

Free produce prescription program | Fact sheet for health care

VeggieRx is a nutrition program designed to improve the health of food insecure patients by providing vouchers for produce (Farmers Market Model) or meal kits stocked with produce (Fresh to You Model) along with nutrition education, increasing participant consumption of fresh vegetables and fruit.

How it works

Farmers Market Model: BEND & REDMOND

Eligible participants obtain and redeem \$20 worth of fresh produce each week for 8 consecutive weeks.

Participants also receive nutrition education materials and one-on-one counseling with a Registered Dietitian. Program takes place at farmers markets: Wednesdays in Bend and Tuesdays in Redmond. Referrals open.

June- October 2020

Fresh to You Model: PRINEVILLE

Eligible participants obtain meal kits every other week for 4 months (8 sessions). Kits include produce, pantry staples, and spices.

Participants receive nutrition education materials and one-on-one counseling with a Registered Dietitian. Program is the 2nd and 4th Thursday of each month at Mosaic Medical. Referrals open.

June – November 2020

COVID-19 Adaptations: VeggieRx drive through

In order to keep program participants safe and reduce in-person contact for participants, staff, and market vendors.

Participants will pick up produce kits at the Bend and Redmond Farmers Markets. Produce will be picked up curbside until further notice.

Tell your patients to
Text "Veggie" to
797979 for inquiry

Eligibility:

- Participants must qualify as food insecure
- Participants must be diagnosed with cardiovascular disease, diabetes, pre-diabetes, or obesity.

How to refer: 2 ways!

- Tell your patients to **text the word "Veggie" to 797979**
- Direct patients to **hdffa.org/VeggieRx** and click on "For people who want to enroll"

Hannah Brzozowski, RDN
VeggieRx Program Director
hannah@hdffa.org | 541-610-6046

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HDFFA.org/VeggieRx
You can find Fliers, Fact Sheets,
Eligibility Survey, Nutrition Education
& more

