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**SAMARITAN HOUSE AND SECOND HARVEST FOOD BANK
OPEN A SECOND FOOD PHARMACY IN SAN MATEO COUNTY**
LOW-INCOME DIABETES PATIENTS CAN NOW FILL PRESCRIPTIONS
FOR HEALTHY FOOD AT THE SAN MATEO FREE CLINIC

San Mateo, California, September 14, 2016 - Today Samaritan House and Second Harvest Food Bank officially opened a second Food Pharmacy in San Mateo County. Inspired by the first Food Pharmacy collaboration with Sequoia Healthcare District in January 2016, the San Mateo Free Clinic Food Pharmacy is available to low-income patients with diabetes. Patients can “fill” prescriptions for free, nutritious food. What’s unique about this Food Pharmacy concept is that patients have immediate access to healthy foods where they receive their primary healthcare. The Food Pharmacies in San Mateo County are thought to be the first of their kind in California, conveniently located at Samaritan House’s Redwood City and San Mateo Free Clinics. Second Harvest Food Bank will keep the Food Pharmacies stocked with fresh produce and other healthy foods and provide nutrition education to help patients and their families eat healthier.

“Diabetes, as well as other diet-related illnesses are a serious issue in low-income communities,” said Dr. Jason Wong, Samaritan House Medical Director of Health Care Services. Thanks to our partnership with Second Harvest, we’ve already seen some positive results from the pilot program at the Redwood City Food Pharmacy. Although it’s too early to report on actual data related to the pilot program, patients are reporting that they and their families are feeling more secure with supplemental, healthy food. Every patient is supplied with enough food to feed the whole family for 3-4 days each week. Simply knowing where their next meal is coming from is a huge relief. In addition to the healthy food, families receive nutritional information and tips on how to prepare the food.”

Bart Charlow, CEO of Samaritan House, added, “Food truly is good medicine. But access to the right food at the right time is a major hurdle for low-income families. Our Free Clinic partnership with Second Harvest Food Bank delivers that healthy food to fill a family’s needs right at the source of the medical and nutritional services. No waiting – you just walk across the clinic. That is the critical step to address chronic health issues associated with diabetes.”

Patients with diabetes are referred to the Food Pharmacy program by their clinic physician, who provides them with a prescription for food that can be filled at the Food Pharmacy each week, or whenever they need it most. The goal in the first year at each clinic is to serve 100

patients who will be monitored and evaluated by the clinic to determine how well the program helped them keep their diabetes under control.

When they fill their prescriptions, patients with diabetes receive a core bag of food that includes low-salt/low-sugar canned foods and complex carbohydrates like beans, brown rice, and quinoa. They can choose from an assortment of other healthy foods like fresh produce, chicken, eggs, milk, yogurt, peanut butter, and canned tuna and salmon.

“The Food Pharmacies will help to address the diet-fueled health disparities that are caused by a lack of access to nutritious food,” said Kathy Jackson, CEO of Second Harvest Food Bank of Santa Clara and San Mateo Counties. “We know from the 2014 Hunger in America study that one-third of our client households include a member with diabetes, that’s three times the national average. Nutritious food is often too expensive and out of reach for the people we serve. That’s why Second Harvest is so focused on nutrition and the connection between hunger and health. We are working to ensure that everyone has access to the nutritious foods they need to thrive.”

Samaritan House and Second Harvest are long-time partners who began talking about opening the Food Pharmacy in early 2015 at Second Harvest’s groundbreaking Hunger Action Summit titled “Food as Medicine: The Intersection of Hunger and Health.”

About Samaritan House

Since 1974, Samaritan House has become San Mateo County’s leading non-profit that brings a new level of hope, dignity, and empowerment to people living in poverty as we fulfill immediate needs and guide people toward self-reliance. Recognized as a role model in the community, our food program provides direct food distribution to thousands of families and individuals in need. Other services we offer include homelessness prevention; shelter; free medical and dental clinics, personalized case management; children’s clothing and school preparedness resources, and more, completely free of charge. The entire community benefits from our steadfast mission to mobilize all available resources and work hand in hand to break the cycle of poverty. www.samaritanhousesanmateo.org

About Second Harvest Food Bank

Based in Silicon Valley, Second Harvest Food Bank of Santa Clara and San Mateo Counties is one of the largest food banks in the nation. Currently providing food to more than one quarter of a million people every month, Second Harvest is a trusted community-based organization that was founded in 1974. Despite the immense wealth in Silicon Valley, and partly due to the high cost of living, hunger and malnutrition are pervasive. The Food Bank distributes nutritious food, including more fresh produce than any other food bank in the country, through a network of nearly 320 nonprofit partners at more than 850 sites. Second Harvest is pursuing innovative efforts to increase access to food resources as it seeks to feed an additional 100,000 hungry people each month. To reach more people, it advocates for anti-hunger policies and connects those in need to federal nutrition programs and other food resources. To learn more about how Second Harvest is building a hunger-free community, visit www.SHFB.org.