

03-25 Policy Matters

Subject Line: Providing Critical Nutrition Resources and Combating Food Insecurity

Preheader: Here, Policy Matters. Learn the latest from UPMC's Government Affairs team.



Our Hearts Are with UPMC Memorial

On Saturday, Feb. 22, our UPMC Memorial family experienced a tragic act of violence that has had a ripple effect across our UPMC community. While the journey to heal for those impacted, both physically and emotionally, is only beginning, we are hopeful and committed in our support for them and their loved ones.

We are profoundly grateful for the bravery shown by our staff, first responders, EMS partners, and all who acted with courage and support for one another. Our most sincere thoughts and prayers remain with our UPMC Memorial team, the fallen officer and his family and colleagues, and all of York County.

March is celebrated as National Nutrition Month®, an annual campaign created by the Academy of Nutrition and Dietetics, that aims to promote healthy eating habits. This year's theme is "Food Connects Us," emphasizing the role of food in bringing people together.

To commemorate National Nutrition Month, this *Policy Matters* highlights the nutritional care that is provided across the UPMC footprint, as well as our dedicated community efforts to provide critical nutrition resources and combat food insecurity.



UPMC

Meaningful Meals

UPMC Somerset has introduced two initiatives to enhance food sustainability: the Leanpath program, which reduces food waste and saves resources, and the addition of plant-based meal options for patients, promoting healthier and more environmentally friendly choices. The initiatives aim to foster both community health and environmental awareness while creating a positive impact on hospital operations.

[Learn more](#)



UPMC

Growing Goodness

The UPMC Memorial Farm in York County grows fresh produce to provide nourishment for patients, staff, and the local community through the Farm to Hospital program. This initiative emphasizes the connection between food and health, promoting wellness with a focus on nutrition and holistic care. By tackling food insecurity and partnering with local organizations, the program strives to support sustainable farming and improve access to healthy food for underserved communities.

[Learn more](#)

UPMC HEALTH PLAN

UPMC for Life Launches Two-Year Giant Eagle Mobile Market Initiative to Provide Weekly Access to Fresh Food in Underserved Allegheny County Communities

In August 2024, UPMC *for Life* announced a two-year Giant Eagle Mobile Market sponsorship agreement to increase weekly access to fresh, healthy food in parts of Allegheny County that are "food deserts" or otherwise impacted by health disparities. Shoppers are offered \$5 gift cards for purchases and free reusable grocery bags, and UPMC *for Life* representatives are available at designated market locations to provide information and assist shoppers.

[Learn more](#)

WNEP.COM

UPMC Launches Emergency Food Box Program

The UPMC Community Life Center located in Lycoming County, PA, is taking action to address food insecurity among patients. Those in need can sign up through an anonymous questionnaire during office visits to receive a box of nonperishable food items tailored to their household size. As a partnership with the Central Pennsylvania Food Bank, this initiative aims to offer a safe environment for patients to receive support and ensure they have access to their next meal.

[Learn more](#)

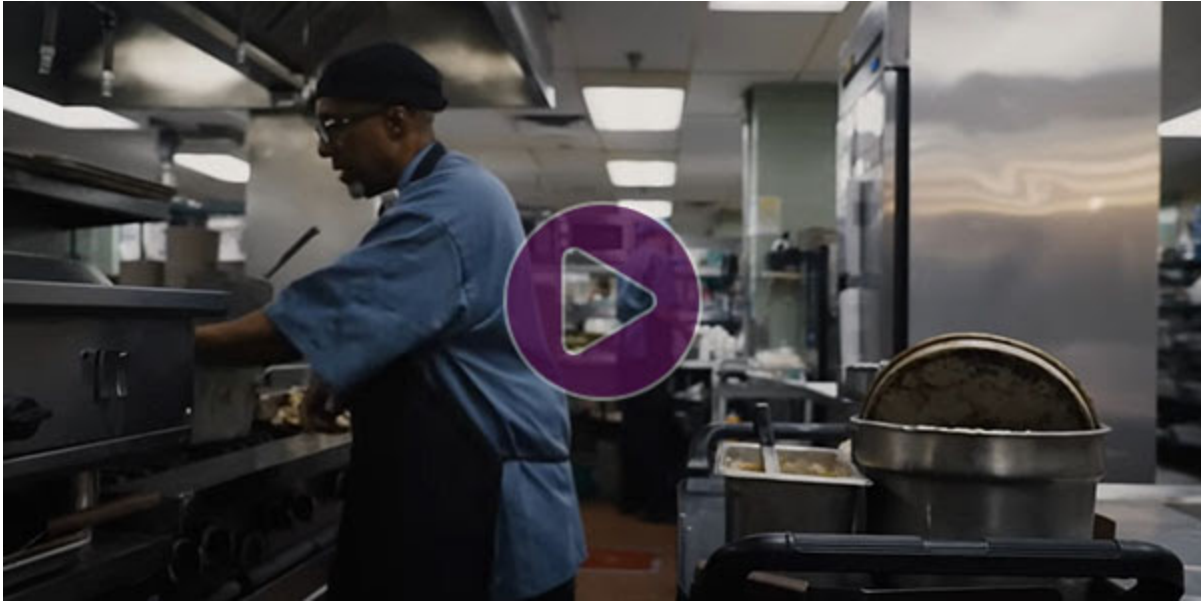


UPMC

Making Meals That Matter

Discharged patients and their caretakers are going home with well-balanced meals made from meal services leftovers at UPMC Mercy. This simple yet impactful idea initiated by Randy Williams is not only changing the lives of those facing food insecurity, but also significantly reducing food waste. Randy's team has successfully provided 2,000+ healthy meals to more than 290 patients in nine months.

[Learn more](#)



NYT COOKING

What Is Hospital Food Really Like? Feeding Hundreds of Patients a Day

New York Times reporter Priya Krishna goes behind the scenes of how UPMC Magee-Womens Hospital feeds its patients and staff daily. Bill is a hot cook at Magee, serving hundreds of specifically tailored meals each day for patients with a variety of health conditions, dietary restrictions and personalized needs. Watch this video to experience a typical 10-hour shift for those who help patients heal through food.

Watch now



Highlights from UPMC Health Plan

UPMC Health Plan focuses on improving the health of our members. Keep up to date with news focused on community impact.

- *City & State PA* named Dr. Crystal Clark and Martell Covington to their **2025 Black Trailblazer** List.
- The UPMC Pathways to Work program held its first Freedom House Foundations graduation Friday, March 14, in Harrisburg, PA. Thirteen adult students graduated from the program, including a husband-and-wife couple. Sponsored by UPMC Health Plan, Freedom House is a five-week program that introduces participants to careers in health care. Graduates can apply for jobs as medical assistants, patient care technicians, community health workers, and more. PA State Representatives Nathan Davidson, Justin Fleming, and Dave Madsen were all in attendance, along with Andrew Barnes and Sally Kozak, from PA DHS. Media stories appeared in **The Berg News** and **WHTM ABC27**.

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UPMC's Government Relations Team is committed to delivering relevant and timely news on the latest health care trends, medical research, and clinical developments as they relate to public health issues.

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