

Food is the Best Medicine

Founded in May 2022 by the Ascension Texas Council on Racial and Health Equity, Food is the Best Medicine aims to address the alarming rates of maternal death and severe maternal morbidity in Central Texas, which have been worsened by barriers to healthy food access that disproportionately affect minority mothers. Initially, the program provided \$100 H-E-B gift cards to mothers identified as food insecure by perinatal social workers. It has since evolved into an 8-week postpartum food box program, fully funded by philanthropic donations through the Seton Foundation. For families who do not qualify for the food box program or who need immediate assistance, the gift card remains an essential resource.

Program-to-date totals - May 2022 through May 2026

815

\$100 H-E-B gift cards given to perinatal patients

\$81,500

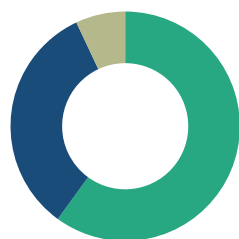
Invested in food access for families

~17

Gift cards distributed per month on average

LANGUAGES SPOKEN

n=627



Spanish **60%**

English **33%**

Other **7%**

(Pashto, French, Kinyarwanda, Burmese, ASL, and more)

WIC OR FOOD PROGRAM ENROLLMENT

n=522



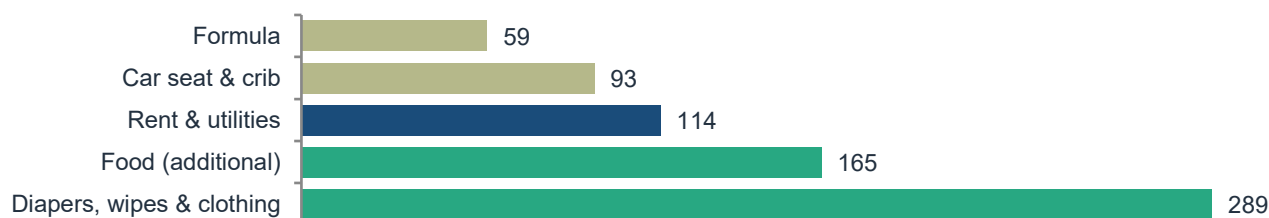
Enrolled **67%**

Not yet **27%**

Applied but not enrolled **5%**

OTHER NEEDS FAMILIES IDENTIFIED

n=815, could identify multiple needs



66%

of families who received a gift card lived **outside our current service area** - an opportunity for program expansion.

