

Food for Change

Food can mean more than just a meal.

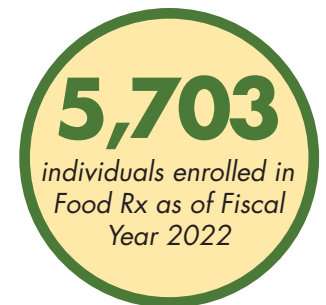
Food for Change (FFC) is an intervention strategy that aligns with the Houston Food Bank's ambitious vision: a world that doesn't need food banks. The work of Food for Change goes beyond emergency food assistance by addressing the root causes of food insecurity. This includes strategically layering food assistance with medical interventions and social services to help individuals improve their overall quality of life. FFC partners with a collective of community organizations that provide programming focused on two main pillars areas: health initiatives and economic initiatives.



Food Rx partnership examples include:

- Federally qualified health centers
- Hospital Health systems and clinics
- Local health departments
- Community health prevention programs

Core Connections Network (CCN) is an 8-week self-management course offered by the Houston Food Bank and implemented at partner sites. CCN is designed to empower individuals with a chronic illness to regularly manage their condition, learn skills to make lifestyle changes, and facilitate a partnership with their healthcare providers.



Food Scholarship partnership examples include:

- Higher Education
- Financial Literacy
- Affordable Housing Provider
- Workforce Development

Food for Change Markets

Food for Change brick-and-mortar and mobile markets are located throughout the Houston area. Food For Change participants may redeem their food prescription or food scholarship at FFC Markets up twice per month using their FFC ID cards.

All FFC Markets are designed to be client choice, meaning that clients can select their own food. This model allows for clients to meet their personal needs and preferences, reinforces dignity, and reduces food waste.



Strategic change = better future

As Food for Change gathers and analyzes data through our research and academic partnerships, we can make better informed decisions about how we use our resources. We believe that the strategic distribution of nutritious food



This institution is an equal opportunity provider.

Our Mission: Food for better lives

Our Vision: A world that doesn't need food banks

equates to better quality of life for individuals who have struggled with food insecurity – as captured in the food bank’s mission statement, “Food for better lives.” Ultimately, we seek to integrate this strategy across all operations while placing the wellbeing of clients at the center of all that we do.

39
Food for Change
Markets operated in
Fiscal Year 2022



Enroll in Food for Change program



Receive nutritious foods from an FFC Market



Better health and financial management



For more information, visit
www.houstonfoodbank.org/ffc

houstonfoodbank

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