



1010 North Thompson Street
Richmond, Virginia 23230
www.healthbrigade.org
p: 804.358.6343 • f: 804.354.0702



Dear Friend:

We are excited to introduce the Food Farmacy program at Health Brigade. This integrative program targets patients who suffer from diabetes, the 7th leading cause of death in the United States, and hypertension, a contributing factor to both heart disease (leading cause of death) and stroke (5th leading cause of death). A study published in the Journal of the American Medical Association showed that about one in two deaths from heart disease, stroke and diabetes are linked to dietary factors.

The Food Farmacy program is designed to help patients gain control over their diseases through access to fresh produce, nutrition education and cooking classes.

This past summer 2017 we piloted the Food Farmacy program. Over twelve weeks, participants received fresh produce from our community partner Shalom Farms, nutrition classes from VCU's Dietetic Internship program, cooking classes from both Shalom Farms and the American Heart Association, and weekly sessions with health coaches. Overall, we saw a 2.2% reduction in HbA1C for the participants of the pilot, a measurement of long-term blood sugar. This is a remarkable and encouraging result!

Health Brigade is a 501c(3) organization dedicated to exceptional health services to those in need. Through the dedication of volunteers and community supporters, we have been serving Richmond for almost 50 years. Please help us to impact the lives of these individuals struggling in our community through a donation today.

Support our Food Farmacy!

Currently, we are working to coordinate the next session of Food Farmacy, which will begin in January 2018. We continue need fresh and frozen fruits and vegetables, whole grains, and dried and canned pantry items. Other items such as cooking and serving utensils, kitchen supplies and appliances, as well as transportation for food delivery would be put to good use in this program.

We are also looking to extend our support for patients after they have completed the initial 12 week program. We would like to capitalize on those results we found from the incredible participant feedback. These could include, but are not limited to, fitness classes, continued nutrition education support, or facilitated group meetings. Food Farmacy has been a collaborative effort, and we would love to have you join us to provide these valuable resources to our participants.

Thank you for your generous support of Health Brigade and our Food Farmacy. Our tax ID number is 54-0927792. We appreciate your interest and help in caring for the underserved in our community. If you have any questions regarding this event, you email April Williams at awilliams@healthbrigade.org.

Sincerely,

April Williams
Food Farmacy Program Coordinator



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Food Farmacy In-Kind Donation Form

Date: _____

Donor Name (please print): _____

Contact: _____

Address: _____

City, State, ZIP: _____

Telephone: _____ Fax: _____

Email Address: _____

Donation Description: _____

Donation Value: _____

Thank you very much for your support!

Submit this form and any questions to:

April Williams
Health Brigade
1010 N. Thompson Street
Richmond, VA 23230

awilliams@healthbrigade.org
Health Brigade Tax ID: 54-0927792