

## 'Food Is Medicine' Complements Food and Nutrition Programs and Policies

- Food and nutrition assistance programs, food is medicine (FIM) and population-level healthy food approaches comprise a policy ecosystem that addresses distinct needs.
- FIM can support improved food and nutrition security, but the main goal is to treat, manage or prevent specific diet-related diseases.
- Many people with diet-related diseases are not eligible for food or nutrition assistance programs (based on income.) Conversely, many people eligible for food or nutrition assistance programs do not have a diet-related disease.

