

Free produce prescription program

The High Desert Food & Farm Alliance's VeggieRx program is a nutrition program designed to improve the health of food insecure patients by providing them with vouchers for or meal kits stocked with produce to increase their consumption of fresh vegetables and fruit.

How it works

The Farmers Market Model

BEND & REDMOND

Eligible participants obtain and redeem \$20 worth of fresh produce vouchers each week for 8 consecutive weeks. Program takes place at the farmers market: Wednesdays in Bend and Tuesdays in Redmond. Referrals open May 2019. **June - October 2019**

The Fresh To You Model

PRINEVILLE

Eligible participants obtain healthy meal kits every other week for 4 months. Kits include produce, pantry staples, and spices. Program is the 2nd and 4th Thursday of each month at Mosaic Medical. Referrals open May 2019. **June - Rolling**

Eligibility requirements:

- Food insecure*
- Diagnosed with cardiovascular disease, diabetes, pre-diabetes, or obesity.

How to refer: 4 ways!

- Use the HDEFA VeggieRx **prescription pad**
- Share HDEFA contact information: **hannah@hdffa.org, 541-610-6046**
- Tell your patients to **text "Veggie" to 797979**
- Direct patients to **hdffa.org/VeggieRx** and click on **"For people who want to enroll"**

Tell your patients
Text
"Veggie"
to 797979
for inquiry

Materials

RxPads, fliers, & fact sheets
Eligibility survey, nutrition education
2018 report & more

Contact Info

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HDFFA.org/VeggieRx