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Food Is Medicine Programs Can Improve Health, Reduce Food Insecurity

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From **grocery store closures** on the West and South sides, to **pollution coupled with land and water shortages** for Chicago's urban farmers, to the **growing racial wealth gap**, often the burden of food insecurity falls on families of color.

The situation starkly contradicts the fundamental right to food, which includes access to nutritious and abundant food — a cornerstone for a fulfilling and healthy life. Thankfully, with a new administration in City Hall and a new policy proposal in Illinois that could expand food programs via Medicaid, there has never been a better time to improve access to food in our city.

At the core of this work should be the growing movement known as food is medicine.