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 hunger and therefore "shortening the line" at hunger relief charities. This includes strategically layering food assistance with other social services to help individuals achieve their life goals. FFC partners with a collective of community organizations that provide programming focused on two main areas: **health initiatives** and **economic initiatives**.

5,627
individuals enrolled in Food Rx as of FY24

Health initiatives

Health initiatives are intended to improve quality of life for participants through programs that help them manage their health care needs.

61,914
individuals served at Food for Change Markets in FY24

Food Rx provides participants with access to nutritious foods to improve their health. Participants enroll through a Houston Food Bank Food Rx partner organization and redeem healthy groceries at no cost at Food for Change Markets. Partnership examples include:

- Federally qualified health centers
- Health systems
- Community clinics
- Local health departments

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.

7,502
individuals enrolled in Food Scholarship as of FY24

Economic initiatives

Economic partnerships are intended to help clients improve their financial well-being. Community members in participating programs can enroll in the **Food Scholarship** program. Participants redeem healthy groceries at no cost at Food for Change Markets. Partnership examples include:

- Higher education
- Financial literacy education
- Affordable housing organizations
- Workforce development centers

50
Food for Change Markets operated in FY24

Food for Change Markets

Food for Change Markets distribute groceries at no cost to clients enrolled in Food for Change programs. These markets are brick-and-mortar and mobile pantries located throughout the Houston area, and distribute produce and other healthy items during select Food for Change hours. Participants redeem groceries at FFC Markets 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 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.

Enroll in Food for Change program

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Receive nutritious foods from an FFC Market

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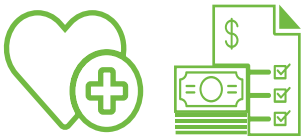

Better health and financial management

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

Our Mission: Food for better lives

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