



COMMUNITY ACTION OF NAPA VALLEY

FOOD

*as*

MEDICINE



# COMMUNITY ACTION OF NAPA VALLEY

Food Bank ◆ Meals on Wheels ◆ CANV Kids

Community action changes people's lives, embodies the spirit of hope, improves our community and makes Napa Valley a better place to live

- **4 MILLION LBS OF FOOD DELIVERED ANNUALLY**
- **OVER 130,000 PEOPLE HELPED EACH YEAR**
- **FEEDING OVER 15,000 PEOPLE PER MONTH**
- **FOUNDED IN 1965**
- **7 PANTRIES, 10 FOOD MARKETS, 8 USDA LOCATIONS**
- **MEALS ON WHEELS | CANV KIDS | SILVER FOX**
- **3 CONGREGATE SITES | WELLNESS ON WHEELS**



**Helping People and  
Changing Lives**

# FOOD MEDICINE

HEALING OUR COMMUNITY  
ONE MEAL AT A TIME.



## Introducing CANV's Food is Medicine

- Innovative health and nutrition program designed for residents managing chronic illness.
- Developed in collaboration with nurses, dietitians, and trained volunteers.
- Provides tailored dietary food boxes aligned with medical and cultural needs.
- Bridges clinical care and food access to improve measurable outcomes.



# The Power of Food as Medicine

- **Nutrition** is one of the most powerful determinants of health.
- **Chronic diseases** account for 90% of healthcare costs in the U.S.—and most are preventable.
- The “**Food is Medicine**” movement translates evidence into action: treating food as a vital component of care.
- CANV’s approach: **making medically tailored nutrition accessible to those most in need.**

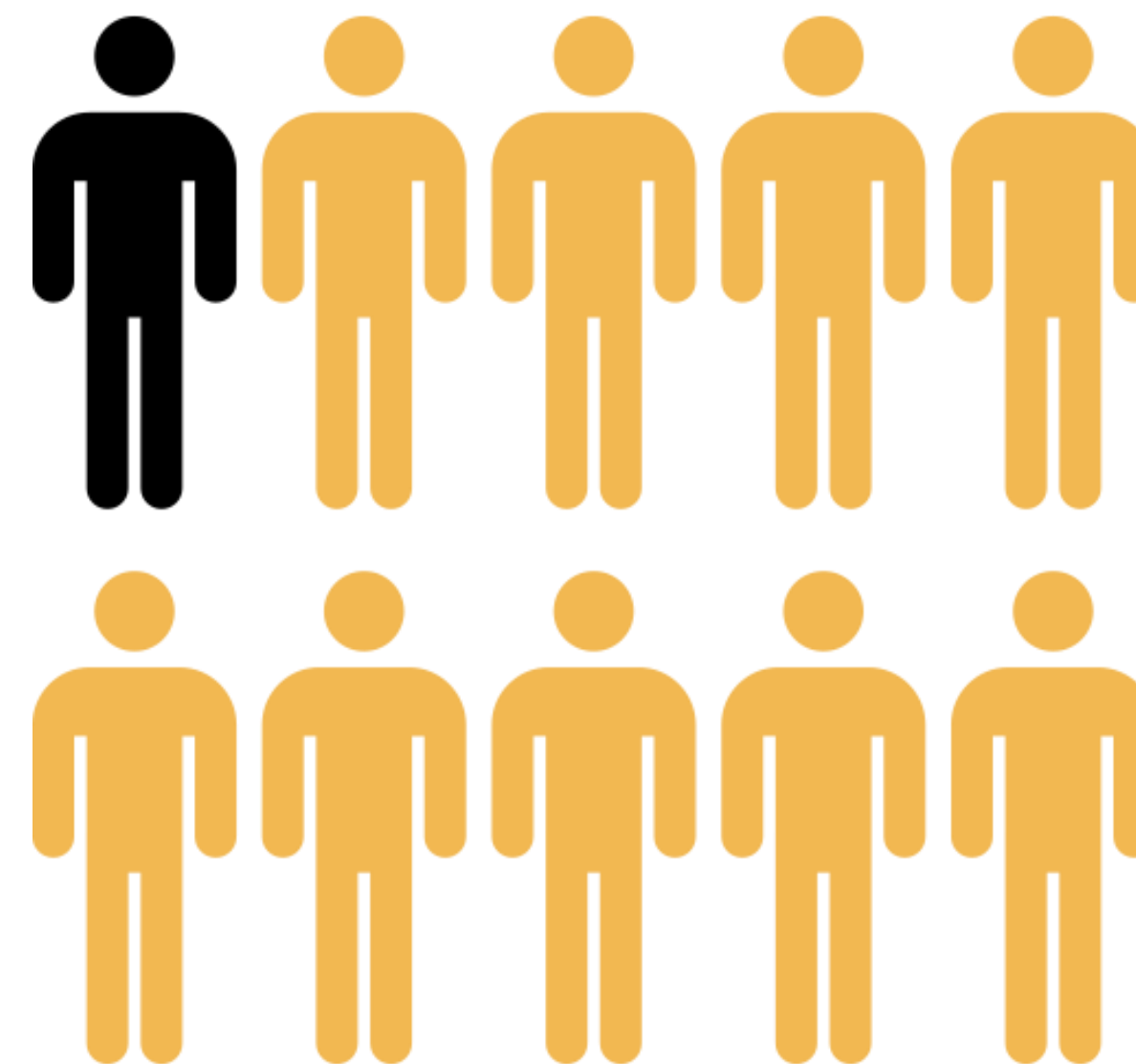
“Food is medicine, when we make it accessible to all.”



# Why Food is Medicine Matters Now

- Chronic conditions—diabetes, hypertension, kidney disease, and cancer—disproportionately affect low-income families.
- Nutrition access is often the missing link between treatment and recovery.
- Recent cuts to federal nutrition programs have widened the gap.
- The need for medically informed community food programs has never been greater.

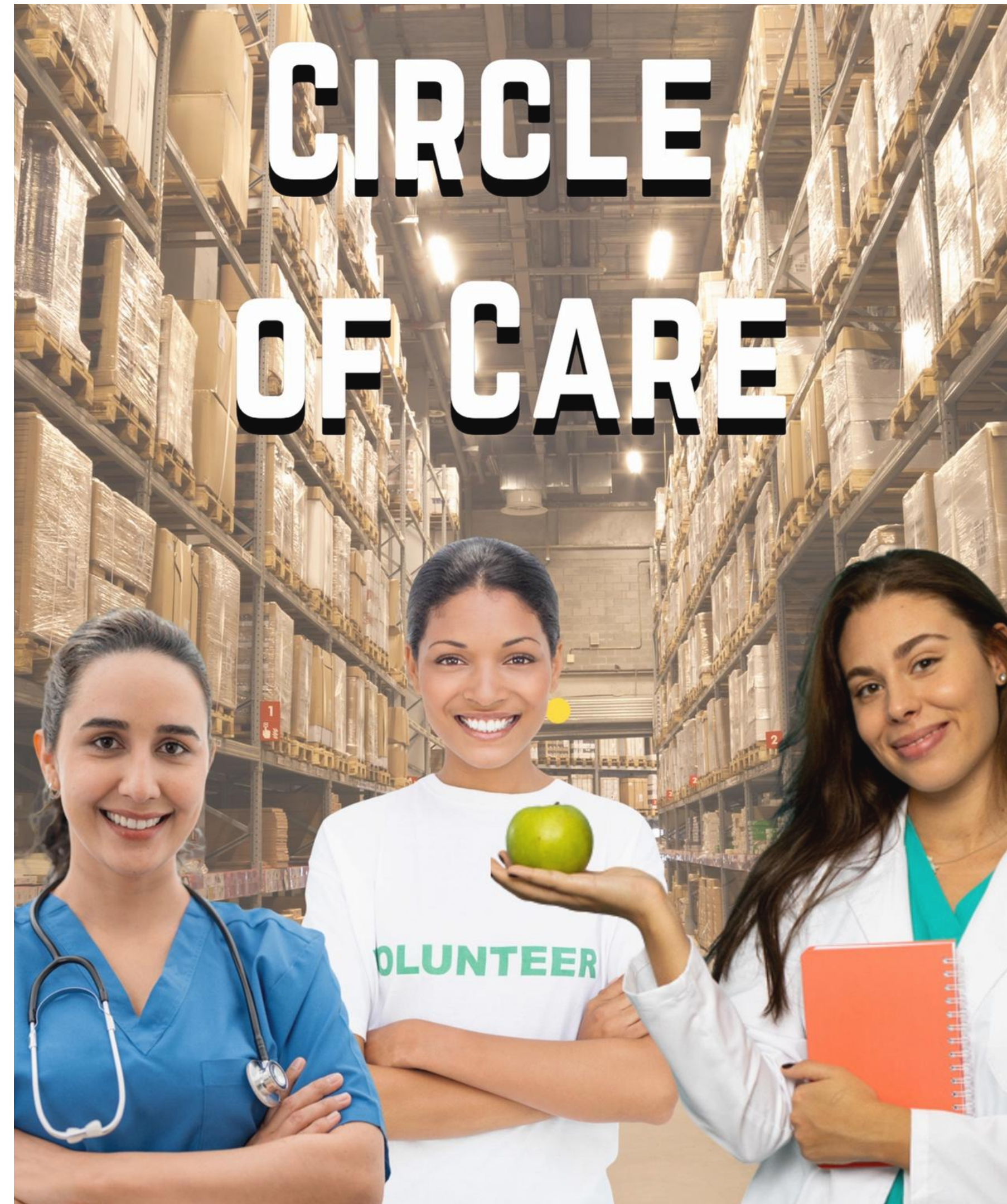
**1 in 10  
ADULTS  
WITH DIABETES  
IN NAPA COUNTY**





# Program Roles: The Interdisciplinary Team

- **Nurses:** Conduct screenings, track health indicators.
- **Dietitians:** Provide oversight on food selection and educational content.
- **Volunteers & CANV Staff:** Support distribution, relationship building, and data collection.
- *Together, they create a circle of care linking food, education, and wellness.*





# Program Design: How It Works

- Participants visit twice per month for food box pickup and check-ins.
- At enrollment: baseline health screening
- Blood pressure, blood sugar, weight, and quality-of-life assessment.
- Health data monitored over 12 months to guide adjustments.
- Each box designed to support condition-specific nutrition goals.

## PARTICIPANT JOURNEY



**ENROLLMENT**



**SCREENING**



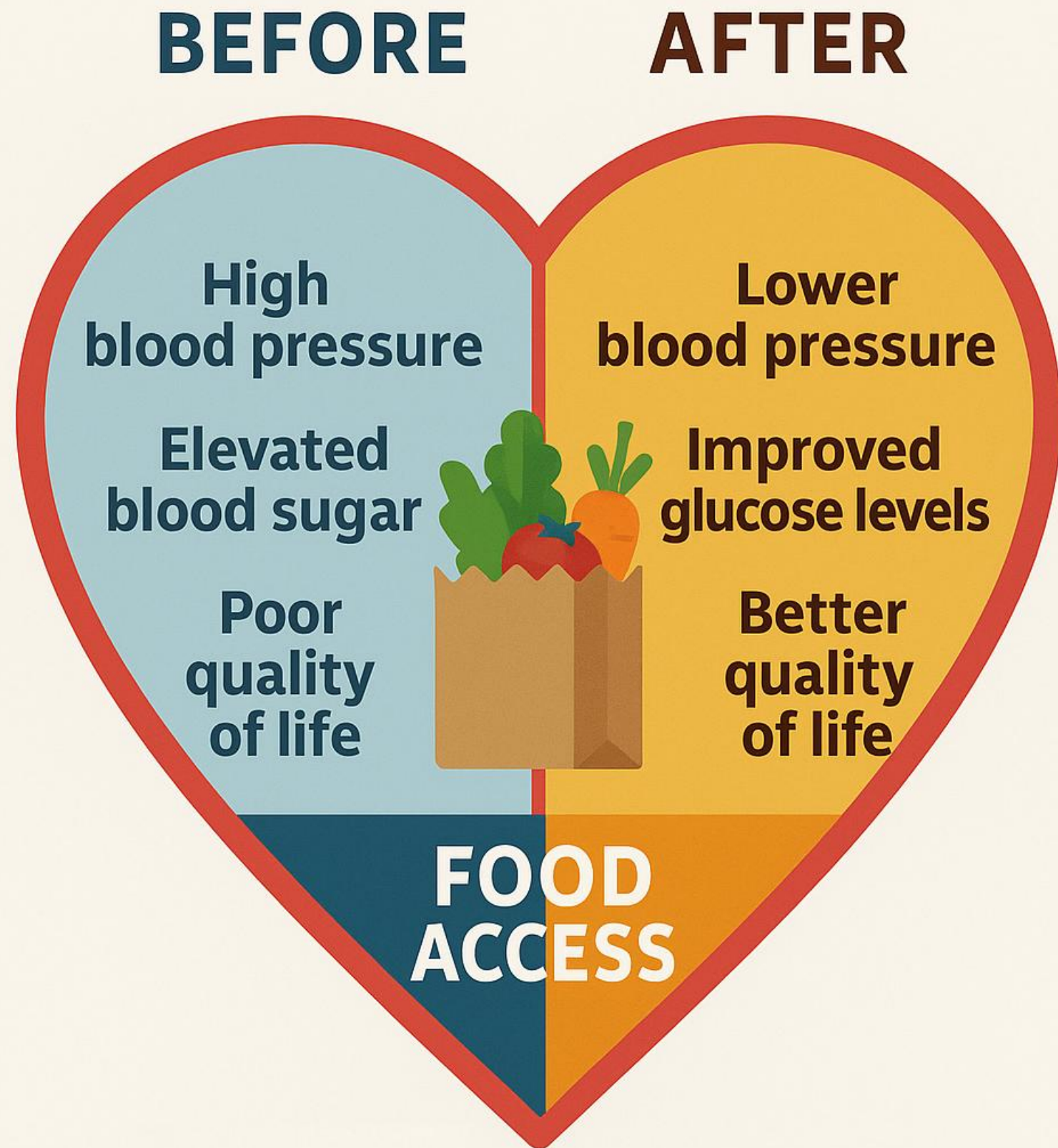
**FOOD BOX**



**FOLLOW-UP**



# Goals & Outcomes



## Primary Outcomes:

- Lower blood pressure and glucose levels
- Healthier body weight
- Improved quality of life

## Secondary Outcomes:

- Greater food security and health literacy
- Improved patient engagement and self-care confidence
- Stronger provider–patient connections



# Collaboration & Scalability



- Partnering with healthcare providers, volunteers, and local producers.
- Shared goal: create a **replicable community model** for clinical nutrition support.
- Data and outcomes will inform future scaling and sustainability efforts.
- CANV aims to share findings with public health and medical partners.



# Closing: Food, Health, and Hope

- Food is Medicine transforms how we see nutrition: from charity to clinical care.
- Together, we can redefine “patient care” to include the pantry.
- Goal to make Napa County a model for food-based healing and health equity.





# Call to Action: How You Can Help



- Volunteer with CANV's Food is Medicine Program.
- Help start a Food is Medicine program in your local practice.
- Other Ideas?

Volunteer at  
[www.cav.org](http://www.cav.org)  
or scan





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**THANK YOU**



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**QUESTIONS**