

## Practical Tips for Tackling Food Insecurity and Other Barriers to Self-Care

### FIGHTING FOOD INSECURITY: LOOK NO FURTHER THAN YOUR BACKYARD

#### PRACTICE TIPS

Find resources in your area such as No Kid Hungry, Feeding America, local food banks, food pantries, and soup kitchens.

Know bodega and restaurant owners in your area. Your expertise and referrals can help them improve their business while you get benefits for your patients when they change menus, have more meal options, offer free or discounted meals, or plan food tasting events.

Work with nutrition schools in your town to get interns, volunteers, and field work students. They are essential in helping you meet your deliverables.

### PARTNERING WITH MOVERS AND SHAKERS

#### PRACTICE TIP

Find activity resources in your area. Google free classes by zip code or county.

### PRESCRIPTION ASSISTANCE PROGRAMS

#### PRACTICE TIP

Find the least expensive pharmacy to refer your patients. Pharmacies might give you better deals in exchange for referrals.

### HELPING PATIENTS TACKLE BARRIERS TO SELF-MANAGEMENT

#### PRACTICE TIP

Assess barriers to controlling diabetes. Ask patients about housing, cooking utensils at home, budget for food, physical activity, and their socioeconomic stressors. Aim to help remove issues to help diabetes become a top priority.