



## Media Release

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FOR IMMEDIATE RELEASE

### FOOD BANK UPS EFFORT TO PREVENT DIABETES!

The Capital Area Food Bank applauds Medicare for its decision to start paying to help prevent diabetes, and announced that it will put 2.5 million pounds of food, including fruits, vegetables, and protein, into its programs for senior citizens across the region.

“After heredity, diet is the number one variable affecting whether someone becomes diabetic,” said Nancy E. Roman, CEO of the Capital Area Food Bank. “If we know diet prevents diabetes, we must do all we can to provide the food that will help folks prevent diabetes.”

Roman said CAFB has a three pronged approach:

- 1) Improve the [food bank food supply](#).
- 2) Change eating habits early. The CAFB has 70 school-based markets that allow over 6,000 families in schools across the region to choose fresh foods monthly. They provide recipes and cooking demonstrations as part of a region-wide effort to establish good eating habits early.
- 3) Get good foods to seniors. CAFB provides groceries to over 9,000 seniors across the region.

The food bank announced that it will spend \$4 million on these programs.

“If we redirect our resources – time, attention and money – to preventing diabetes, we won’t have to spend so much treating it,” said Roman. “Not only will we save money, but much more important, more seniors will live well.”

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*The Capital Area Food Bank is the largest organization in the Washington metro area working to solve hunger and its companion problems: chronic undernutrition, heart disease and obesity. By partnering with nearly 450 community organizations in DC, Maryland and Virginia, as well as delivering food directly into*



*hard to reach areas, the CAFB is helping 540,000 people each year get access to good, healthy food. That’s 12 percent of our region’s mothers, fathers, sons, daughters, sisters, brothers, and grandparents. To learn more, visit: [capitalareafoodbank.org](http://capitalareafoodbank.org), or find the Capital Area Food Bank on Facebook at [facebook.com/CapitalAreaFoodBank](https://www.facebook.com/CapitalAreaFoodBank), and Twitter at [@foodbankmetrodc](https://twitter.com/foodbankmetrodc).*