing our plates



- Reclaiming health and nourishment for ourselves and our communities
- Promoting culturally relevant care
- Creating opportunities to grow and buy food locally



**Who and what  
brought us to this  
work**

# Where is innovation happening in food as medicine initiatives?

- Veggie Rx Program at Farm on Ogden
- Swedish Covenant Hospital Pantry
- Real Foods Collective in Maywood
- Food is medicine program at Rush University Medical Center

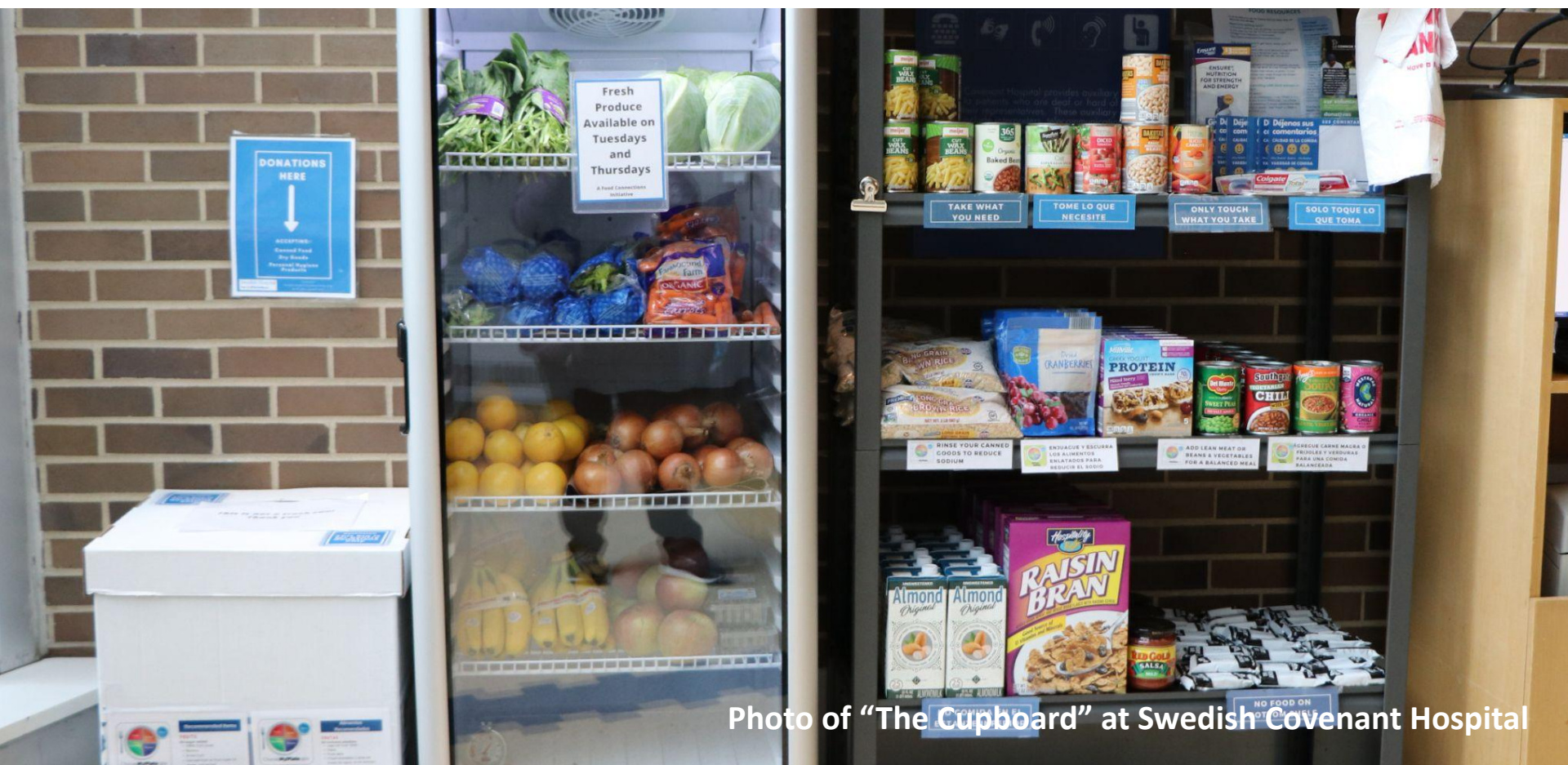
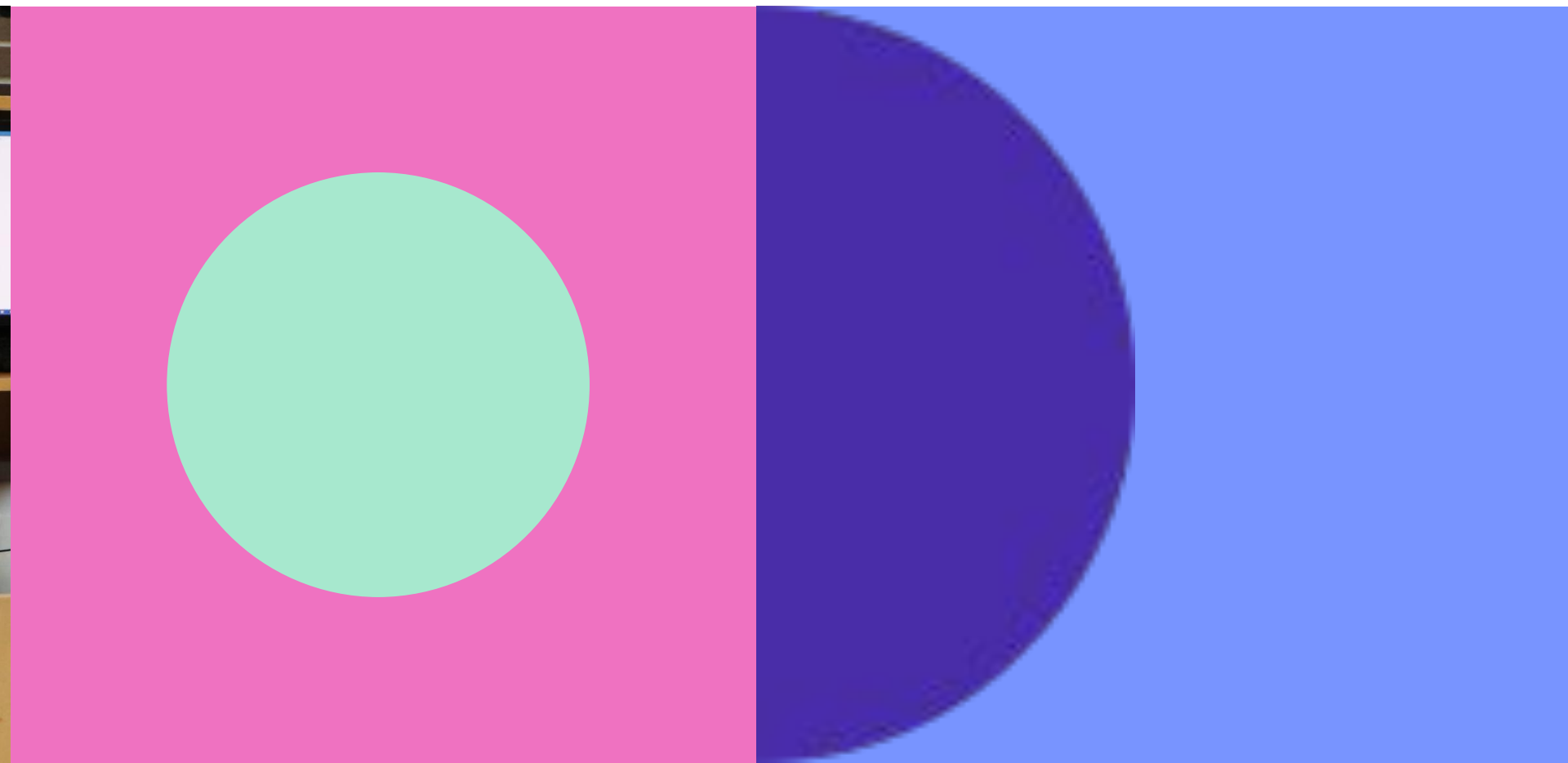


Photo of "The Cupboard" at Swedish Covenant Hospital





# What types of partnerships do we need to keep growing?

- Local growers and producers
- Healthcare organizations
- Community-based organizations
- Mutual aid groups & Love Fridges
- Policy and advocacy partners







**What does food is  
medicine look like  
to you and your  
community?**

# Resources for Partners

- Volunteer with the [Chicagoland Food Sovereignty Coalition](#) or your local mutual aid group
- Make a donation to your local [Love Fridge](#)
- Visit an [Advocates for Urban Agriculture](#) or [Urban Growers Collective](#) farm
- Consult with [Contemporary Garden, Inc.](#) to improve your home or community garden
- Visit your [local farmers market](#), connect with a grower and sign up for a Community Supported Agriculture (CSA) box
- Learn about school-based gardens with the [Gardeneers](#) or [Big Green](#)
- Join an [IL Wasted Food Action Alliance](#) meeting

# Calls to Action

- Join the April 28th [Alliance for Health Equity Food Workgroup](#) meeting
  - Goal: organize Food as Medicine sub-group to build civic engagement to move legislation for reimbursement forward
- Sign up for the [Chicago Food Policy Action Council newsletter](#) for policy action alerts



# Thank You

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