Food is like medicine and a doctor-prescribed meal-delivery program has been associated with fewer hospital and skilled nursing admissions and less overall medical spending.

An estimated 1 in 8 Americans do not have access to quality healthy foods. That's 40 million Americans including more than 12 million children.

Food production is responsible for 19% to 29% of annual greenhouse gas emissions globally, with substantial waste during distribution and consumption.

Food production dominates land use at 40%, but the ecosystem is misaligned with dietary recommendations. Subsidy distribution and land use allocations make the ability to provide enough healthy food for all, a concern.

The diets of Americans have a long way to go to meet the AHA’s recommendations for a healthy diet. A healthy diet is a critical success factor to preventing CVD and stroke. Developing a healthy, sustainable food system requires an innovative approach including global, federal, state, and local policies; the food industry; the agricultural industry; public health and medicine; communities, worksites, and schools; and individuals and families.
One-third of the world’s food is lost or wasted between the farm and the plate, valued at over $940 billion.

19 million people in the U.S. are more than 1 mile from the nearest grocery store in an urban area, and more than 10 miles in a rural area.

Between 1920 and 2007, black farmers lost 80 percent of their land. 100 years ago an estimated 14% of farmers were black; by 2012, it was 1.58%.

Food chain workers use food assistance at 2x the rates of the general population.

In the US 14% of farmers are women generating $12.9 billion in sales annually.

Farms operated by Hispanics, Blacks, Native Americans, and Asians increased from 2012 to 2017.

Many farmworkers suffer from poor health, a function of poverty, stress, poor diet, limited access to health care, and high rates of diet related diseases-diabetes, obesity and hypertension.

Big box stores and grocery chains are key food retailers with nearly $52 billion, capturing 82% of all food stamp dollars.

The U.S throws away about a third of its food supplies every day – that’s 133 billion pounds of food annually. But getting usable food to communities in need can be challenging.

Most of our food is going to agencies less than two miles away in the same low-income communities, but the agencies have no way to transport it,” said Belding.

MEANS received a $20,000 grant in 2017 from the American Heart Association’s first annual EmPOWERed to Serve Business Accelerator.™ MEANS used the grant to partner with Food Connect in Philadelphia to close the transportation gap.