

Food as Medicine Pilot Study



There is a real opportunity for connecting low-income households to local food systems when it is convenient and affordable... where they can engage as paying customers to feed their families healthy, fresh food with dignity.

*--Dr. June Tester, Pediatrician and Researcher,
UCSF Benioff Children's Hospital Oakland*



Weekly home delivery of produce from Dig Deep Farms in Oakland



Delivery of whole grains from Alameda County Community Food Bank



Education, including recipes and cooking demonstrations sent via text and email that use the delivered ingredients

Provided to
60
low-income families at Children's Hospital Oakland who have children with obesity and pre-diabetes

Study Results after 4 months

Average intake of whole grains doubled

Significant drop in fasting blood sugar among the parents and caregivers

2/3 of participants said they would buy their own home-delivered produce