



NORTH CAROLINA

RURAL HEALTH TRANSFORMATION

Request for Letters of Interest (RLOI) NC ROOTS Region 5 – Food is Medicine Training Initiatives Community and Clinical Workforce Development

Issued By Trillium Health Resources
NC ROOTS Regional Hub Lead – Region 5
North Carolina Rural Health Transformation Program (RHTP)

Letters are Due June 30, 2026, by 5:00 p.m.

Submit Letters to Region5NCROOTSHub@Trilliumnc.org

Subject Line: Food is Medicine RLOI (Your Agency Name)

Purpose

Trillium Health Resources, as the designated NC ROOTS Regional Hub Lead for Region 5 under North Carolina's Rural Health Transformation Program (RHTP), is seeking Letters of Interest (LOIs) from qualified organizations interested in partnering with the NC ROOTS Hub to design, deliver, and sustain Food is Medicine training initiatives for the general public and medical practices throughout the Region 5 service area.

Selected partner(s) will play a critical role in building community and clinical literacy around food-based interventions, medically tailored nutrition, and the integration of food security screening and referral into primary care, behavioral health, and community-based settings.

Background

NC ROOTS (Rural Opportunities for Orchestrating Transformation and Sustainability) is North Carolina's regional implementation strategy under the Rural Health Transformation Program. A core objective of NC ROOTS is to build sustainable regional infrastructure that supports:

- Food is Medicine initiatives and medically tailored nutrition interventions
- Chronic disease management programs including diabetes, hypertension, and heart disease
- Social determinants of health (SDOH) screening and closed-loop referral
- Community-based care coordination and resource navigation
- Cross-sector collaboration across healthcare, food systems, and community organizations
- Perinatal and maternal health initiatives incorporating nutritional support
- Data collection and outcome measurement aligned with NC ROOTS performance goals



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Food is Medicine is a recognized strategy for addressing both food insecurity and nutrition-related chronic disease through prescriptive, therapeutic, and educational food interventions. Trillium seeks to expand the capacity of Region 5 communities and clinical practices to implement, adopt, and sustain these approaches.

Scope of Interest

Trillium seeks organizations with demonstrated experience in one or more of the following areas:

Community Education and Public Training

- Conducting in-person and virtual Food is Medicine education sessions for general public audiences in the communities that experience health disparities
- Developing culturally responsive training materials, toolkits, and community guides
- Hosting community forums, cooking demonstrations, and nutrition workshops
- Facilitating partnerships with faith-based organizations, schools, libraries, and community centers
- Delivering education in rural and underserved communities with limited healthcare access

Clinical Workforce Training and Practice Integration

- Training primary care providers, nurses, dietitians, and behavioral health staff on Food is Medicine evidence base and application
- Supporting integration of food security screening (e.g., SDOH assessments, AHC HRSN screener) into clinical workflows
- Demonstrating how to use produce prescription programs, medically tailored meal referrals, and food pharmacy models
- Providing continuing education and role-based training for various clinical user groups
- Assisting practices with referral workflow design connecting patients to community nutrition resources

Community Outreach and Engagement

- Recruiting community organizations, food banks, agricultural partners, and local businesses into Food is Medicine networks
- Building relationships with healthcare providers and social service agencies to strengthen regional food referral infrastructure
- Conducting informational meetings, presentations, and media outreach to raise public awareness
- Supporting regional adoption strategies and community champion development



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Technical Assistance and Implementation Support

- Providing individualized coaching to medical practices implementing food security screening and referral
- Supporting organizations with program design for produce prescription or medically tailored meal programs
- Assisting practices and community partners with outcome tracking and performance reporting
- Providing onsite and virtual support across Region 5 geographies, including rural and frontier communities

Desired Qualifications

Organizations submitting an LOI should describe experience in:

- Program design, delivery, or evaluation
- Experience in adult learning in community and/or clinical settings
- Healthcare and human services coordination
- Social determinants of health (SDOH) screening and referral systems
- Training and technical assistance for medical practices or community organizations
- Community engagement and outreach in rural North Carolina
- Cross-sector partnership development including food systems, public health, and healthcare
- Cultural humility and experience serving diverse, historically underserved communities
- Must be located within or have demonstrable regional coverage of the Region 5 service area

Preference may be given to organizations with demonstrated experience delivering Food is Medicine education and training in rural North Carolina communities, including work with agricultural producers, faith communities, tribal organizations, or community health workers.

Region 5 Service Area

Organizations must have the ability to support activities across the NC ROOTS Region 5 service area, which includes:

- New Hanover County
- Pender County
- Brunswick County
- Columbus County
- Sampson County
- Bladen County



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- Robeson County
- Cumberland County
- Harnett County
- Scotland County
- Hoke County
- Moore County
- Lee County
- Richmond County
- Montgomery County

Letter of Interest Requirements

Interested organizations should submit a Letter of Interest that includes:

Organizational Information

- Organization name
- Contact person
- Mailing address
- Phone number
- Email address
- Website (if applicable)

Organizational Capacity

Please describe:

- Your organization's experience with Food is Medicine programming, nutrition education, or medically tailored food interventions.
- Your experience providing training or technical assistance to general public audiences, community organizations, or medical practices.
- Your experience working with healthcare providers, community-based organizations, faith communities, tribal organizations, or agricultural partners.
- Your capacity to provide both virtual and in-person support across Region 5.
- The geographic areas within Region 5 your organization can effectively serve.

Proposed Approach

Please describe:

- How your organization would design and deliver Food is Medicine training for both the general public and medical practice audiences in Region 5.
- Strategies you would use to reach organizations and communities not currently engaged in Food is Medicine activities.



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- Your approach to ensuring training is culturally responsive and accessible to diverse rural communities.
- Any innovative approaches you would recommend for increasing clinical adoption of food security screening and referral practices.
- How you would measure outcomes and report on participant engagement and knowledge gain.

Funding Notice

Submission of a Letter of Interest does not guarantee funding or contract award. Organizations selected through this process may be invited to participate in a subsequent procurement, contracting, or subaward process consistent with applicable federal, state, and NC ROOTS program requirements.

Any future funding opportunity will be subject to:

- Federal Rural Health Transformation Program requirements
- North Carolina Department of Health and Human Services requirements
- Applicable federal flow-down provisions
- Reporting and performance measurement requirements
- Data-sharing and confidentiality requirements
- Compliance with applicable state and federal laws and regulations

Submission Instructions

Letters of Interest should not exceed five (5) pages. Submit to Region5NCROOTSHub@Trilliumnc.org with the subject line: Food is Medicine RLOI (Your Agency Name).

Evaluation Considerations

Trillium will review Letters of Interest based on:

- Expertise and program experience
- Demonstrated ability to train both public and clinical/medical audiences
- Regional capacity and geographic coverage within region 5
- Experience delivering training and technical assistance in rural communities
- Cultural responsiveness and ability to serve diverse populations
- Community engagement capabilities and existing partnerships
- Organizational readiness to support NC ROOTS objectives



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Disclaimer

This Request for Letters of Interest is for planning and partner identification purposes only and does not constitute a solicitation, contract award, or commitment of funds. Trillium Health Resources reserves the right to determine future procurement methods and partnership opportunities consistent with NC ROOTS program requirements.

About NC ROOTS

NC ROOTS (Rural Opportunities for Orchestrating Transformation and Sustainability) is North Carolina's regional strategy for strengthening rural health infrastructure, improving access to care, and building sustainable community-based systems that address health-related social needs and improve health outcomes across rural communities. Through NC ROOTS, regional partners work together to improve care coordination, strengthen referral systems, expand community capacity, and create sustainable models that improve health and well-being for North Carolina residents.



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