

FED Collective Summary



April - June 2024

FED™ principle is a framework for social justice in food & health interventions, with initial application in structuring PRx programs, but can be utilized for other food and health intervention design.



FED Timeline



Why is the FED Collective Important?

→ FED Collective members are working at a systems level to ensure long term sustainability by establishing value chains with under-represented and historically under-resourced farmers and retailers that are driven by the demand in Food is Medicine.

→ If we don't break through by relationship building / collective building, we'll continue to be on the margin of conversations

→ Narrative change: We are intentional about naming the shifts that need to happen around who controls the PRx narrative and collectively shift this control to BIPOC-led programs who have historically been doing the work. Narrative change includes components such as:

→ The only way to do transformational systems change work is to do it collectively. The power of FED can only be actualized in a collective. The current PRx field is invested in us remaining isolated

Acknowledgement and Understand of Power

Remember *power is neutral*. It's not just with those we believe have it, like corporations. Seeing people as assets affirms their power

Naming power and how it is distributed in various gradients throughout the PRx field, from implementers, to researchers to policymakers, is crucial. Who shapes the narrative, who makes the decisions towards a equity, justice oriented, anti-racist, and decolonized system?

Asset based framing vs deficit model

Funders and other who currently hold the power typically perpetuate a deficit model

Research

The *Innovations & Barriers Report* is part of the narrative change. One of the key challenges and opportunities that came out of the report is communicating and measuring what we do. This is ongoing.

A Move Towards Non-Traditional Metrics

Non-traditional metrics and data are necessary for PRx programs to be more relevant and sustainable in under-represented and historically under-resourced communities.

Metrics that speak to the realities of under-represented and historically under-resourced communities and contribute to the shifting of power in the field:

- Trust and relationship building
- Social cohesion
- Increased agency

Conventional Non-FED PP Program	FED PP Program	F.E.D. Category
Focus on individual patient health, pathologies like obesity and chronic disease	Care about family, household & and community health	F
Top-down, external health intervention	Community-driven and participatory	F
Patients have deficits of knowledge and decision-making	Patients have assets of wisdom, culture, and community	D
Focus only on changing patient diet, and patients' personal choices	Focus on full human, social change for equity in access and community partnerships, holistic and peer support	E
Extract data for reporting, biometrics	Learn together for long-term community health, holistic human and community change data; examine racial health disparities	F
No attention to where prescription dollars go after produce transaction	Prescription redemption drives development of a stronger food system, with attention paid to local farmers and BIPOC/community asset building, when possible	E
Patients have a right to nutrition	Communities also have rights to Fidelity, Equity, and Dignity, these rights have been denied by systems of oppression	E
Dietary guidance & F/V access framed primarily by white dominant food culture norms	Guidance & access inclusive of cultural practices, food quality & variety, and personal choice	E

Ways to begin building FED into your PRx operations:

Centering 1-1s: It's crucial to approach relationship building as a continuum and conduct 1-1s in the work. This work cannot be isolated.

Remember, the work is holistic: Under-resourced and historically under-represented communities do not have the luxury of doing this work in silos.

Considering people as assets is always power. This can include an intentional effort to:

- Valuing volunteers and seeing them as leaders
- Valuing staff and recognizing potential burnout

Celebrating culture with arts infused approaches to nutrition education, community development, tackling food insecurity, community gardens and policy are **all interconnected when building an ecosystem.**

Rest & Respite is an action in the work. Taking care of your wellness should not be seen as a luxury.

****Find these and more recommendations in the FED Community Workbook***