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What are your thoughts on the current landscape of the Food as Medicine ecosystem?

While many have worked to improve health through food for decades, the momentum around the Food as Medicine movement has surged since the White House Conference on Hunger, Nutrition, and Health last September. There has been a focus on equitable and personalized solutions to improve nutrition security, or one's

access to healthful food. The emphasis on health is needed now more than ever, with 6 out of 10 U.S. adults living with at least one chronic condition.

What is Kroger doing in the space?

As America's largest traditional retail grocer, food is at the core of everything Kroger does. The retailer can play a critical role in equipping customers to make healthful choices within the aisles of the grocery store. OptUP, Kroger's nutrition rating system, helps make the healthy choice the easy choice for customers by providing nutrition ratings for foods and beverages on a scale of 1-100. The higher the rating, the healthier the item. We also recognize that health is deeply personal, which is why Kroger Health dietitians offer 1-on-1 virtual appointments to help people identify healthful options that work for them.



What barriers need to be overcome to effectively scale food as medicine

Evidence showing the positive impact of Food as Medicine interventions is mounting. However, data is still needed to support widespread adoption across the country. For instance, we need a better understanding around which interventions are most impactful for which populations, including the dose of the intervention and expected return on investment. Standardized metrics showing positive impact will help tell the story of how Food as Medicine can improve health and reduce high healthcare costs.

What actions can we take, individually and collectively to advance FaM?

We can all work together to gather the evidence needed to show the

impact of Food as Medicine interventions. As part of the White House Conference, Kroger committed to mobilizing \$250 million to support Food as Medicine research alongside Rockefeller Foundation and the American Heart Association. We're hopeful this commitment can move the needle towards filling existing gaps in Food as Medicine research.

What are you looking forward to at the fam summit?

I'm looking forward to hearing how others in the Food as Medicine space are working towards providing equitable access to nutritious foods, and how they're measuring the impact of those efforts. Helping people across the U.S. achieve nutrition security is a massive goal that will require all hands on deck. I'm excited to learn how we can work together to help people live healthier lives.