



## Volunteer Veggie Rx Market Assistant

**Veggie Rx Program:** The Veggie Rx Pilot Program is a nutrition program designed to improve the health of food insecure patients by providing vouchers for produce to increase consumption of fresh vegetables and fruit.

**How it works:** Patients are referred to our Veggie Rx program by participating St. Charles health care providers if they screen positive for food insecurity and have been diagnosed with cardiovascular disease, type II diabetes and/or prediabetes. Potential participants then contact our Veggie Rx Community Health Worker (CHW) to determine if they are a good fit for the program. Enrollment is rolling throughout the summer, starting June 1<sup>st</sup>. They receive \$20 worth of produce vouchers, each week, for 8 consecutive weeks. Vouchers are obtained and redeemed at the Bend Farmers Market:

- Wednesdays Downtown Bend at Brooks Alley, 2-6pm
- Thursdays Bend East Side Market at 2610 NE Hwy. 20, 2-6pm

During the market, participants work closely with our Veggie Rx CHW to learn to purchase, prepare, and cook fresh food; understand the importance of vegetables and fruit to a healthy diet; and gain access to additional nutrition education resources.

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**Position Summary:** We are seeking volunteer Veggie Rx Market Assistants to support our Veggie Rx CHW in the implementation of the program at the farmers market. In addition to clearly communicating HDEFFA's mission and purpose of the program to participants, the volunteer will work closely with the Veggie Rx CHW on the following tasks:

- **Nutrition Education: Support CHW in administering nutrition curriculum**
- **Participant Check In & Voucher Disbursement: Greet and intake Veggie Rx participants**
- **Market Shopping: Assist Veggie Rx participants with questions related to shopping at the farmers market**
- **Vendor relations and voucher retrieval at end of market**

### Qualifications:

- 18+years. Work conditions may include being outside and potentially helping participants carry produce
- Interest in working with underserved individuals with diverse backgrounds
- Strong background in nutrition education and experience shopping at the farmers market preferred
- Good organizational and time management skills
- Ability to work collaboratively within a team as well as one-on-one with program participants
- Strong verbal communication skills with outgoing and positive disposition
- Willingness to adhere to program policies and team decisions

**Time Commitment:** Travel to and from farmers market locations; 1 hour on-site orientation the week prior to the start of market dates; 2 hours per week for a minimum duration of 8 week program (volunteer shifts Jun-Oct)

**Resources Provided:** Orientation to program and on-site training with the Veggie Rx CHW; Nutrition Education Weekly Lesson Materials and additional resources to provide to participants; Program promotional materials.

*\*Note: HDEFFA does not reimburse expenses incurred by volunteers in driving to the course (gas, parking fees, tickets or costs resulting from an accident).*

### HDEFFA Contacts:

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