



# LA MAESTRA COMMUNITY HEALTH CENTERS

City Heights · El Cajon · National City · Lemon Grove

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## FOR IMMEDIATE RELEASE

### La Maestra Family Clinic, Inc. Partners with Instacart for Health and Nutrition Events

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**SAN DIEGO, Calif.** (August 31, 2023) – La Maestra Family Clinic, Inc., a nonprofit 501(c)(3) and Federally Qualified Health Center (FQHC) that provides culturally and linguistically competent primary, specialty care, and social services to uninsured and under-resourced San Diegans, has partnered with Instacart to promote three upcoming Health and Nutrition Events to improve access to fresh and healthy food.

The events, hosted by La Maestra's Community Health Access Department (CHAD), are focused on creating linkages to community resources by reaching people where they live, play, work, shop, and worship. The three events are part of La Maestra's *Healthy and Well* series. Events will occur on August 23, November 17, and December 15, 2023, from 9 a.m. to 12 p.m. Each event will feature nutrition sessions, cooking demonstrations, medical screenings, health education, and eligibility and enrollment assistance alongside La Maestra's food pantry. La Maestra's *Healthy and Well* series aims to increase access to healthy food options, including healthy recipes and information about grocery delivery services.

La Maestra attends health fairs and outreach events weekly while working closely with community partners at supermarkets, libraries, Head Start and Women, Infants, and Children (WIC) centers, farmers markets, schools, churches, and parks. Culturally and linguistically competent staff organize these events alongside medical staff and the organization's mobile medical and dental units, ensuring patients can access health screenings, appointment assistance, health education, and eligibility and enrollment assistance for public programs. Through these events, La Maestra's staff work to remove barriers to health and wellness, such as transportation, the high cost of care, and the lack of linguistically appropriate and culturally competent care.

Instacart, the leading grocery technology company in North America, works with grocers and retailers to transform how people access the groceries and goods they need. The company partners with more than 1,400 national, regional, and local retailer banners to facilitate online

shopping, delivery and pickup services from more than 80,000 stores across North America on the Instacart Marketplace. Instacart makes it possible for millions of people to get the groceries they need from the retailers they love. Instacart recognizes the importance of health, nutrition, and giving back to the community. That's why in 2022, the company launched Instacart Health to provide tools to increase nutrition security, make healthy choices easier for consumers, and expand the role that food can play in improving health outcomes.

La Maestra values this partnership with Instacart. Dr. Zara Marselian, La Maestra President and Chief Executive Officer, said, "We look forward to working together in the future to improve access to healthy food and nutrition education with valuable partners like Instacart to increase access to healthy food, which is a key factor in improving health and wellness."

"Our mission is to create a world where everyone has access to nutritious food", says Instacart's Director of Social Impact Laura Anderson. "Some of the world's biggest health problems are actually food problems. We're proud to partner with La Maestra to increase the access to healthy food options throughout California."

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**About La Maestra Family Clinic, Inc.:**

La Maestra Family Clinic, Inc. is a nonprofit 501(c)(3) and a Federally Qualified Health Center (FQHC). For more than 33 years, the organization has served immigrant, refugee, uninsured, and underinsured populations living in the communities of central, east, and south San Diego County, California. Today, La Maestra operates 18 primary medical care and behavioral health clinics, ten dental suites, three school-based sites, and a mobile medical and dental unit. La Maestra serves more than 45,000 patients annually. La Maestra employs a holistic, solutions-based approach to health care through the organization's *La Maestra Circle of Care* services, which provides primary, specialty care and social services including job training, eligibility and enrollment assistance, microcredit, translation, interpretation, transportation, legal advocacy, a community garden, food pantry, after-school and summer programs and transitional housing.

**About Instacart:**

Instacart, the leading grocery technology company in North America, works with grocers and retailers to transform how people shop. The company partners with more than 1,400 national, regional, and local retail banners to facilitate online shopping, delivery and pickup services from more than 80,000 stores across North America on the Instacart Marketplace. Instacart makes it possible for millions of people to get the groceries they need from the retailers they love, and for approximately 60,000 Instacart shoppers to earn by picking, packing and delivering orders on their own flexible schedule. The Instacart Platform offers retailers a suite of enterprise-grade technology products and services to power their e-commerce experiences, fulfill orders, digitize brick-and-mortar stores, provide advertising services, and glean insights. With Instacart Ads, thousands of CPG brands – from category leaders to emerging brands – partner with the company to connect directly with consumers online, right at the point of purchase. With Instacart Health, the company is providing tools to increase nutrition security, make healthy choices easier for consumers, and expand the role that food can play in improving health outcomes. For more information, visit [www.instacart.com/company](http://www.instacart.com/company), and to start shopping, visit [www.instacart.com](http://www.instacart.com).

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