



Dear Friends of VIM,

Now celebrating its 30<sup>th</sup> anniversary, Volunteers in Medicine is an indispensable community asset that provides free healthcare for our less fortunate neighbors. VIM Hilton Head Island is the first of its kind in the nation and is replicated in more than 100 other free and charitable clinics across the country. With our ability to provide comprehensive healthcare with a focus on prevention and wellness, VIM's patients have better outcomes than national averages across key performance indicators.

The VIM "Farm-acy" is home to an innovative hydroponics program, growing lettuce and other greens that we share with our patients and local organizations, such as Deep Well, Second Helpings and Sandalwood Community Food Pantry. We are grateful for the support of Deep Well and Second Helpings and their donations of nutritious pantry items and fresh foods that we can offer to patients in the Wellness Market. VIM's collaboration with these local organizations allows us to combat food insecurity while improving health outcomes by offering heart healthy and diabetes-friendly food along with education.

In 2023, the VIM Wellness Market provided food during 1700 patient visits and provided wellness coaching at over 1400 of these visits. To keep up with our goal to introduce and share healthy foods with our patients on a daily basis, we are always looking for ways to supplement our inventory with nutritious foods, including fresh fruits and vegetables. In an effort to do this, we are requesting grocery store gift card donations so we can purchase specific food items as needed for the Market.

It's exciting to see that VIM patients are eager to learn about ways to achieve their health goals through positive lifestyle changes like nutritious eating. There's not a day that goes by that we don't hear about how someone is implementing what they've learned in either the Clinic or the Wellness Market and how they're seeing improvements in their weight, A1C, blood pressure, and cholesterol. It's thrilling to be able to celebrate these life-changing successes with them!

Please consider donating a grocery gift card for Walmart, Kroger, Publix, Harris Teeter, Piggly Wiggly or Aldi so we can continue to promote healthy eating and better health outcomes while combating food insecurity in our community! All gift cards will be used to purchase food for our Market.

All the best,

Diane Wilson  
VIM Nutrition Wellness Specialist