

Food Pharmacy: Implementation and Execution



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Registered Dietitian

Feb 2021



Food is Medicine



San Francisco
Health Network



Food Pharmacy

FOOD PHARMACY PRESCRIPTION

Starts 6/20

Name: _____

DOB: _____

Rx

- ✓ Healthy Foods
- ✓ Food Demonstration and Recipes
- ✓ Resources
- ✓ Wellness Check

Provider Signature

Date



HealthRIGHT 360

1563 Mission St. Room 201

Every Thursday 4pm - 5pm

Questions? 415-426-7835

FOOD PHARMACY

Join us for healthy food,
tasty recipes, resources,
and a wellness check.



HealthRIGHT 360

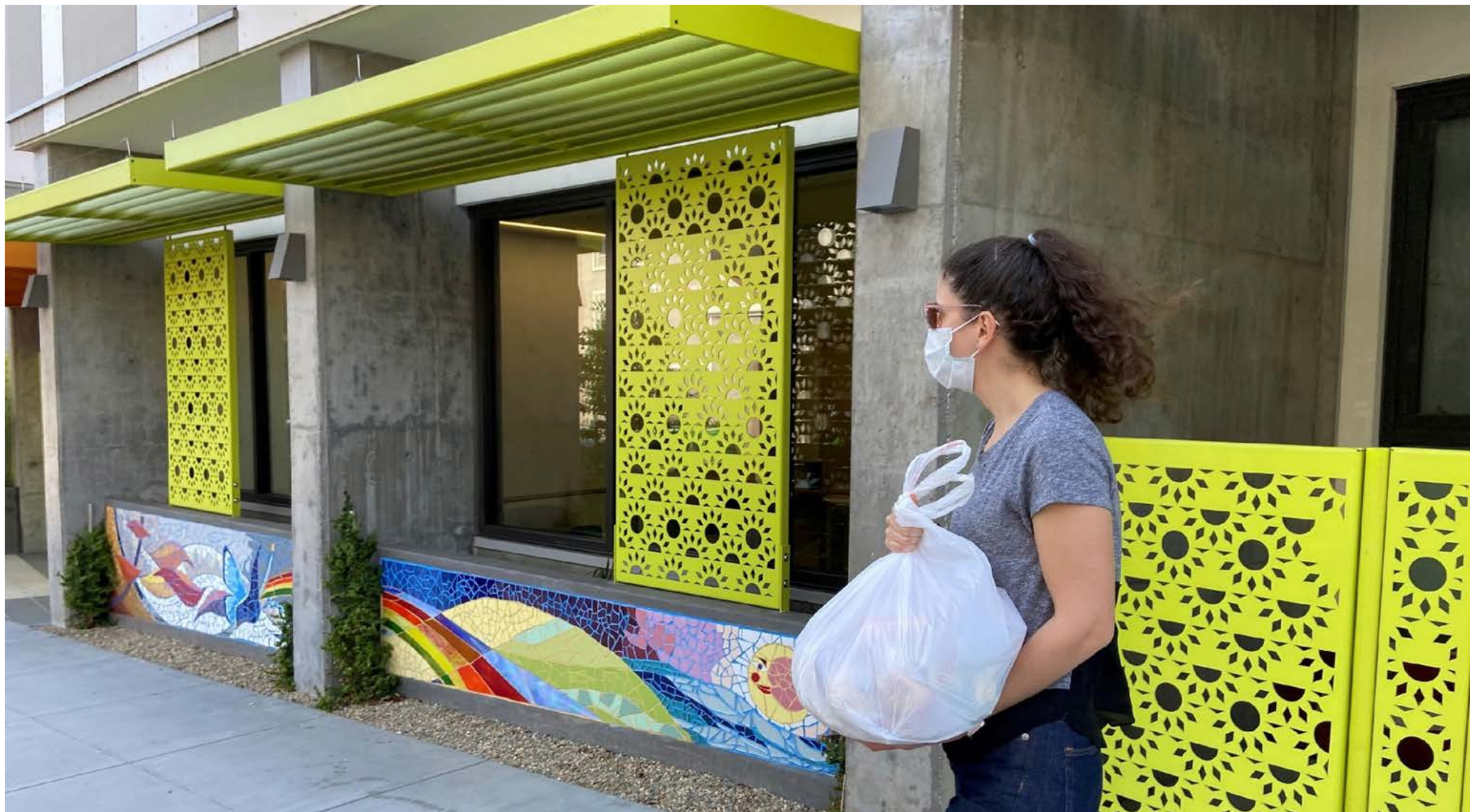
1563 Mission St. Room 201

Every Thursday 3:30pm - 5pm

Questions? 415-426-7835









Grilled Tofu

Ingredients:

- 1 (15-ounce) package of firm or extra-firm tofu
- 1 tablespoon olive oil
- 1 tsp red wine vinegar or apple cider vinegar
- 1-2 tablespoons of low-sodium soy sauce
- 1 tsp garlic powder
- 1.5 tsp dried herbs (rosemary, oregano, basil)
- Black pepper



Instructions:

- 1) Cut tofu into small cubes or long and thin strips. Using a paper napkin, gently pat the tofu dry.
- 2) Whisk together soy sauce, oil, vinegar, garlic powder, herbs, and black pepper in a small dish. Place the tofu pieces in the dish and marinate for about 30 minutes (turning the slices over after 15 minutes).
- 3) Sear the tofu in a non-stick pan or grill over medium-high heat until golden, about 1-2 minutes per side.
- 4) Serve with some brown rice and steamed or sautéed vegetables. Enjoy!

Garlicky Bok Choy

Ingredients:

- 1 Tb Vegetable Oil
- 2 Garlic Cloves (chopped) or ½ tsp. garlic powder
- 1 lb. Bok Choy
- ½ Tb Soy Sauce (reduced sodium)



Instructions:

1. Wash Bok Choy. Using a sharp knife, cut lengthwise into quarters.
2. Heat oil in a large skillet or wok over medium-high heat. Add garlic and cook, stirring, until fragrant or for about 30 seconds.
3. Add bok choy, soy sauce, and 2Tb. of water. Cover immediately. Cook for about 1 minute.
4. Uncover and toss, then cover and cook until bok choy is tender at the core for about 3 additional minutes.
5. Enjoy!





\$11,353 / \$20,000

57%
OF GOAL

54
SUPPORTERS

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Brownie Making Class

[GET TICKETS](#) [DONATE NOW](#)

Thursday Feb. 18th 5 - 6 pm

Patient Testimonials

- “ Thank you for helping me. I’ve lost 15 pounds.”
- “ Thank you for the food. Love Brussels Sprouts. Thanks for the cooking tips. I’m very grateful for you. Healthy eating has had major impact on my health overall.”
- “ Thanks to you, I now know that I can cook eggplant in the microwave and it is very tasty.”



Patient Testimonials

- “ Just wanted to let you know that I made another 8qts of unbelievably delicious vegan stew...My neighbors loved it and I am still loving it.”
- “ I must admit that I have changed the way I feel about eating Tofu, now that I know how to prepare it.”



Provider Testimonials

“ Food Pharmacy has been such a positive and impactful resource for our patients. **I was able to witness joy, improved self care and improved labs with the support of Food Pharm.** It is clear that so many patients want to eat better but lack the resources... once they have access they embrace it fully! Being able to collaborate on Food Pharm with Mariana has been a bright light in my time at HealthRIGHT 360.”

– S. Garey, PA-C, MPH

“ Prior to Food Pharmacy, I found it challenging to incorporate the necessary counseling and dietary guidance for my patients given the time constraint put on Primary Care Providers. In addition, the knowledge needed to provide appropriate counseling is beyond that of a Primary Care Provider if one has not had training in it. When Food Pharmacy was incorporated, **I immediately noticed the benefit that it provided to the most vulnerable people struggling without enough healthy food resources and education.** A couple of months had to pass for me to see the impact of having such service through blood tests, and I have to say I was impressed. **I can assure you that most of my patients are now healthier because of it,** and of course, because of the guidance provided by Mariana who has been a key role in providing these services.”

-N. Amarante, MSPAS, MPH, PA-C

Provider Testimonials

“ Food Pharmacy has been a remarkable addition to our programs at HealthRIGHT360. For many patients it is a highlight of their week and an answer to one of the many social determinants of health at play in their lives: food insecurity. **Access to healthy foods is at the top of the list when it comes to successfully treating chronic medical conditions. It is the backbone for combating the obesity epidemic and the core of preventing things such as type II diabetes heart disease and hypertension. Food Pharmacy empowers our patients to learn about healthy foods in a fun, safe environment and gives them the tools to take their health into their own hands.** I am very grateful to have this resource available for our patients!”

- Mary Kate Wheeler PA-C, MPAS

