

Medically-Tailored Meals + Cooking Matters

Program Structure

- 4 weeks of meal delivery
- 6 weeks of cooking classes & produce boxes

The CVS Health Zones 2021 program provides medically-tailored meals for 4 weeks followed by 6 weeks of Cooking Matters nutrition education paired with weekly seasonal produce delivery. Considered a step-down model, this design:

- Gives participants exposure to delicious, healthy meals before participating in experiential learning with topics including reading food labels, portion sizing, knife safety, healthy preparations of favorite recipes, and more
- Lowers barriers for participants with provided produce boxes by allowing them to practice skills from class at home

TO DATE, THE PROGRAM HAS ENGAGED 33 PARTICIPANTS & GRADUATED 16!

Quick Stats

Preliminary results of this program show:

- 58% reduction in food insecurity
- Increases in fruit & vegetable consumption
- Increases in confidence with buying & cooking healthy foods on a budget
- 100% satisfaction with produce & cooking instruction

