

Veggie RX



HIGH DESERT
**FOOD
& FARM
ALLIANCE**

Patient name: _____

Date: _____

Prescription:

- 8 Sessions
- Fresh Vegetables and Fruits
- Nutrition Education
from a Registered Dietitian
- Healthy Recipes

Referring provider: _____

Number of refills: ∅

To confirm eligibility contact:

Hannah Brzozowski, RDN

VeggieRx Program Director

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Text "*Veggie*" to **797979** for inquiry
or visit **HDFFA.org/VeggieRx**

How it works:

The Farmers Market Model: Eligible participants obtain and redeem \$20 worth of produce vouchers each week for 8 consecutive weeks at the **Bend** or **Redmond** Farmers Market.

The Fresh To You Model: Eligible participants obtain healthy meal kits with fresh produce every other week for 4 months at Mosaic Medical in **Prineville**.

Locations:

- Prineville
- Redmond
- Bend

Each program offers one-on-one support from a registered dietitian and nutrition education. Topics include tips for buying fresh foods on a budget, how to prepare and cook fresh food, and how to incorporate vegetables and fruit into a healthy diet.