King County Healthcare & Food Insecurity Learning Network

**Addressing Food Insecurity in Healthcare Settings**

**PATIENT REFERRAL PATHWAY**
- Healthcare Site
  - Conduct screenings to assess food insecurity
  - Fruit & Vegetable Prescriptions
  - Refer to food banks, meal programs, and Fresh Bucks use at farmers markets
  - Connect patients to SNAP, WIC & other assistance programs

**HUNGER VITAL SIGN SCREENING QUESTIONS**
- Answering "sometimes true" or "often true" identifies a risk for food insecurity.
- "Within the past 12 months we worried whether our food would run out before we got money to buy more."
- "Within the past 12 months the food we bought just didn’t last and we didn’t have money to get more."

**Health systems across King County connect patients to national, local, and community level food resources.**

**National**
- Federally funded nutrition programs such as the Supplemental Nutrition Assistance Program (SNAP) & The Special Supplemental Nutrition program for Women, Infants, & Children (WIC), are offered through clinics and connection agencies. School-based programs also support youth and families.

**Local**
- **Food Banks**
  - Over 50 food banks operate throughout King County at various locations.
- **Meal Programs**
  - Meals on Wheels, Chicken Soup Brigade, Senior Congregate Meals & others offer nutritious meals directly to homes and community settings.
- **Fresh Bucks**
  - Fresh Bucks reduces the cost of fresh fruits and vegetables for SNAP recipients and other eligible residents.

**Community**
- **On-site Food Pantry**
  - Health systems such as Seattle Children’s, refer families to their onsite food pantry.
- **Pop-up Food Pantries & Produce Stands**
  - Mobile food banks and fresh produce stands bring food and fresh produce to community clinics.
- **Fresh Bucks**
  - Healthcare professionals issue Fresh Bucks produce prescriptions for redemption at participating farmers markets and grocers.

**Connectors**
- Health systems utilize community health workers and state-wide connection agencies such as WithinReach, Washington Connection, & Washington 2-1-1, offering in-person and web-based resource navigation.

Thank you to the following health systems for sharing your food insecurity screening and referral process!

Country Doctor's Carolyn Downs, Harborview Medical Center International Community Health Services, Kaiser Permanente Seattle Children's Hospital, Seattle Children's Odessa Brown Clinic and Sea Mar Community Health Centers