

Request for EOI: Food Prescribing in Health Care in Canada Scan

Nourish envisions a future in which the full potential of food as medicine is honoured and realized in Canadian health and food systems. We equip, connect, and lift leaders, both inside and outside the walls of health care, to leverage the power of food, so that the health system can become more preventive, more equitable, and more sustainable. Find out more at nourishleadership.ca.

In various health systems around the world, doctors and other health care professionals [prescribe fresh food](#) for community members who need it for their health, and several pilots are underway in Canada, including [Nourish Food Rx Fund grant recipients](#). The [Ontario Social Prescribing Pilot](#) led by the Alliance for Healthier Communities found that patients referred to non-clinical social supports improved health, reduced isolation, and built more resilient communities. Social prescribing is ready to scale broadly to support a more integrated health system and build more connected communities.

Nourish has built relationships alongside Indigenous communities, organizations, and health care authorities that have piloted food prescribing in health care settings. We are interested in developing a deeper understanding of the specific actions that have led to success in food prescribing in health care, the mechanisms being utilized to implement food prescriptions, as well as the political, legal, and social barriers that obstruct broader uptake and/or success.

Scope of Work

To research and produce a written resource based on 10 to 15 key player interviews on the growing implementation of food prescribing in Canadian health care institutions, carefully examining past and existing pilots to understand the specific mechanisms used for food prescribing and identifying potential for pathways for health care professionals/systems to embrace these models. This will build from existing Nourish programming, granting, research, and thought leadership on food prescribing. The resource will profile existing practices and barriers (case examples), describe considerations or preparations necessary for institutions to pilot or widely implement food prescribing, and outline opportunities for policy innovation at many potential levels (health care organizations, health authorities, governments, First Nation/Inuit/Métis governing bodies). Finally, share the findings of this project on a public webinar at the end of the project period.

Project Deliverables

1. Review existing key resources and conduct interviews: Review existing key resources developed and curated by Nourish, undergo a light literature and document search for recently published materials, and seek out food prescribing programs outside of Nourish's network. Schedule and conduct 10 to 15 interviews with key actors in the field to understand their practices and better understand the barriers and opportunities for broader implementation. Insights will be drawn on themes and the opportunities for policy innovation. Honorariums of \$100 will be offered by Nourish to key player interviewees.
2. Draft a resource framework: Draft a resource framework outlining the approach, sections, and content proposed for the written resource and present the framework to Nourish for feedback before commencing the first draft of the written resource.
3. Produce a written resource: Draft a public-facing resource (approx 15-20 pages). The writing process will include soliciting and integrating feedback from Nourish and key partners or advisors at various stages of the project.
4. Host a virtual presentation: Present key findings on a Nourish webinar.
5. Participate in meetings as required at key junctures in the project.

Project Activities

This contract will be in effect from March 15 to June 30, 2024. Key milestones and project activities include:

- **March 8**: Deadline to submit EOI.
- **March 15**: Applicant chosen, contract begins.
- **March 18-19**: Onboarding meeting with the Nourish team.
- **March 18 - April 5**: Research period.
- **April 5**: Deadline to finalize report framework.
- **April 5-8**: Meeting to review report framework with the Nourish team.
- **April 22**: Deadline to submit the first draft of written resource text.
- **May 20**: Deadline to submit second draft of written resource text.
- **May 31**: Written resource text is complete and ready for translation and design.
- **June 3-21**: Prepare a webinar promoting the resource and outlining findings.
- **June 24-28**: Host online webinar.

Budget

\$8,000 CAD plus applicable taxes.

Qualifications

- Preference will be given to qualified Indigenous applicants. However, the position is open to all applicants.
- Research and professional writing experience.
- Knowledge and understanding of social prescribing, food prescribing, food justice, food security, and social determinants of health.
- General understanding of the Canadian food and health care systems and critical issues facing the sector.

Expression of Interest Requirements

Please submit a resume/CV and outline applicable experience, one to two examples of previous work, and a brief document outlining:

- Describe a few of your life/work experiences that have prepared you to be successful in this role (briefly highlight your qualifications and interest in this topic)
- Describe any challenges you anticipate and how you may need to overcome them
- Confirmation that you expect to be able to meet deadlines and meeting times outlined in the Project Activities section above.

Expressions of interest should be submitted to Shelby Montgomery, smontgomery@nourishleadership.ca by the end of the day Friday, March 8, 2024, with the subject line: EOI FoodRx Scan: [Applicant Name].