



foodbank | farm | farmacy | kitchen | market

3960 Brookham Drive, Grove City, OH 43123

614.292.FOOD (3663) | [www.mofc.org](http://www.mofc.org)

   @mofcollective |  @midohiofoodcollective

**March 9, 2026 | FOR IMMEDIATE RELEASE**

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## **MID-OHIO FOOD COLLECTIVE STRENGTHENS COMMUNITY THROUGH FOOD IS HEALTH PARTNERSHIP**

### **MOFC, Anthem Blue Cross and Blue Shield Foundation, Feeding America highlight partnership during National Nutrition Month**

**COLUMBUS, Ohio** — Food is a powerful tool for better health, especially as people facing hunger experience higher rates of chronic illness and higher health care costs. During National Nutrition Month® in March, Mid-Ohio Food Collective is joining Anthem Blue Cross and Blue Shield Foundation, an affiliated arm of Elevance Health Foundation, and Feeding America® to highlight how health starts with what's on your plate.

With a referral from a doctor at a partnering health care organization, MOFC's Farmacy program helps neighbors facing hunger access fresh, healthy produce and kitchen staples free of charge. These supports are critical as many families are forced to make impossible choices between food and health care that make it harder to maintain their health.

"Hungry families having healthy options supports better health outcomes for neighbors and our community," said MOFC Director of Research and Nutrition Amy Headings. "We are deeply committed to making healthy food more accessible and practical for all neighbors, no matter where they live, and to supporting better health for the whole family."

Together with local health care providers, MOFC screens neighbors for food insecurity, provides referrals to pantry partners that can provide fresh, healthy options free of charge, and delivers supporting resources in that ways that help remove barriers and respect choice. The "Food as Medicine" program, a Feeding America initiative funded by the Anthem Blue Cross and Blue Shield Foundation, is helping MOFC strengthen community well-being.

"Good health starts with nutritious food—and many Ohioans are struggling to access fresh, healthy options," said Jane Peterson, president of Anthem Blue Cross and Blue Shield in Ohio. "Our partnership with the Mid-Ohio Food Collective and Feeding America reflects our commitment to a Food as Medicine approach that fosters long-term health and well-being for families in central Ohio."

Food as medicine programs across the Feeding America network are showing encouraging signs that these interventions can support improved health for families. By offering neighbors consistent access to nutritious foods, MOFC is helping lay the groundwork for better health outcomes and greater stability for households in central and eastern Ohio. To learn more, visit [www.mofc.org](http://www.mofc.org).

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### **About Mid-Ohio Food Collective**

Mid-Ohio Food Collective (MOFC) is the largest hunger relief organization in central and eastern Ohio. Through our five assets (the Mid-Ohio Foodbank, Mid-Ohio Farm, Mid-Ohio Farmacy, Mid-Ohio Kitchen, and Mid-Ohio Market), MOFC addresses the root causes of hunger while working with more than 600 partner agencies in 20 counties to feed hundreds of thousands of hungry Ohioans every year. Learn how we're co-creating hunger-free, healthier communities at [www.mofc.org](http://www.mofc.org).

### **About Anthem Blue Cross and Blue Shield Foundation**

The Anthem Blue Cross and Blue Shield Foundation, an independent licensee of the Blue Cross and Blue Shield Association, is a philanthropic arm of the Elevance Health Foundation. The Foundation works to improve the health of the socially vulnerable through partnerships and programs in our communities with an emphasis on maternal-infant health; behavioral health; and food as medicine. Additionally, the Foundation also responds to disasters when our communities need us the most. ®ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbol are registered marks of the Blue Cross and Blue Shield Association. To learn more about the Anthem Blue Cross and Blue Shield Foundation and the Elevance Health Foundation, please visit [www.elevancehealth.foundation](http://www.elevancehealth.foundation) and its blog at [www.medium.com/elevancehealthfoundation](http://www.medium.com/elevancehealthfoundation).

### **About Feeding America®**

Rooted in the voices of neighbors facing hunger, Feeding America® unites the country to ensure everyone has access to food and a thriving future. We support tens of millions of people as part of a nationwide network of 250+ food banks, 20+ statewide food bank associations, 10+ regional co-ops and 60,000+ agency partners, food pantries and meal programs. Powered by leaders and volunteers embedded in local communities, we are one of the nation's most effective food distribution systems to drive immediate impact today –and a catalyst for long-term change through advocating for legislation that improves food security and work to address its factors. We partner with people experiencing food insecurity, policymakers, organizations and supporters, acting united with unwavering commitment to provide nourishing food and work to end hunger at its roots so everyone can live fuller, healthier lives. Visit [FeedingAmerica.org](http://FeedingAmerica.org) to learn more.