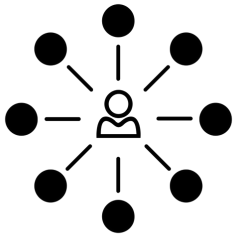


Veggie RX 2021 Overview



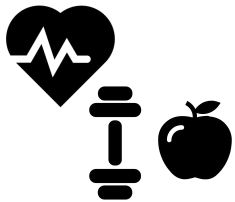
VeggieRx evolved into two primary programs in 2021 to focus on community need and better understand the effects of participation. With funding from Oregon Department of Veteran Affairs (ODVA), HDFFA expanded upon a relationship built in 2020 and served 60 Veterans all over Central Oregon. Additionally, HDFFA partnered with the Cardiac Team at St. Charles Medical Center to measure change in A1c, body weight, and health care use costs, in addition to program surveys for 50 participants.

Thanks to funding from the Central Oregon Health Council, Rosendin Foundation, and Chambers Family Foundation VeggieRx was able to serve 110 families, about 224 people, with \$36,481 spent in direct to farmer produce purchase.



Continued to connect healthcare, farmers, and Central Oregonians

- Mitigated COVID-19 exposure by offering pre made fresh food kits.
- Connect participants to Double Up Food Bucks incentive program.
- Accepted patient referrals from St. Charles, Mosaic Medical, Veteran Health Association, HUDVASH, and the Connect Oregon platform.



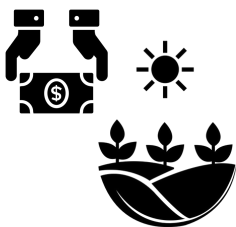
Improved health of participants

- Increased vegetable and fruit intake by an average of 1.3 cups/day.
- Participants saw a reduction of body weight.
- 82% of participants valued the nutrition education curriculum .



Meaningfully impacted food insecure individuals

- Distributed 1,235 kits, 10,000 lbs of food, 8,233 meals worth of produce.
- Delivered produce kits to over 20 homebound Veterans for 16 weeks.
- 98% of participants were satisfied with the program.



A consistent partner to Central Oregon farmers

- Worked with over 20 farms and contracted closely with 4.
- Increased sales by \$36,481 in 2021 to Central Oregon farmers.
- Invested \$63,476 in the local food economy from farm direct purchases as determined by using an established Central Oregon multiplier of 1.74
- Spent \$85,620 on produce for VeggieRx since program start in 2018.

In the 2021 season of VeggieRx two primary programming efforts have been achieved: 1) HDFFA partnered with St. Charles to pilot a VeggieRx program that measured the biometric impacts of participation, and 2) extended the program from 8 to 20 weeks.

VeggieRx programming consists of a \$20-30 kit of locally grown vegetables, nutrition resources and support from a nutrition professional, and coordinated recipes. In 2021, HDFFA distributed 1,235 kits of locally grown produce. These kits totaled about 10,000 lbs of fresh food - enough to make 8,233 nourishing meals. As food insecurity increases nationally and locally, making sure individuals have access to nutrition is increasingly important. Program participants increased their fruit and vegetable intake by 1.4 cups/day, and found the program as well as the nutrition resources extremely valuable. One participant shared:

"Being on an extreme budget for food, I have never had an opportunity to try alternative healthy eating. Being taught how to sub out unhealthy for healthy has made a huge difference with meal prep and learning how to store healthy foods to keep longer helps prevent me from buying cheap processed foods that aren't healthy at all. I'm amazed of how much more energy I seem to have now that I'm eating more fresh foods."

HDFFA worked closely with 20 farms throughout the VeggieRx season, teaching participants about the importance of eating seasonally and educating as to what can be grown in our region. One participant noted:

"I have learned to use more and varied veggies in the typical meals I cook. In addition, I have discovered new ways to prepare vegetables I would not normally eat. I have learned to substitute many starches with veggies and season meals with them also. Overall I credit the VeggieRx program for exposing me to a healthier nutritional awareness."

100% of Rosendin Foundation funds went to produce for VeggieRx. Produce was purchased from 20 different farms and allocated to food insecure individuals that have a diet-related disease like diabetes or heart disease. Including the award from the Rosendin Foundation, HDFFA spent \$36,481 in locally grown fresh produce this year. Using our regional established Central Oregon multiplier of 1.74, we estimate an effect of \$63,476 in the local food economy from farm direct purchases. Participants, the local clinical community, and the food systems community all benefit from produce prescription programs such as these.

From all of us at HDFFA, thank you for your contribution to our local food system.

High Desert Food and Farm Alliance
Program Expenses - ODVA
January through December 2021

Date	Num	Adj	Name	Source Name	Memo	Debit	Credit	Balance
07/14/2021	936		Rosendin Foundation	Boundless Farmstead	Produce for Veggie Rx	356.25		356.25
07/20/2021	F11DB461-0005		Rosendin Foundation	Gorilla Greens, LLC	Produce for Veggie Rx	175.00		531.25
07/21/2021	952		Rosendin Foundation	Boundless Farmstead	Produce for Veggie Rx	498.90		1,030.15
07/21/2021	VRx072121		Rosendin Foundation	Happy Harvest LLC	Produce for Veggie Rx	180.00		1,210.15
07/28/2021	969		Rosendin Foundation	Boundless Farmstead	Produce for Veggie Rx	491.75		1,701.90
07/28/2021	VRx072821		Rosendin Foundation	Thomas Orchards	Produce for Veggie Rx	96.00		1,797.90
08/04/2021	986		Rosendin Foundation	Boundless Farmstead	Produce for Veggie Rx	606.91		2,404.81
08/04/2021	4155		Rosendin Foundation	Deschutes Gourmet Mushroom:	Veggie Rx	175.00		2,579.81
08/10/2021	VRx81021		Rosendin Foundation	Groundworks Organics	Veggie Rx	100.00		2,679.81
08/11/2021	999		Rosendin Foundation	Boundless Farmstead	Produce for Veggie Rx	575.93		3,255.74
08/18/2021	1018		Rosendin Foundation	Boundless Farmstead	Produce for Veggie Rx	752.25		4,007.99
08/18/2021	VRx081821		Rosendin Foundation	Groundworks Organics	Veggie Rx	160.00		4,167.99
08/24/2021	1040		Rosendin Foundation	Boundless Farmstead	Produce for Veggie Rx	693.78		4,861.77
08/26/2021	VRX080321		Rosendin Foundation	Thomas Orchards	Veggie Rx 8/26	133.00		4,994.77
09/01/2021	1054		Rosendin Foundation	Boundless Farmstead	Veggie Rx	853.50		5,848.27
09/08/2021	4684		Rosendin Foundation	Thomas Orchards	Veggie Rx	60.00		5,908.27
09/08/2021	1073		Rosendin Foundation	Boundless Farmstead	Veggie Rx	834.55		6,742.82
09/15/2021	1095		Rosendin Foundation	Boundless Farmstead	Veggie Rx	670.80		7,413.62
09/15/2021	VegRx91521		Rosendin Foundation	Thomas Orchards	Veggie Rx 9/15	148.00		7,561.62
09/15/2021	4573		Rosendin Foundation	Deschutes Gourmet Mushroom:	Veggie Rx	200.00		7,761.62
09/22/2021	1110		Rosendin Foundation	Boundless Farmstead	Veggie Rx	541.00		8,302.62
09/22/2021	VRx092221		Rosendin Foundation	Rainshadow Organics	Veggie Rx	60.00		8,362.62
09/22/2021	VRx092221		Rosendin Foundation	Thomas Orchards	Veggie Rx	52.50		8,415.12
09/22/2021	VRx092221		Rosendin Foundation	Groundworks Organics	Veggie Rx - grapes	50.00		8,465.12
09/29/2021	1125		Rosendin Foundation	Boundless Farmstead	Veggie Rx	753.73		9,218.85
10/06/2021	1133		Rosendin Foundation	Boundless Farmstead	Veggie Rx	639.50		9,858.35
10/13/2021	1152		Rosendin Foundation	Boundless Farmstead	Veggie Rx	141.65		10,000.00
Total 6065 - Program Expenses						10,000.00	0.00	10,000.00
TOTAL						10,000.00	0.00	10,000.00