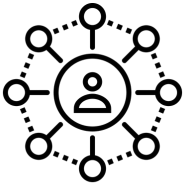




2020 brought more than the usual share of challenges, and HDFFA's VeggieRx program, just entering its third year of programming, was able to pivot, adapt, and serve residents of Crook and Deschutes counties who are experiencing nutrition insecurity and have a diagnosed, diet-modifiable disease. Thanks to funding from the Central Oregon Health Council, 174 participants joined the program, bringing the three-year total participant count to 430, with \$49,142 invested in local farms, and over 2,450 fresh produce kits distributed.

### Successfully continued and adapted VeggieRx programming



- Enrolled 174 people in the VeggieRx program
- Created a "drive-thru" model to allow for easy pick up/meet physical mobility needs
- Switched to distributing fresh food kits instead of having participants shop for their own food to increase physical distancing and safely meet the produce needs of participants.



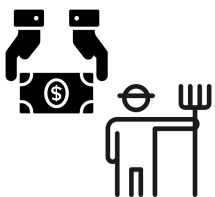
### Helped participants improve their health

- Increased vegetable and fruit intake by an average of 1.4 cups/day
- Participants valued fresh food as one of the major benefits of the program and tried new types of produce
- 92% of participants felt more motivated to continue eating fresh produce post-program.



### Meaningfully benefited food insecure individuals

- Healthcare providers identified food insecure patients and referred them to VeggieRx
- 100% of participants were experiencing food insecurity
- 88% valued the nutrition education curriculum
- 75% felt the program was effective in helping them improve their health



### Positively impacted the local food economy

- Increased sales by \$19,531 in 2020 to Central Oregon farmers
- Spent a total of \$22,150 on fresh fruits and vegetables
- Invested \$35,061 in the local food economy from farm direct purchases