The Common Market: Partnering for Healthier Communities Through Food as Medicine

Food as Medicine (FAM) recognizes the critical role that nutrition plays in preventing and managing chronic diseases. By providing access to fresh, healthy, and culturally relevant foods, we can *empower individuals to take control of their health*. The Common Market is here to partner with your healthcare organization to integrate local food into patient care!

How we support your Food as Medicine program:

- **Access to Fresh, Local Produce:** The Common Market provides access to a network of family farms and their high-quality, seasonal fruits and vegetables, dairy, proteins, and more.
- **Distribution:** The Common Market offers convenient and direct delivery options.
- **Partnerships:** We collaborate with healthcare providers, community organizations, and food suppliers to support comprehensive FAM programs.
- **Impact Data and Storytelling**: We provide data to track program impact and share the stories of positive change in the community.

Flexible and customizable

How fresh, local food can help enhance patient care:

- **Improved Patient Health:** Access to fresh produce can help manage chronic conditions like diabetes and obesity, and improve overall health outcomes.
- **Reduced Healthcare Costs:** By addressing the social determinants of health, food as medicine programs can reduce hospital readmissions and emergency department visits.
- **Enhanced Patient Engagement:** Our programs empower patients to take an active role in their health management.
- **Community Impact:** Supporting local farmers strengthens local economies and creates a more resilient food system.

The Common Market offers a range of services to meet the unique needs of our partners, including produce boxes, medically tailored meals, and educational curricula:

- **Farm-Fresh Boxes**: Individually packed, fresh produce boxes delivered to central locations or directly to patients' homes via last-mile delivery through trusted, sub-contracted partners.
- **Bulk Produce Supply**: Delivery of bulk produce to medically tailored meal providers or produce box partners.

"Food as Medicine is about empowering patients to see food as a powerful tool for their health—sometimes even more impactful than medications."

- Dr. Rashi Sharma,
Sanitas Medical Center, New Jersey

Click to learn more about our partnerships or scan the QR code!

Let's partner

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