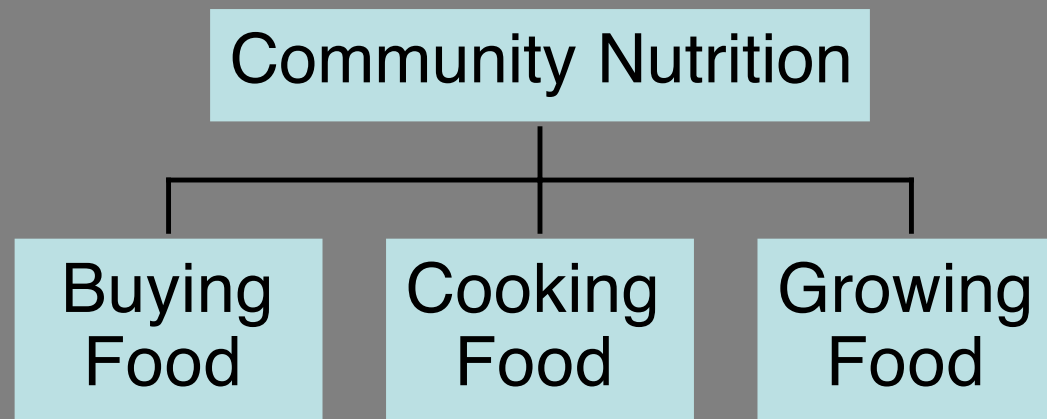


COMMUNITY MEDICINE:

Creating Nutritional Awareness in
the Outpatient Setting

Three Tier Approach



Farmer's Markets



Local Markets

- Create connection with grower and consumer
- Focus on importance of whole food
- Introduction to new and healthy choices



Community Supported Agriculture



CSA

- Excellent tool for creating relationship
- Focus on interdependence between grower and eater
- Shared risk



Grocery Shopping

- Introduce idea of perimeter shopping
- Use lists to create recipes
- Compare prices to show value of whole food



Cooking Food



Cooking Classes

- Introduction to food preparation
- Diabetes specific classes
- Heart healthy classes



Cookbook

- Healthy, easy to prepare, and low cost meals
- Booklet to be handed out in clinic
- Ability to customize
- Integrated with shopping trips and cooking classes



Growing Food



Hospital Possibilities

- Cafeteria garden
- Community garden
- Window sill gardens

