



**ISLAND
HARVEST**
MEMBER OF
FEEDING
AMERICA
Nourishing Long Island's Future

NUTRITION PATHWAYS 2025

Island Harvest partners with five Long Island healthcare providers to deliver our Nutrition Pathways to Health Program, an intensive nutrition support initiative for patients experiencing low income and food insecurity. The program strengthens health by connecting participants to nutritious food, personalized counseling, and community resources—helping them navigate services and overcome barriers to care.

HOW IT WORKS

Healthcare partners screen and refer patients facing food insecurity. Patients meet with Island Harvest staff dietitians and receive twelve on site nutrition counseling sessions integrated into their routine care, access the healthy pantry after each visit, and are connected with additional social and health resources. Practical incentives—such as diapers, cooking tools, and small appliances—help sustain engagement and support program completion.

235

participants

1,821

nutrition counseling
sessions

1,821

healthy start food
packages distributed

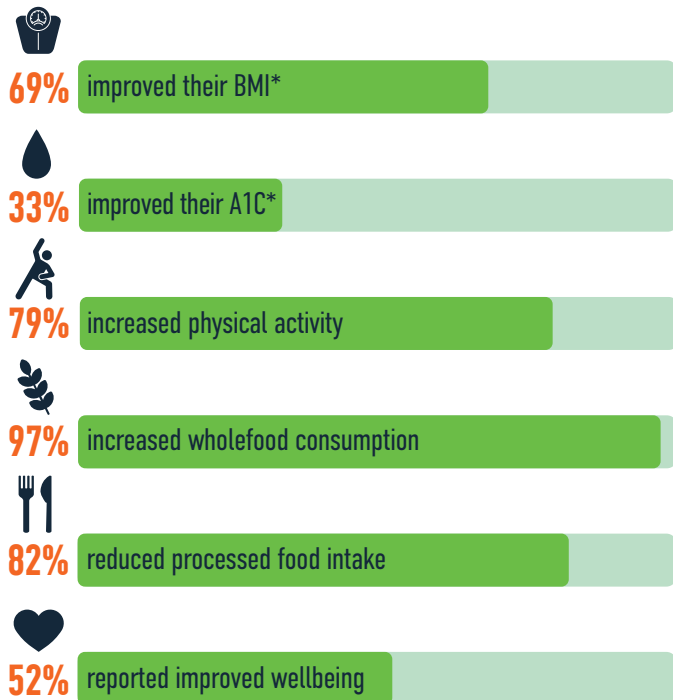
PROGRAM PARTNERS & SUPPORTERS



IMPACTING OUR NEIGHBORS

MEASURABLE IMPACT

Our Nutrition Pathways to Health Program delivers clear improvements in health and well being for participants. Among those who completed the program, the results show how powerfully targeted nutrition support can transform lives:



*Biometric data included when available and clinically appropriate

SUCCESS STORY



“Before Nutrition Pathways, my blood sugar was very high. Now, for the first time, I genuinely feel I can stay on this path thanks to what I’ve learned.” -Lucy

Lucy entered Nutrition Pathways with dangerously high daily blood sugar levels—hovering around 400. Within just four weeks in the program, her readings fell to 190, a life changing improvement. Through the Diabetes MyPlate approach, she learned how to build balanced meals, gained confidence in choosing foods that support her health, and even overcame her fear of eating fruit. Today, her favorite breakfast—eggs with spinach and a side of fruit—is made entirely from what she learned about eating nutritious foods through Nutrition Pathways. Her progress reflects the power of consistent support, accessible healthy food, and practical nutrition guidance.

FEEDING AMERICA® SURVEY FINDINGS UNDERSCORE OPPORTUNITIES FOR ISLAND HARVEST’S IMPACT



DIETARY HABITS

62% of participants ate vegetables three times or fewer in the past week at the program start, and 41% reported similarly low fruit intake—both below national averages.

Island Harvest supports healthier intake by providing a variety of fruits and vegetables at our clinic offices and connecting patients to additional food assistance programs to increase fruit and vegetable intake.



HEALTHCARE ACCESS

Approximately 40% of participants reported delaying/skipping necessary medical services and/or running out of medications due to cost.

Island Harvest addresses these barriers by providing referrals to direct services such as local food pantries and other support in order to increase visits to medical appointments.



PUBLIC ASSISTANCE

77% of participants reported using at least one form of public assistance, such as health insurance benefits or food-purchasing programs. For example, just under half of participants are WIC recipients and almost a quarter are on Medicaid. Participation in programs like our Nutrition Pathways “Food as Medicine” could improve participants’ health and quality of life while reducing healthcare costs charged to Medicaid.

Island Harvest uses our integrated services across all departments to ensure patients have access to quality referrals and services to meet their needs.



ISLAND HARVEST
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