

The Full Spread

HEALI's Food Is Medicine Network Brings 22 Providers Together

People's nutrition needs change. Individuals diagnosed with type 2 diabetes and self-managing may initially start with receiving medically tailored meals and then transition to prescription food boxes depending on their living, economic and housing status.

HEALI's Food Is Medicine network is designed to respond to those changing needs. Bringing together 22 nutrition providers across Long Island, the network offers a range of services, including medically tailored meals, clinically appropriate meals, food prescriptions, and grocery assistance. Nutrition counseling is available to every member.

A Program of Services

HEALI's network combines organizations specializing in clinical nutrition services with community-based providers that have longstanding relationships with the populations they serve.

By coordinating these services through a single network, HEALI can connect members with different types of nutrition support, with the goal of adjusting the type and intensity of services as their needs change over time.

As an essential part of our approach, nutrition counseling helps members understand their own needs and supports behavior changes as they work toward their health goals.

Building Quality into the Network

Coordinating nutrition services across 22 providers requires consistent standards and oversight. Every provider in HEALI's Food Is Medicine network has a Registered Dietitian Nutritionist (RDN), either on staff or in a consulting capacity, ensuring that individual providers are equipped with clinical nutrition expertise.

HEALI also has its own RDN overseeing nutrition programs and partnerships across the network. Diana Malkin-Washeim, RDN, HEALI's Director of Food Is Medicine, has visited each provider to taste and evaluate their food firsthand.

This work is governed by HEALI's Enhanced Nutrition Service Standards Document, which outlines requirements for food handling, ingredients, nutritional information, and meal components. These standards provide a common framework for quality assurance across all 22 providers.

Nutrition as an Extension of Healthcare

HEALI's Food Is Medicine network is part of a broader integrated care model that connects community-based nutrition providers with primary care practices through embedded community health workers.

This connection helps practices identify patients who may benefit from nutrition services, supports members in accessing those services, and creates opportunities to coordinate nutrition support with their ongoing care.