



5TH ANNUAL FOOD AS MEDICINE SYMPOSIUM



BNMC
HEALTH & WELL-BEING

Participant Resource Guide

WWW.BNMC.ORG



Table of Contents

Food as Medicine: Buffalo and Beyond Resources

Community–Products and Services.....	2-4
Food & Health Resources.....	2-3
Fruit/Vegetable Prescription Programs.....	4
Medically Tailored Meals.....	4
FAM Technology Platforms.....	5
Buffalo’s Local Markets Accepting SNAP.....	6-9
Year-Round Locations.....	6-9
Season-Round Locations.....	9
Healthy Options – Restaurants Resources.....	10
Community Food Access Resources.....	11
Clinician Screening Tools	12
Speaker Handouts.....	25
Food as Medicine Global Food Justice Conference.....	32

Food as Medicine Local Buffalo Resources: Community Products and Services

Category	Name	Link
Food Pantries	FeedMore WNY Food Pantry Locator	https://www.feedmorewny.org/programs-services/find-food/pantry-locator/
	FeedMore WNY Mobile Food Pantry Distributions list	https://docs.google.com/spreadsheets/d/1mMUcMU04bOkqiAgnu4oDhRteQGdXK6QpgRaCCOJBJoY/edit
	Grassroots Garden of Western New York	https://www.grassrootsgardens.org/our-gardens/
Community Gardens	FeedMore WNY Community Garden	https://www.feedmorewny.org/programs-services/nutrition-education/community-garden/
Mobile Markets	New York State Mobile Markets List	https://agriculture.ny.gov/system/files/documents/2025/09/fmnpmobilemarketschedulesallcounties_0.pdf
	UB Veggie Van Mobile Farmers Market	https://publichealth.buffalo.edu/veggievan
	Buffalo Go Green	https://buffalogogreen.org/mobile-markets/
Urban Farm Stands	WNY Region Food System Initiative Map	sunny-buffalo.maps.arcgis.com/apps/MapSeries/index.html?appid=7a3b2029ff374ac282a90573776ebffe
Registered Dietitians (medical nutrition therapy and health/food coaching)	Academy Find a Nutrition Expert	https://www.eatright.org/find-a-nutrition-expert?city=14222
Cooking Class	D'lish kitchen FeedMore WNY Food Farmacy	https://dlishkitchen.org/ https://www.feedmorewny.org/programs-services/food-farmacy/



Culinary Arts Center

<https://www.culinaryartscenter.org/>

Cooking Class

Artisan Kitchens & Baths

https://artisanskitchensandbaths.com/artisan-culinary-loft/?utm_source=scripps_wkbw&utm_medium=sem&utm_campaign=sem_2025&gad_source=1&gad_campaignid=1482043124&gbraid=0AAAAAC915-5-IJkL-hOfi7Ihr-kOJyImu&gclid=Cj0KCQjw0NPGBhCDARIsAGAzpp1j149kfUFBijVHA09A_tVdyenZrf8E66-M65T7ajCOvtRK0i-qCk4aAjFJEALw_wcB

SUNY Niagara Public Cooking Class

<https://sunyniagara.edu/nfci/community-education/public-classes/>

Food Box Programs

**MAP Kitchen Class
Food Box Program in the
Lighthouse Free Clinic
Buffalo Go Green
Community Nutrition Partnership**

<https://www.mass-ave.org/classes>
<https://www.buffalo.edu/ubnow/stories/2023/07/food-box.html>

Start with sleep

<https://buffalogogreen.org/programs/>
<https://cnpwny.org/>
<https://www.startwithsleep.com/global-adult-sleep-coach>

Sleep Medicine Outpatient

<https://www.kaleidahealth.org/care/Sleep-Medicine/Outpatient-Locations>

Smoking Cessation Resources

<https://www.lighthousefreemedicalclinic.com/smoking-cessation>

Fitness in the Park

<https://www.independenthealth.com/in-the-community/programs/fitness-in-the-parks>

Lifestyle Medicine

**Tonawanda Fitness and Swimming Center
Mental Health Advocates
Erie County Mental Health Assistant Resources
Erie County's Free Mental Health App
ECMC Behavioral Health Outpatient Services
Roswell Park Nutrition Education Videos**

<https://www.tonawanda.ny.us/youth-parks-recreation/aquatic-fitness-center.html>

<https://mhawny.org/>

<https://www3.erie.gov/mentalhealth/i-need-help-now>

<https://www3.erie.gov/mentalhealth/erie-path>

<https://www.ecmc.edu/health-services/behavioral-health/outpatient-behavioral-health-services/>

<https://www.roswellpark.org/nutrition/nutrition-education-videos>



Fruit/Vegetable Prescription Programs

Operating Organization	Entity Type	Program Name	Redemption Sites	Voucher Type	Incentive Amount	Eligibility Criteria	Areas Served
Buffalo Go Green	Nonprofit Organization	Fruit & Veggie Prescription Program	Mobile markets	Paper	\$5/week May-October	At the discretion of the healthcare provider	Erie County
Cornell Cooperative Extension of Erie County	Nonprofit Education Organization	Fruit and Vegetable Prescription Program/Produce Bucks	Farmers markets, Mobile markets, Grocery stores	Paper	\$20/nutrition education session, 6-8 weeks in length	Food insecurity	Erie, Genesee County
The Chautauqua Center	Federally Qualified Health Center	Veggie Rx Program	Farmers markets, Mobile markets	Paper	4 free produce items/week for the season	Open to all patients, geared towards those with or at risk for chronic health conditions	Chautauqua County

Medically Tailored Meals

- 1) Mom's Meals**
<https://www.momsmeals.com/ny-programs/>
- 2) Buffalo Go Green**
<https://buffalogogreen.org/programs/>
- 3) Community Nutrition Partnership**
<https://cnpwny.org/>
- 4) Rx-Diet**
<https://www.rx-diet.com/>
- 5) Epicured**
<https://www.epicuredinc.com/healthcare-partnerships>
- 6) God's Love We Deliver**
<https://www.glwd.org/healthcare-partnerships/gods-love-and-the-1115-waiver/>
- 7) Hearth Meals**
<https://www.hearthmeals.com/>



Food as Medicine Technology Platforms

Flourish Nutrition

<https://www.flourishnutrition.io/>

Healthifi

<https://healthifi.app/>

Season Health

<https://www.seasonhealth.com/>

Diet-ID

<https://www.dietid.com/>

Healthnix

<https://healthnix.io/>

Parsley Health

<https://www.parsleyhealth.com/>

Free From Market

<https://freefrommarket.com/>

Umoja

<https://umojasupply.com/food-for-health/> -



Buffalo's Local Markets Accepting SNAP Benefits YEAR-ROUND LOCATIONS

Name	Location	Time	Type	Website
Downtown Buffalo Country Market	Fountain Plaza - Main St. between Chippewa and Huron Buffalo 14202	Thursday 10:00 AM - 2:30 PM	Location Type: Farmers Market Currency Type: Tokens	https://www.facebook.com/DowntownBuffaloCountryMarket/
MAP – Buffalo Adult Education	254 Virginia St Buffalo 14201	Thursday 10:00 AM – 12:00 PM	Location Type: Mobile Market Currency Type: Loyalty Card	https://www.mass-ave.org/findourtruck
MAP Mobile Market – Oishei Children's Hospital	1001 Main St Buffalo 14203	Wednesday 12:00 PM – 2:00 PM	Location Type: Mobile Market Currency Type: Loyalty Card	https://www.mass-ave.org/findourtruck
MAP – Neighborhood Health Center Mattina	300 Niagara St Buffalo 14201	Wednesday 11:00 AM – 1:00 PM	Location Type: Mobile Market Currency Type: Loyalty Card	https://www.mass-ave.org/findourtruck
Urban Fruits & Veggies – Mrs. Frances Nash's Garden Basket	136 Broadway Buffalo 14203	Tuesday 3:00 PM – 6:00 PM	Location Type: Mobile Market Currency Type: Loyalty	https://buffalologreen.org/urban-fruits-veggies/
Urban Fruits & Veggies – Delevan Grider Community Center	877 E Delevan Ave Buffalo 14215	Thursday 4:00 PM – 7:00 PM	Location Type: Mobile Market Currency Type: Loyalty	https://buffalologreen.org/urban-fruits-veggies/
MAP – Jami Masjid/Muslim Society	1955 Genesee St Buffalo 14211	Friday 2:00 PM – 4:00 PM	Location Type: Mobile Market Currency Type: Loyalty	https://www.mass-ave.org/findourtruck



****Check each website for updates as hours of operation may change****

Buffalo's Local Markets Accepting SNAP Benefits

Check each website for updates as hours of operation may change

YEAR-ROUND LOCATIONS

MAP Mobile Market – Mrs. Frances Nash's Garden Basket	136 Broadway Buffalo 14203	Tuesday 3:00 PM - 5:00 PM	Location Type: Mobile Market Currency Type: Loyalty Card	https://www.mass-ave.org/findourtruck
FeedMore WNY Mobile Market – D'Youville	301 Connecticut St Buffalo 14213	Thursday 12:00 PM – 2:00 PM	Location Type: Mobile Market Currency Type: Loyalty Card	https://www.feedmorewny.org/programs-services/farm-market/
MAP Mobile Market – Johnnie B. Wiley Stadium	1100 Jefferson Ave Buffalo 14208	Friday 3:00 PM – 5:00 PM	Location Type: Mobile Market Currency Type: Loyalty Card	https://www.mass-ave.org/findourtruck
MAP – MAP Farmhouse	387 Massachusetts Ave Buffalo 14213	Thursday 3:00 PM – 6:00 PM	Location Type: Mobile Market Currency Type: Loyalty Card	https://www.mass-ave.org/findourtruck
Lexington Co-op Elmwood	807 Elmwood Buffalo 14222	Monday – Sunday 11:00 AM – 7:00 PM	Location Type: Grocery Store Currency Type: Internal Loyalty System	https://lexington.coop/double-up-food-bucks Note: Interested customers can sign up to shop with DUFEB at the Co-op using this link lexingtoncoopsurvey
Urban Fruits & Veggies – Niagara Street Pediatrics	1050 Niagara Buffalo 14213	Friday 10:00 AM – 1:00 PM	Location Type: Mobile Market Currency Type: Loyalty Card	https://buffalologreen.org/even ts/



Buffalo's Local Markets Accepting SNAP Benefits

YEAR-ROUND LOCATIONS

Urban Fruits & Veggies Mobile Market – Community Health Center of Buffalo	34 Benwood Ave Buffalo 14214	Wednesday 10:00 AM–12:00PM	Location Type: Mobile Market Currency Type: Loyalty Card	https://buffalogogreen.org/events/
MAP – Elim Church at Holden & Chalmers	70 Chalmers Ave Buffalo 14214	Wednesday 4:00 PM – 6:00 PM	Location Type: Mobile Market Currency Type: Loyalty	https://www.mass-ave.org/findourtruck
MAP – Jericho Road Barton St	184 Barton St Buffalo 14213	Tuesday 11:00 AM – 1:00 PM	Location Type: Mobile Market Currency Type: Loyalty Card	https://www.mass-ave.org/findourtruck
MAP – Elim Church at Holden & Chalmers	70 Chalmers Ave Buffalo 14214	Wednesday 4:00 PM – 6:00 PM	Location Type: Mobile Market Currency Type: Loyalty	https://www.mass-ave.org/findourtruck
FeedMore WNY Mobile Market – Old First Ward Community Center	62 Republic St Buffalo 14204	Thursday 10:00 AM – 11:00 AM	Location Type: Mobile Market Currency Type: Loyalty Card	https://www.feedmorewny.org/programs-services/farm-market/
Buffalo's Golden Corner	1715 Jefferson Buffalo 14208	Friday 10 AM – 1:00 PM; 2:00 PM – 9:00 PM	Location Type: Corner Store Currency Type: Loyalty Card	https://buffalos-golden-corner.res-menu.com/#google_vignette
Clinton Bailey Farmers Market	1443 Clinton St Buffalo 14206	Saturday 8:00 AM – 12:00 PM	Location Type: Farmers Market Currency Type: Loyalty	https://clintonbaileymarket.com



Check each website for updates as hours of operation may change

Buffalo's Local Markets Accepting SNAP Benefits

SEASONAL LOCATIONS

MAP – Broadway Pediatrics	1021 Broadway Buffalo 14212	Friday 10:30 AM – 12:30 PM	Location Type: Mobile Market Currency Type: Tokens	https://www.mass-ave.org/findourtruck
Westside Farmers Market	246 Normal Avenue Buffalo 14213	Saturday 10:00 AM – 3:00 PM	Location Type: Farmers Market Currency Type: Loyalty Card	https://westsidetilth.com
MAP – Undergrounds Coffee House	580 South Park Ave Buffalo 14210	Tuesday 3:00 PM – 5:00 PM	Location Type: Farmers Market Currency Type: Loyalty Card	https://www.mass-ave.org/findourtruck
Providence Farm Collective Farmers Market	130 Grant Street Buffalo 14213	Saturday 10:00 AM – 2:00 PM	Location Type: Farmers Market Currency Type: Tokens	https://providencefarmcollective.org/farmersmarket/
Elmwood-Bidwell Farmers Market	Elmwood & Bidwell Parkway Buffalo 14222	Saturday 8:00 AM – 1:00 PM	Location Type: Farmers Market Currency Type: Tokens	https://www.elmwoodmarket.org

****Check each website for updates as hours of operation may change****



Healthy Options Restaurants

Useful website: <https://www.healthyoptionsbuffalo.com/app/restaurant/search>

Can filter by: Restaurant Name, Region, Budget Range, or Food Festival

Restaurant Region: Buffalo

Babcia's Pierogi

- o **999 Broadway, The Broadway Market, Buffalo, NY 14212**
- o Healthy Option Suggestion: Sweet and Sour Cabbage, Cabbage Salad

- **The Babarian Nut Company**

- o **822 Elmwood Avenue, Buffalo, NY 14222**
- o Healthy Option Suggestion: Bavarian Train Mix, Buffalo Hot Nuts

- **Big Ditch Brewing Company**

- o **55 E Hurron Street, Buffalo, NY 14203**
- o Healthy Option Suggestion: Roasted Brussels Sprouts

- **Bratts Hill**

- o **719 Seneca St, Buffalo, NY 14210**
- o Healthy Option Suggestion: Tally man Boat, Blackened Salmon, Burrata Salad

- **Brothers Restaurant & Bar**

- o **475 Ellicott St, Buffalo, NY 14203**
- o Healthy Option Suggestion: Lemon Pepper Salmon with Broccoli Rice and Cabbage

Buffalo Riverworks

- o **359 Ganson St, Buffalo, NY 14203**
- o Healthy Option Suggestion: House Salad, Black Bean Corn Salsa, GLF Grilled Chicken Sandwich, Cobb Salad, Chicken Wheeler's Wrap, Autumn Veggie Wrap

Restaurant Region: Cheektowaga

Sakura Sushi

- o **3719 Union Road, Cheektowaga, 14225**
- o Healthy Option Suggestion: Seaweed Salad

Salvatore's Italian Gardens Restaurant

- o **6461 Transit Road, Depew, NY, 14043**
- o Healthy Option Suggestion: Grilled Vegetable Quinoa, Caprese Pasta Salad, Caprese Skewers, Tuna Tarter Shooter

Restaurant Region: Tonawanda

Go Veggies

- o **1290 Sheridan Drive, Tonawanda, NY 14217**
- o Healthy Option Suggestion: Black Bean Burger, Coconut Curried Lentil Soup, Spinach Curry, Spicy Mushroom, Spinach Burger, Mango Avocado Salad

Hen House

- o **200 Main Street, Tonawanda, NY 14150**
- o Healthy Option Suggestion: Grilled Chicken Salad

Additional WNY Food and Health Resources

Seasonal Fruits and Vegetables in NYS

<https://agriculture.ny.gov/system/files/documents/2019/03/harvestchart2016english.pdf>

Erie Grown Passport

<https://www3.erie.gov/eriegrown/erie-grown-passport>

Little Free Pantry

<https://www.facebook.com/profile.php?id=100069055890254#>

Healthy Corner Store, now Healthy Community Store Initiative

<https://erie.cce.cornell.edu/healthy-community-store-initiative>

Community Fridge

<https://www.buffalocommunityfridges.com/>

Fall Fun in Erie County

<https://www3.erie.gov/eriegrown/sites/www3.erie.gov.eriegrown/files/2025-09/falleriegrownmap.pdf>

Stay Fit Dining Program for Seniors

<https://www3.erie.gov/aging/stay-fit-dining-program>



Clinician Resources

Lifestyle Medicine Short Assessment Form.....	13-17
Diet Screener 9Q.....	18-19
Diet Screener 27Q.....	20-24



Lifestyle Medicine

Short Assessment Form



The following questions comprise the core metrics we propose using to capture readiness, willingness and confidence to change, as well as health behaviors that are aligned with the six pillars of lifestyle medicine. This assessment tool was adapted from the original Loma Linda University/American College of Lifestyle Medicine short form published in 2019 and updated in 2024.

Readiness to Change

On a scale of 0-10, with 0 being least and 10 being most, how important is it that you make lifestyle changes to improve your health?

0	1	2	3	4	5	6	7	8	9	10
Not Ready				Somewhat Ready				Very Ready		

On a scale of 0-10, with 0 being least and 10 being most, how confident are you to make lifestyle changes to improve your health?

0	1	2	3	4	5	6	7	8	9	10
Not Confident			Somewhat Confident				Very Confident			

Motivation

Please rank the top 3 areas you are most motivated to change in order to improve your current overall LEVEL OF HEALTH (1 being most motivated).

___ Avoidance of Risky Substances	___ Sleep
___ Nutrition	___ Social Connectedness
___ Physical Activity	___ Stress Management

Nutrition: ACLM Diet Screener 9

This brief questionnaire will ask about your usual diet over the last 4 weeks. Please try to answer as accurately as possible – there are no right or wrong answers. Your best guess is better than leaving a blank. It’s ok if something that you eat falls into more than one category.

Over the last 4 weeks, how often did you eat or drink the following items?

Fruit (Apples, bananas, oranges, melon, berries, or any other fruit)

Never	Less than 1x/week	1-3x/week	4-6x/week	1-2x/day	More than 3x/day

Nutrition: ACLM Diet Screener 9

Vegetables (Cooked and raw leafy greens, tomatoes, carrots, potatoes, peas, or any other vegetables or dishes that are mostly made from vegetables)

Never	Less than 1x/week	1-3x/week	4-6x/week	1-2x/day	More than 3x/day

Whole Grains (Oats, brown rice, whole grain bread or whole grain cereal, or any other 100% whole grain products)

Never	Less than 1x/week	1-3x/week	4-6x/week	1-2x/day	More than 3x/day

Refined Grains or Refined Grain Products (Any items made from white flour or white rice, like bread, tortillas, baked goods or snacks, pasta, or other foods)

Never	Less than 1x/week	1-3x/week	4-6x/week	1-2x/day	More than 3x/day

Packaged/Prepared, Restaurant, Takeout, or Fast Food Meals (Any store-bought dishes or meals, refrigerated or frozen, or any kind of ready-to-eat meals or dishes, take-out, or meals from a restaurant)

Never	Less than 1x/week	1-3x/week	4-6x/week	1-2x/day	More than 3x/day

Sugary Foods and Beverages (Sweetened (sugar added) breakfast cereals, sweetened yogurts, candy, other desserts, or other foods with added sugar, or any sweetened beverages including soda/pop, sweetened tea or coffee drinks, energy drinks, etc.)

Never	Less than 1x/week	1-3x/week	4-6x/week	1-2x/day	More than 3x/day

Salty Foods (Chips, crackers, or other salty snacks; canned soups, sauces, salad dressings, or other foods with added salt)

Never	Less than 1x/week	1-3x/week	4-6x/week	1-2x/day	More than 3x/day

Fried Foods (Fried foods such as French fries, onion rings, fried chicken or other meat, fried potatoes, fry bread, tempura, or other fried foods)

Never	Less than 1x/week	1-3x/week	4-6x/week	1-2x/day	More than 3x/day



Nutrition: ACLM Diet Screener 9

Which sources of protein do you eat frequently (at least a few times a week)?

Please select all that apply.

- ☐ Beef, pork, or lamb
☐ Lunchmeat, bacon, or sausage
☐ Poultry or poultry-based dishes
☐ Wild game (venison, elk)
☐ Nuts and seeds

- ☐ Fish or shellfish or seafood-based dishes
☐ Beans/legumes, or products made from them
☐ Dairy and dairy products
☐ Eggs or egg-based dishes

Physical Activity: Exercise Vital Sign 1

For an average week in the last 30 days, how many days per week did you engage in moderate to vigorous exercise (like walking fast, running, jogging, dancing, swimming, biking, or other activities that cause a light or heavy sweat)?

_____ days

On those days that you engage in moderate to vigorous exercise, how many minutes, on average, do you exercise?

_____ minutes

During the past month, how many times per week did you do physical activities or exercises to strengthen your muscles?

_____ times per week

Sleep

Over the last 2 weeks, how many hours of sleep did you average in a 24-hour period?

Less than 4 hrs	4-5 hrs	5-6 hrs	6-7 hrs	7-8 hrs	8-9 hrs	9 or more hrs

Over the last 2 weeks, how often did you feel tired or have difficulty staying awake during routine tasks in the day?

Not at all	Several days	More than half the days	Nearly every day

Stress - PSS-42 (if not already present in electronic health record)

In the last month, how often have you felt

That you were unable to control the important things in your life?

Confident about your ability to handle your personal problems?

That things were going your way?

Difficulties were piling up so high that you could not overcome them?

Never	Almost never	Sometimes	Fairly often	Very often
				3

Meaning and Connectedness

Over the last 2 weeks, how often have you felt like your life had purpose or meaning?

Not at all	Several days	More than half the days	Nearly every day

Over the last 2 weeks, how often have you felt connected with any support network (e.g. community, spiritual, friends/family, nature, yoga, or meditation)?

Not at all	Several days	More than half the days	Nearly every day

Substance Use

In the case that something in the electronic medical record already exists to assess for the following substances, we recommend you use those assessment tools.

Have you used NICOTINE (cigarettes, e-cigarettes/vaping, chewing tobacco, cigars) in the past year?

_____ Yes _____ No

If you marked "YES", how many (cigarettes, e-cigarettes/vaping, chewing tobacco, cigars) do you usually use a week?

_____ per week

Are you currently using any over-the-counter or prescription nicotine replacement products?

_____ Yes _____ No

Are you interested in quitting?

_____ Yes _____ No

On a scale of 1-10, with 1 being least and 10 being most, how concerned are you about your nicotine use?

0 **1** **2** **3** **4** **5** **6** **7** **8** **9** **10**
 Not Concerned Somewhat Concerned Very Concerned

Have you used ALCOHOL (12 oz beer, 5 oz wine, 1.5 oz liquor) in the past year?

_____ Yes _____ No

If you marked "YES", how much alcohol do you usually use a week?

_____ per week

On a scale of 1-10, with 1 being least and 10 being most, how concerned are you about your alcohol use?

0 **1** **2** **3** **4** **5** **6** **7** **8** **9** **10**
 Not Concerned Somewhat Concerned Very Concerned

Have you used MARIJUANA / THC / CBD in the past year?

_____ Yes _____ No

If you marked "YES", is this marijuana prescribed by a healthcare professional?

_____ Yes _____ No

If you marked "YES", how much marijuana do you usually use a week?

_____ per week

On a scale of 1-10, with 1 being least and 10 being most, how concerned are you about your marijuana use?

0 **1** **2** **3** **4** **5** **6** **7** **8** **9** **10**
 Not Concerned Somewhat Concerned Very Concerned

Substance Use Cont.

Have you used Other DRUGS (cocaine, heroin, meth, opioids etc.) in the past year? _____ Yes _____ No

If you marked "YES", how much do you usually use a week? _____ per week

On a scale of 1-10, with 1 being least and 10 being most, how concerned are you about your recreational drug use?

0 1 2 3 4 5 6 7 8 9 10
Not Concerned Somewhat Concerned Very Concerned

References:

1. Golightly YM, Allen KD, Ambrose KR, Stiller JL, Evenson KR, Voisin C, Hootman JM, Callahan LF. Physical Activity as a Vital Sign: A Systematic Review. Prev Chronic Dis. 2017 Nov 30;14:E123. doi: 10.5888/pcd14.170030. PMID: 29191260; PMCID: PMC5716811.2.
2. Cohen S, Kamarck T, Mermelstein R. A global measure of perceived stress. Journal of health and social behavior. 1983;24(4):385-396. 3.
3. Simon J, Panzer J, Wright KM, et al. Reduced accuracy of intake screening questionnaires tied to Quality Metrics. Annals of Family Medicine. September 1, 2023. Accessed September 19, 2024. <https://www.annfa-mmed.org/content/21/5/444>.

Instructions

This brief questionnaire will ask about your usual diet over the last 4 weeks. Please try to answer as accurately as possible – there are no right or wrong answers. Your best guess is better than leaving a blank.

Please consider what you have typically eaten over the last 4 weeks when answering the following questions.

It's ok if something that you eat falls into more than one category.

Over the last four weeks, how often did you eat or drink the following items?



Fruit
(Apples, bananas, oranges,
melon, berries, or any other fruit)

- | | |
|---|---|
| ☐ Never | ☐ 4-6 times a week |
| ☐ Less than once a week | ☐ 1-2 times a day |
| ☐ 1-3 times a week | ☐ 3 or more times a day |



Vegetables (Cooked and raw
leafy greens,
broccoli, carrots, potatoes, peas,
or any other vegetable or dishes
that are mostly made from
vegetables)

- | | |
|---|---|
| ☐ Never | ☐ 4-6 times a week |
| ☐ Less than once a week | ☐ 1-2 times a day |
| ☐ 1-3 times a week | ☐ 3 or more times a day |



Whole Grains or Whole Grain Products
(Oats, brown rice, whole grain
bread or cereal, whole grain flour,
or any other 100% whole grain
products)

- | | |
|---|---|
| ☐ Never | ☐ 4-6 times a week |
| ☐ Less than once a week | ☐ 1-2 times a day |
| ☐ 1-3 times a week | ☐ 3 or more times a day |



White Bread, White Pasta, White
Rice, or Foods Made from White
Flour
(Any items made from white
flour or white rice, like bread,
tortillas, baked goods or snacks,
pasta, or other foods)

- | | |
|---|---|
| ☐ Never | ☐ 4-6 times a week |
| ☐ Less than once a week | ☐ 1-2 times a day |
| ☐ 1-3 times a week | ☐ 3 or more times a day |



Packaged/Prepared, Restaurant,
Takeout, or Fast Food Meals
(Any store-bought dishes or
meals, refrigerated or frozen, or
any kind of ready-to-eat meals or
dishes, take-out, or meals from a
restaurant)

- | | |
|---|---|
| ☐ Never | ☐ 4-6 times a week |
| ☐ Less than once a week | ☐ 1-2 times a day |
| ☐ 1-3 times a week | ☐ 3 or more times a day |



Sugary Foods and Beverages
(Sweetened (sugar added)
breakfast cereals, sweetened
yogurts, candy, other desserts, or
other foods with added sugar,
or any sweetened beverages
including soda/pop, sweetened
tea or coffee drinks, energy
drinks, etc.)

- | | |
|---|---|
| ☐ Never | ☐ 4-6 times a week |
| ☐ Less than once a week | ☐ 1-2 times a day |
| ☐ 1-3 times a week | ☐ 3 or more times a day |

Diet Screener 9Q

Over the last four weeks, how often did you eat or drink the following item?



Salty Foods (Chips, crackers, or other salty snacks; canned soups, sauces, salad dressings, or other foods with added salt)

- | | |
|---|---|
| ☐ Never | ☐ 4-6 times a week |
| ☐ Less than once a week | ☐ 1-2 times a day |
| ☐ 1-3 times a week | ☐ 3 or more times a day |



Fried Foods
(Fried foods such as French fries, onion rings, fried chicken or other meat, fried potatoes, fry bread, tempura, or other fried foods)

- | | |
|---|---|
| ☐ Never | ☐ 4-6 times a week |
| ☐ Less than once a week | ☐ 1-2 times a day |
| ☐ 1-3 times a week | ☐ 3 or more times a day |

Which sources of protein did you eat frequently (2-3 times a week or more)?
Please select all that apply.



☐ Beef, pork, or lamb



☐ Beans, peas or lentils, or products made from them



☐ Lunchmeat, bacon, hot dogs, or sausage



☐ Nuts, Seeds, or Avocado



☐ Poultry or poultry-based dishes



☐ Dairy and dairy products



☐ Wild game (venison, elk)



☐ Eggs or egg-based dishes



☐ Fish, shellfish, or seafood-based dishes

Instructions

This brief questionnaire will ask about your **usual diet over the last 4 weeks**. Please try to answer as accurately as possible – there are no right or wrong answers. Your best guess is better than leaving a blank.

Please consider what you have typically eaten over the last 4 weeks when answering the following questions.

You may need to answer “yes” multiple times for the same food, such as smoothies, which may include fruits, nuts, or other ingredients, or lasagna, which may include pasta, meat, vegetables, tomato sauce, cheese, added salt, and added fats/oils. **It’s okay to answer yes to more than one question** for the same food because the questions capture different aspects of the foods.

Over the last four weeks, how often did you eat or drink the following items?

EXAMPLES

  	Fruit	apples, bananas, pears, Asian pears, oranges, tangerines, or other citrus fruit, peaches, plums, cherries or other stonefruit, melons, grapes strawberries, blueberries, blackberries, chokeberries, or other berries, jack fruit, guava, kiwi, watermelon, breadfruit, papaya, prickly pear, passionfruit, custard apple, pineapple, plantains, pomegranate, mangos, durian, lychee, starfruit, or any other tropical fruit, dried fruit, or any other fruit (do not include avocado)	☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week
		cooked and raw leafy greens such as lettuce or romaine, spinach, kale, collards, chard, Chinese broccoli, beet greens, arugula, parsley, purslane, sorrel, cilantro, ramps, sochan, tat soi, bok choy, cabbage, napa cabbage, mustard greens, moringa, amaranth leaves, fenugreek leaves, drumstick leaves, watercress, microgreens, any kind of sprouts, seaweed, or other leafy green vegetables or dishes made w/ them	☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week
		asparagus, cucumbers, tomatoes, root vegetables such as potatoes, sweet potatoes or yams, taro, carrots, jicama, or daikon, broccoli, bamboo shoots, cauliflower, celery, onions, garlic, ginger, beets, green plantain, green beans, green peas, cactus, snowpeas, sugar snap peas, bean sprouts, bell peppers, eggplant, lotus roots, okra, water chestnuts, mushrooms, zucchini, squash or gourd, winter melon, pumpkin, yuca, or any other vegetables or dishes made from them	☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week
  	Other vegetables or vegetable dishes		☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week
			☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week
			☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week
  	Whole grains or food made from whole grain flour	any kind of brown, black, purple, or red rice, quinoa, millet, barley, bulgur, buckwheat, wheat berries, millet, corn, maize, or polenta, grits, tamales, sorghum, amaranth, oat groats, farro, steel-cut oats, or thick-rolled oats, teff, 100% whole grain bread, tortillas, roti, or whole grain pasta/noodles, waffles, pancakes, muffins, baked goods, instant or quick-cooking oats, or whole grain ready-to-eat cereal, or any other 100% whole grain products.	☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week
			☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week
			☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week

ACLM Diet Screener 27Q

Over the last four weeks, how often did you eat or drink the following items?

EXAMPLES

White bread, white pasta, white rice, or foods made from white flour



- ☐ Never ☐ 4-6 times a week
- ☐ Less than once a week ☐ 1-2 times a day
- ☐ 1-3 times a week ☐ 3 or more times a day

any kind of white flour bread, tortillas, flatbreads, naan, roti, pita, bagels, buns, Native American bean bread, or other baked goods made with white flour or white rice, white rice dishes, mochi, white flour or semolina flour pasta/noodles, ramen, glass noodles, wonton skin, couscous, ready-to-eat white flour cereal, waffles, pancakes, muffins, or any other items made from white flour such as brownies, cookies, croissants, pastries, biscuits, donuts, muffins, crackers, cereal bars, pretzels, etc.

Beans, peas, or lentils, or products made from them



- ☐ Never ☐ 4-6 times a week
- ☐ Less than once a week ☐ 1-2 times a day
- ☐ 1-3 times a week ☐ 3 or more times a day

baked beans, black beans, kidney beans, navy beans, pinto beans, chickpeas, pigeon peas, black-eyed peas/cowpeas, lima beans, white/navy beans, red, green, brown or black lentils, split peas, edamame/soybeans, mung beans, black gram, red beans, red bean paste, refried beans, or any other beans, tofu/bean curd, tempeh, bean dip, hummus, dal, homemade bean burgers, falafel, or other bean products or dishes made with them (do not include green beans or green peas)

Nuts, nut butters, seeds, avocado, or coconut



- ☐ Never ☐ 4-6 times a week
- ☐ Less than once a week ☐ 1-2 times a day
- ☐ 1-3 times a week ☐ 3 or more times a day

nuts such as almonds, cashews, pistachios, peanuts, pecans, walnuts, peanut butter or any nut butters, seeds such as chia, flax, sesame pumpkins sunflower or any other seeds, tahini or any seed butters, avocado, or coconut, or dishes made from these foods

Meat or poultry or meat-based dishes



- ☐ Never ☐ 4-6 times a week
- ☐ Less than once a week ☐ 1-2 times a day
- ☐ 1-3 times a week ☐ 3 or more times a day

beef of any kind including steak, beef ribs, veal, etc., lamb, pork, pork belly or pork ribs, chitlins/chitterlings, or any other pork, bison, venison, moose, or any other wild game, hamburgers, hot dogs, frankfurters, kebabs, bulgogi, satay, kalbi, sausage, ham, lunchmeats, corned beef, beef jerky, liver, kidney, or other organ meat, canned meat, bacon, goat, duck, chicken, turkey, turkey necks, or any other dishes made with meat or poultry

Fish, shellfish or seafood-based dishes



- ☐ Never ☐ 4-6 times a week
- ☐ Less than once a week ☐ 1-2 times a day
- ☐ 1-3 times a week ☐ 3 or more times a day

bass, catfish, cod, flounder, tuna, mackerel, perch, salmon, tilapia, trout, halibut, swordfish, sardines, snapper, whitefish, eel, mussels, oysters, lobster, crab, crawfish, shrimp, clams, scallop, octopus, other fish or shellfish, or sushi, sashimi, fish balls, fish soup, or any other dishes made with fish or shellfish, etc.

Eggs or egg-based dishes



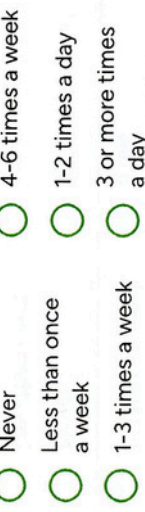
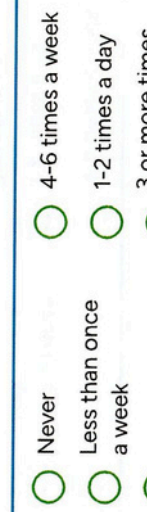
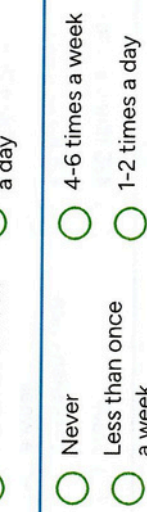
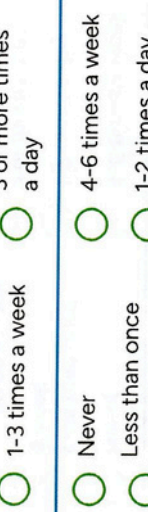
- ☐ Never ☐ 4-6 times a week
- ☐ Less than once a week ☐ 1-2 times a day
- ☐ 1-3 times a week ☐ 3 or more times a day

eggs or egg whites cooked any way such as fried, boiled, poached, or deviled eggs etc., or egg-based dishes such as breakfast egg sandwiches, quiche, frittata, soufflé, omelet, or any dishes using eggs, etc.

ACLM Diet Screener 27Q

Over the last four weeks, how often did you eat or drink the following items?

EXAMPLES

	Dairy milk milk including skim milk, low-fat milk, full-fat milk, milk tea, chocolate milk, or any other milk, etc.	☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week ☐ 1-2 times a day ☐ 3 or more times a day
	Other dairy foods yogurt, butter, ghee, buttermilk or buttermilk drinks/dressings, evaporated or condensed milk, cream, any kind of cheese (including hard, soft, etc.), cottage cheese, cream cheese, sour cream, ice cream, frozen yogurt, puddings, shakes or other milk-based desserts, or any dishes made with milk, butter, cheese or other dairy products, etc.	☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week ☐ 1-2 times a day ☐ 3 or more times a day
	Non-dairy milk plant-based milk/beverages such as almond, soy, nut, oat, rice, hemp, pea, coconut, or any other plant-based milks, etc.	☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week ☐ 1-2 times a day ☐ 3 or more times a day
	Plant-based meat/fake meat, dairy substitutes store-bought plant-based/mock "burgers," deli "meats," "chicken," nuggets, "hot dogs," seitan, etc., or plant-based cheeses, yogurt, sour cream, cream cheese, ice cream, whipped cream, or any other fake "meat" or "dairy" products (do not include plant-based milks)	☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week ☐ 1-2 times a day ☐ 3 or more times a day
	Packaged/prepared foods or frozen meals any store-bought dishes or meals, refrigerated or frozen, not from restaurants, delis, or fast food	☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week ☐ 1-2 times a day ☐ 3 or more times a day
	Restaurant/takeout foods any kind of ready-to-eat meals or dishes from a deli, takeout/quick-service restaurant, pizzeria, taqueria, grill bar, etc., or sit-down restaurant	☐ Never ☐ Less than once a week ☐ 1-3 times a week ☐ 4-6 times a week ☐ 1-2 times a day ☐ 3 or more times a day

ACLM Diet Screener 27Q

Over the last four weeks, how often did you eat or drink the following items?

EXAMPLES



Fast foods

foods from well-known chain restaurants that emphasize "burgers and fries", fried chicken, tacos, burritos, nuggets, hoagies, sandwiches, Asian street food, Indian street food, fish n' chips, and other similar type meals, etc.

- ☐ Never ☐ 4-6 times a week
☐ Less than once a week ☐ 1-2 times a day
☐ 1-3 times a week ☐ 3 or more times a day



Packaged bars, shakes, or powders

protein bars, breakfast bars, granola or nut-based bars, liquid meals/meal replacement shakes, smoothie powders, or protein powders

- ☐ Never ☐ 4-6 times a week
☐ Less than once a week ☐ 1-2 times a day
☐ 1-3 times a week ☐ 3 or more times a day



Salty snacks or foods w/ added salt

chips, crackers, pretzels, popcorn, or other salty snacks; pickles, box or canned soups, sauces, salad dressings, jerky, salted nuts, seaweed snacks, wasabi peas, namkeen, other prepared salty foods, or adding salt to food

- ☐ Never ☐ 4-6 times a week
☐ Less than once a week ☐ 1-2 times a day
☐ 1-3 times a week ☐ 3 or more times a day



Sweetened foods w/ added sugar

sweetened breakfast cereals, brownies, cookies, croissants, pastries, cakes, donuts, muffins, sweetened yogurts, candy, other desserts, crackers, other foods with added sugar, or adding sweeteners such as sugar, honey, molasses, agave, or other sweeteners to food

- ☐ Never ☐ 4-6 times a week
☐ Less than once a week ☐ 1-2 times a day
☐ 1-3 times a week ☐ 3 or more times a day



Fried foods or foods w/ added butter, fats, or oil

fried foods such as French fries, onion rings, fried fish, fried chicken, fried cheese or other meat, fried potatoes, fry bread, fried dough, donuts or hushpuppies, tempura, samosa, scallion pancakes, other fried foods, potato chips or other chips, salty snacks, salad dressings, pastries, cookies, and other similar foods etc., or adding butter, oil, mayonnaise, lard, margarine, or any other fat/oil to food

- ☐ Never ☐ 4-6 times a week
☐ Less than once a week ☐ 1-2 times a day
☐ 1-3 times a week ☐ 3 or more times a day



Water or plain herbal beverages

plain water, carbonated unsweetened water, any kind of unsweetened herbal or noncaffeinated tea, or other unsweetened waters

- ☐ Never ☐ 4-6 times a week
☐ Less than once a week ☐ 1-2 times a day
☐ 1-3 times a week ☐ 3 or more times a day

ACLM Diet Screener 27Q

Over the last four weeks, how often did you eat or drink the following items?

EXAMPLES

juice made from fruits or vegetables with nothing added to it

100% juice (fruit or vegetable)



- ☐ Never
☐ Less than once a week
☐ 1-3 times a week
☐ 4-6 times a week
☐ 1-2 times a day
☐ 3 or more times a day

Beverages with added sugars/ sweeteners



soda/pop/cola, sports/energy drinks, sweetened hot or ice tea or coffee, bubble tea, lemonade, fruit drinks, fruit punch, agua fresca, hot chocolate, other powdered drinks or drink mixes, sweetened plant-based milks, sweetened coconut water, sweetened liquid yogurt/kefir, milkshakes, atole, horchata, kombucha, cocktails, or any other sweetened beverage, etc.

- ☐ Never
☐ Less than once a week
☐ 1-3 times a week
☐ 4-6 times a week
☐ 1-2 times a day
☐ 3 or more times a day

Coffee or other caffeinated beverages



any kind of coffee, green, black, chai, or other caffeinated tea, energy drinks, soda with caffeine, or any other caffeinated beverage, etc.

- ☐ Never
☐ Less than once a week
☐ 1-3 times a week
☐ 4-6 times a week
☐ 1-2 times a day
☐ 3 or more times a day

Alcoholic beverages



beer, wine, hard cider, mixed drinks/cocktails, sake, or liquor/spirits, or any other alcoholic drink

- ☐ Never
☐ Less than once a week
☐ 1-3 times a week
☐ 4-6 times a week
☐ 1-2 times a day
☐ 3 or more times a day

B12 supplement or B12-fortified foods



B12 in the form of fortified foods and beverages, multivitamin containing B12, pure B12 supplements, or injections

- ☐ Never
☐ Less than once a week
☐ 1-3 times a week
☐ 4-6 times a week
☐ 1-2 times a day
☐ 3 or more times a day

Speaker Handouts & Self-Assessments

Day 1 Speaker, Brandon Lee,.....	26
Day 3 Speakers. Greener By Default, Heidi Fritz.....	30
Food as Medicine Food Justice Summit Info.....	32



SETTING THE FOUNDATION: THE SCIENCE OF FUELING

Post-Presentation Learning Activity



BNMC
HEALTH & WELL-BEING



Developed by: Brandon Lee, DHSc, RD, CSSD, CCRP

Introduction

Did you know that people tend to forget about 70% of what they learn just a few days after learning it? Mind-blowing right?! So, how can learners (such as yourself) retain information? Research has shown that people need to revisit information in the early stages of forgetting to ensure they retain it. When you are on the brink of almost forgetting something, recalling it helps improve your "retrieval strength" and increases your "storage strength." In other words, trying to remember the information days later helps enhance your long-term memory.

This short quiz is designed to help improve your "retrieval strength" and increase your "storage strength" on the information discussed in the "Setting the Foundation: The Science of Fueling" presentation during the 5th Annual Food As Medicine Symposium.



Self-Paced Quiz

1. What is the name of the concept that states that greater-than-normal stress (force or load) must be applied to produce muscular adaptation?
 - a. Overtraining principle
 - b. Overload principle
 - c. Muscle fiber principle
 - d. Exercise principle

2. Which of the following is not one of the three pillars of optimal nutrition?
- a. Balance
 - b. Timing
 - c. Quality
 - d. Quantity
3. Which of the following is considered an energy-yielding nutrient?
- a. Calcium
 - b. Vitamin B12
 - c. Fats
 - d. Folate
4. As exercise intensity increases, _____ utilization decreases.
- a. Fat
 - b. Carbohydrate
 - c. Protein
 - d. Water
5. We store carbohydrates in our _____ and in our _____.
- a. Muscle and pancreas
 - b. Liver and fat cells
 - c. Muscle and liver
 - d. Liver and kidneys
6. Endurance athletes primarily rely on which muscle fiber type?
- a. Type I
 - b. Type II
 - c. Type III
 - d. Type IV
7. Which of the following is a universal pre-training tip for endurance and strength athletes?
- a. Consume 25-30g of protein before training.
 - b. Drink one to two liters of water before training.
 - c. Limit or avoid high fiber and fatty foods before training.
 - d. Carbohydrate loading is highly recommended before training.

8. Protein intake of 1.2-1.4g per kilogram of body weight is considered most effective for strength athletes.
- a. True
 - b. False
9. Which of the following is not considered a reliable method for evaluating dehydration?
- a. Time since last drink
 - b. Weight changes
 - c. Urine color and frequency
 - d. Thirst mechanism
10. Healthy nutritional practices should be prioritized ahead of other recovery methods such as water immersion, massage, and cryochambers.
- a. True
 - b. False

Testing Tip: To REALLY improve your long-term memory of this information, you should revisit this quiz every couple of weeks until all the questions have been answered correctly and you feel you have a firm grasp on the concepts. Please note that the correct answers are provided at the end of the handout.

Reflective Questions

Reflection is another way you can enhance your learning experience. Reflection involves several cognitive activities that lead to stronger learning, including retrieving knowledge from memory, connecting knowledge to current experiences, and visualizing how you might use the information you learned.

Take some personal time to read and reflect on the questions listed below. Don't just think about the answers- take it a step further and write them down, speak them out loud, or even do a voice memo on your phone. The goal is for you to think about the major concepts from the "Setting the Foundation: The Science of Fueling" presentation and apply them to your (personal or professional) life.



Reflective Questions (Everyday Athletes)

1. From the presentation, what information was new to you? What did you already know?
2. How does your current diet impact your physical training?
3. What are the strengths and weaknesses of your current diet?
4. What is one thing that you can do today to improve your nutritional practices?

Reflective Questions (Healthcare Professionals)

1. Does your practice promote healthy eating and exercise? If so, how, and is it effective?
2. What role do you play in promoting performance nutrition on an individual (client) level? What about at a community or societal level?
3. How can you collaborate with other health disciplines to promote performance nutrition?
4. What is your plan to continue to learn about performance nutrition?

Self-Paced Quiz Answers

1.B | 2.D | 3.C | 4. A | 5.C | 6.A | 7.C | 8.B | 9.A | 10.A

About Brandon Lee, DHSc, RD, CSSD, CCRP

Brandon Lee is a Doctor of Health Science (DHSc) and Registered Dietitian (RD) with experience in many areas of dietetics and human performance science. Dr. Lee aims to strengthen the field of human performance science through leadership, research engagement, and evidence-based practice. He enjoys working with a diverse clientele, including everyday, professional, and tactical athletes. Dr. Lee earned his terminal degree from Pennsylvania Western University and his master's and bachelor's degrees from the State University of New York (SUNY) Oneonta.

"Only together can we achieve greatness."

Reach Out

For questions or comments, email Dr. Brandon Lee at leebl18@outlook.com or visit <https://lee03390.wixsite.com/drbrandonlee>.



DINNER RX

Food As Medicine

GREENER BY
DEFAULT

You want to provide the best possible care and nutrition, while also meeting your hospital's financial and sustainability targets. Greener by Default addresses all of these needs simultaneously.

Why Greener by Default?

Greener by Default is a research-based program that provides expertise in behavioral strategies to “nudge” patients and staff to make sustainable, healthy food choices without restricting their choices. The core concept is simple: make plant-based meals the default option, while giving patients and staff the choice to opt into meals with meat or dairy.

Why Plant-Based?

Scientific research shows that plant-based eating patterns are linked to significantly lower risk of cardiovascular disease, type 2 diabetes, stroke, obesity, and certain cancers. Plant-based meals also have half the carbon footprint of animal-based meals.

Join leading institutions using Greener by Default such as:



Benefits & Impact



HEALTH

Four of the most expensive health conditions are diet-related, including diabetes and heart disease. Plant-based diets can reduce short- and long-term healthcare costs and improve patient and staff well-being.



SUSTAINABILITY

Reducing energy and water use in hospitals can be challenging. Greener by Default has the potential to increase consumption of plant-based meals by up to 50%, reducing food-related emissions by 40% and water usage by 24%.



COST SAVINGS

Unlike other sustainability interventions that require expensive upfront investments, Greener by Default is cost-neutral, and can even save money by reducing food service costs.



PATIENT SATISFACTION

Serving an array of culturally diverse, delicious plant-based meals is sure to please a range of palates and support your hospital's efforts to increase patient satisfaction. Plant-based nutrition is also more inclusive and poses fewer allergy and food safety risks.

How it Works

Taking Stock

We start by reviewing your foodservice environments and ordering system to determine where we can most easily make the biggest impact. Greener by Default can work in patient meals, cafeterias, and more. Once we've jointly decided which food environments to focus on, Greener by Default audits your current menus and sales data, if available, to identify areas of opportunity.

Developing Strategies

Based on our menu audit, we recommend a range of strategies, including:

- **Plant-Based Defaults:** Offering plant-based dishes as the main entrée, with the choice to add meat/dairy or switch to meat.
- **Climate-Friendly Ratios:** Increasing the ratio of plant-based to animal-based proteins and entrees.
- **Menu Engineering:** Leverage appealing names and optimal menu placement to increase consumption of existing plant-based options.

Pilot Design

Next, we work with your team to determine which strategies to pilot and how to evaluate the pilot's success. Pilots typically test one to three strategies, often in a phased approach, and run for 8-12 weeks. We help you develop data collection tools and identify indicators to monitor, which often include cost savings, patient and diner satisfaction, and carbon and water savings. We also work with you to identify plant-based dishes that reflect the cultural diversity, preferences, and dietary needs of the people you serve.

Pilot Implementation

We work directly with your culinary team or foodservice management company to ensure they have all of the resources necessary to seamlessly implement the pilot. This can include everything from staff training sessions and recipe development to project management and promotional language. We also work with your management/operations team to make sure they're able to collect all of the necessary data to gauge the pilot's success, including diner and patient satisfaction surveys, staff feedback, and purchasing or sales data.

Sharing Results

After the pilot, we analyze your data to calculate impact on your target indicators. If desired, we can work with you to expand or permanently implement the strategies. We can also help to publicize the pilot and translate your data into a story that you can share internally and externally.

CASE STUDY:

New York City Hospitals

NYC Health + Hospitals partnered with Greener by Default to pilot plant-based Chef's Specials as the default lunch options for all inpatients in their network of 11 hospitals.



60% | **95%** | **\$500K**

chose plant-based meals

were satisfied with their meal

in annual cost savings

Due to the pilot's success, NYC Health + Hospitals has permanently implemented the program for patient lunches and dinners.

**GREENER BY
DEFAULT**

To get started, contact info@greenerbydefault.org or visit www.greenerbydefault.org/healthcare

For citations, visit www.greenerbydefault.org/healthcare-citations

REGISTER



November 8 - 9, 2025 Two Days | Eco-Friendly Online Event



This activity is approved by the Board for Certification of Nutrition SpecialistsSM (BCNSSM) to provide Continuing Education (CE) credits for Certified Nutrition Specialists[®] (CNS[®]) for a maximum of 16.75 CE Credits.

**Save 50% on
Registration**
Apply Promo Code:
FOODJUSTICE50



**Uniting Agriculture and Medicine to Support
Food as Medicine for All**