



**Spreading
the gift of
wellness.**



FARM TO YOU
WEST VIRGINIA



West Virginia University

CULINARY AND LIFESTYLE MEDICINE TRACK

What is Farm to You?

Farm to You is a WVU Health Sciences program that distributes fresh, locally-grown produce to patients at no cost at participating WVU Medicine clinics in the Eastern Panhandle.



Wellness on Wheels

A new mobile teaching kitchen will allow Farm to You to more efficiently deliver produce from local farms directly to patients at local clinics and host cooking demonstrations in the community.



Meet the Team

Farm to You is a collaborative effort of the School of Medicine's Eastern Campus

- faculty,
- staff,
- students, and
- farmers from five local, regional farms



“Working directly with local farmers helps us educate our patients on new, better food choices while also connecting them closer to the source of local produce.”

Amanda Tomlin
Farm to You Coordinator



“By participating in a program like Farm to You that financially supports us as local farmers, we can provide farm-fresh local produce directly to people in need who would otherwise not have access. It really is a win-win for everyone.”

Madison Hale
Farm Coordinator, Shepherd University Tabler Farm



“Through partnerships with our local farmers and primary care clinics, Farm to You harnesses the collaborative nature of our community to increase access to fresh, local produce and educational resources to help our patients and their families lead healthier lives.”

Emma Eggleston, M.D., MPH
*Associate Vice President for
Community Health Innovation*



Culinary & Lifestyle Medicine Track

Farm to You is supported by the Culinary & Lifestyle Medicine Track, a four-year medical track open to WVU medical students that emphasizes the importance of wellness in medicine.



Culinary & Lifestyle Medicine Track

CLMT students provide cooking demonstrations for patients in the community to teach them about healthy meal alternatives.

Students also assist Farm to You by helping distribute produce to patients at clinics across the region.



Olivia Hill, MS4
CLMT Student



Joshua Peterson, MS3
CLMT Student

“Graduates from our program have gone on to various residency placements spanning several medical disciplines at institutions across the country. They enter these roles equipped with an advanced knowledge of lifestyle medicine, which they can then teach to their patients and share with their peers.”

**Rosemarie Lorenzetti, M.D.,
MPH**
Co-Director, CLMT



Learn More

To learn more about Farm to You and the Culinary Lifestyle Medicine Track, scan the QR Codes and learn how you can get involved in promoting wellness across the state and region!



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