

4TH ANNUAL

Food is Medicine National Summit



Gerald J. and Dorothy R. Friedman
School of Nutrition Science and Policy
FOOD IS MEDICINE INSTITUTE

Wednesday, October 28, 2026
Boston and Virtual

Agenda at-a-glance as of 10/21/26. Subject to change.

Dr. Mozaffarian will be signing copies of his new book, "Food is Medicine," from 9:30–10:15 AM. Plan to arrive early to receive your free copy and get it signed!

9:45 – 10:45 AM	Check-In & Poster Session	In-person attendees
10:45 – 10:50 AM	Welcome & Opening	Cecilia Gerard – Food is Medicine Institute Dr. Christina Economos – Friedman School at Tufts University
10:50 – 11:10 AM	Food is Medicine: Healing Our Bodies, Nourishing Our Minds, and Transforming Our Food System	Dr. Dariush Mozaffarian – Food is Medicine Institute
11:10 – 11:40 AM	Fireside Chat: Stories of Food is Medicine	Moderator: Dr. Ronit Ridberg – Food is Medicine Institute Panelists: Chassidy Watson – Elepaio Social Services Edna Bland – Delta GREENS Sharon Sandman – Navajo Nation Community Partner
11:40 – 11:45 AM	Video Remarks	Congressman Lloyd Smucker
11:45 – 11:50 AM	Remarks from Kaiser Permanente	Pamela Schwartz – Kaiser Permanente
11:50 AM – 12:35 PM	Panel: Food is Medicine in Primary Care and Community Health Centers	Moderator: Dr. Kyu Rhee – NACHC Panelists: Dr. Val Arkoosh – Pennsylvania Department of Human Services Dr. Wayne Detmer – Lawndale Christian Health Center Dr. Rishi Manchanda – HealthBegins Dr. Temple Robinson – Bond Community Health Center
12:35 – 1:50 PM	Networking Lunch	All attendees

Register online: fims Summit.tufts.edu/register/

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1:50 –
2:30 PM

Panel:
**Transforming Americans’
Health Through Food is
Medicine Policy**

Moderator:

Emily Callahan – Food is Medicine

Panelists:

Sarah Downer – Centers for Medicare and Medicaid Services
Rachel Fisher – U.S. Department of Health and Human Services
Sam Watters – U.S. Department of Health and Human Services

2:30 –
3:00 PM

Keynote:
**From Evidence to Practice:
Advancing Food is
Medicine**

Dr. John Whyte – American Medical Association

3:00 –
3:05 PM

Video Remarks

Congressman Jonathan Jackson

3:05 –
3:35 PM

Fireside Chat:
**Ultra-Processed Food,
Federal Regulation, and
Guidelines**

Moderator:

Dr. Dariush Mozaffarian – Food is Medicine Institute

Speaker:

Calley Means – U.S. Department of Health and Human Services

3:35 –
4:15 PM

Panel:
**Aligning Food is Medicine
and Agri-Health Systems**

Moderator:

Merry Davis – Blue Cross NC Foundation

Panelists:

Brian Hillmer – Community Servings
Erin Martin – FreshRx Oklahoma
Roy Steiner – The Rockefeller Foundation
Dru Zucchini – TRACTOR Food & Farms

4:15 –
4:55 PM

Panel:
**Training the Next
Generation of Food is
Medicine Practitioners**

Moderator:

Lexi Cole – Food is Medicine Institute

Panelists:

Dr. Andrew Bremer – National Institutes of Health
Haley Brennan – University of Miami Miller School of Medicine
Dr. David Eisenberg – Harvard T. H. Chan School of Public Health
Dr. Ryan Kane – Food is Medicine Institute

4:55 –
5:00 PM

Closing Remarks

Cecilia Gerard – Food is Medicine Institute

5:00 –
6:00 PM

Networking Reception

All attendees

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8:00 – 9:00 AM	Check-in & Breakfast	All attendees
9:00 – 10:00 AM	Panel: New Evidence for Food is Medicine – Exciting Updates	Moderator: Dr. Kelseanna Hollis-Hansen – Food is Medicine Institute Panelists: Dr. Lauren Eberly – University of Pennsylvania Dr. Kevin Volpp – Penn Center for Health Incentives and Behavioral Economics Dr. Joan Lo – Kaiser Permanente Northern California Dr. Dariush Mozaffarian – Food is Medicine Institute
10:00 – 10:25 AM	Keynote: America's Food Banks and Food is Medicine	Secretary Denis McDonough – Feeding America
10:25 – 10:40 AM	Morning Break	All attendees
10:40 – 11:20 AM	Panel: Ultra-Processed Foods: Advances in Science and Policy	Moderator: Julia Sharib – Food is Medicine Institute Panelists: Rachel Amerau – U.S. Department of Health and Human Services Megan Lott – Healthy Eating Research Dr. Kendrin Sonnevile – Department of Nutritional Sciences, University of Michigan School of Public Health Dr. Lu Wang – Food is Medicine Institute
11:20 – 11:45 AM	Fireside Chat: Statewide FIM Adoption – The Kentucky Example	Moderator: Brie Cox – Cox Consulting Panelists: Senator Shelley Funke Frommeyer – Kentucky General Assembly Dana Feldman – Office for Consumer and Environmental Protection, Kentucky Department of Agriculture

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11:45 AM – 12:50 PM	Networking Lunch	All attendees
12:50 – 1:20 PM	Culinary Demonstration: Food is Medicine in Action	Dr. Wesley McWhorter – Suvida Healthcare
1:20 – 1:35 PM	Communicating Healthier Options to Consumers: The Power of Retail	Moderator: Dr. Dariush Mozaffarian – Food is Medicine Institute Speaker: Sarah Mastrococco – Instacart
1:35 – 2:15 PM	Panel: The Value of Food is Medicine for Payers	Moderator: Cecilia Gerard – Food is Medicine Institute Panelists: Shannon Banks – MaineHealth Accountable Care Organization Jenefer Jedelee – Blue Cross Blue Shield of North Carolina Ed Park – Devoted Health
2:15 – 2:55 PM	Panel: Beyond the Clinic Walls: Evolution of the Broader FIM Ecosystem	Moderator: Maura Plante – Florida Health & Nutrition Coalition; Living Hungry Speaker: Melanie Hall – Feeding America Rick Leach – Arizona State University Josh Trautwein – About Fresh Shamira Weaver – Google
2:55 – 3:00 PM	Closing Remarks	Dr. Dariush Mozaffarian – Food is Medicine Institute