

Daniel's Table Introduces Predictable Choice to Explore How Predictable Food Access Influences Health

Collaboration with Boston University School of Public Health to study the relationship between predictable food access and health outcomes.

FRAMINGHAM, MA, UNITED STATES, September 8, 2026 /EINPresswire.com/ -- Daniel's Table, a Framingham, MA-based nonprofit dedicated to reducing food insecurity, today announced Predictable Choice, a new model and community health technology platform, developed to provide more predictable access to nutritious food, while supporting research into how food access predictability influences health.



DANIEL'S TABLE

Daniel's Table provides consistent, dignified access to nutritious food and health support so families can reduce uncertainty, build healthier habits, and move toward long-term well-being

Can making food access more predictable improve health?

For many families experiencing food insecurity, maintaining a healthy diet isn't simply about making good choices. It's about not knowing what food will be available from one week to the next.

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David Blais, founder and executive director, Daniel's Table

Predictable Choice — in collaboration with the [Boston University School of Public Health](#), and Matmissionen, a pioneering social supermarket in Sweden — brings together food access, nutrition education and support, and research in a single integrated approach.

Unlike traditional food assistance programs, which often measure success by meals served or pounds of food

distributed, Predictable Choice is designed to explore whether reducing uncertainty about food

access can help people build healthier habits and improve long-term health.

Over more than a decade of serving families experiencing food insecurity, Daniel's Table observed that many clients struggled not only with access to nutritious food but also with the uncertainty of what would be available from week to week. That unpredictability made it harder to plan meals, manage chronic conditions and establish healthy routines.

"Providing a healthy meal can help a family today, but it doesn't solve the uncertainty they face tomorrow," said David Blais, founder and executive director of Daniel's Table. "Predictable Choice grew out of a simple question: What happens when families can count on having access to nutritious food week after week? Working with our research partners, we're now in a position to begin answering that question."

A Question Worth Studying:

Participants will receive more predictable access to nutritious food through Predictable Choice while researchers evaluate changes over time in food security, nutrition and health indicators, including blood pressure, blood glucose, fruit and vegetable consumption and functional mobility.

The collaboration reflects growing interest in the role nutrition plays in preventing and managing chronic disease. By combining community-based food access with academic research, Daniel's Table and its partners hope to generate evidence that can inform future food access and public health programs.

"Daniel's Table identified an important community health need through its work with families," said Jacey Greece, DSc, MPH, Clinical Professor of Boston University School of Public Health. "This collaboration gives us the opportunity to study that question in a real-world community setting."

Building a Model for Community Health:

Predictable Choice is part of Daniel's Table's broader effort to address food insecurity as a community health issue rather than simply a food distribution challenge. Later this fall, the organization will open its Wellness Center in Framingham, bringing together access to nutritious food, nutrition education and support, and research under one roof.

Developed as shared infrastructure rather than proprietary technology, Predictable Choice is intended to help other food pantries, healthcare providers and community organizations strengthen coordination, improve referrals and better understand how predictable food access influences health.

About Daniel's Table:

Founded in 2012, Daniel's Table is a Framingham-based nonprofit dedicated to reducing food insecurity through nutritious food and education, health support and community partnerships.

Serving more than 1,800 individuals each month, the organization is expanding its community health model with the opening of its Wellness Center and the launch of Predictable Choice, a research initiative exploring how predictable access to nutritious food may influence health outcomes.

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