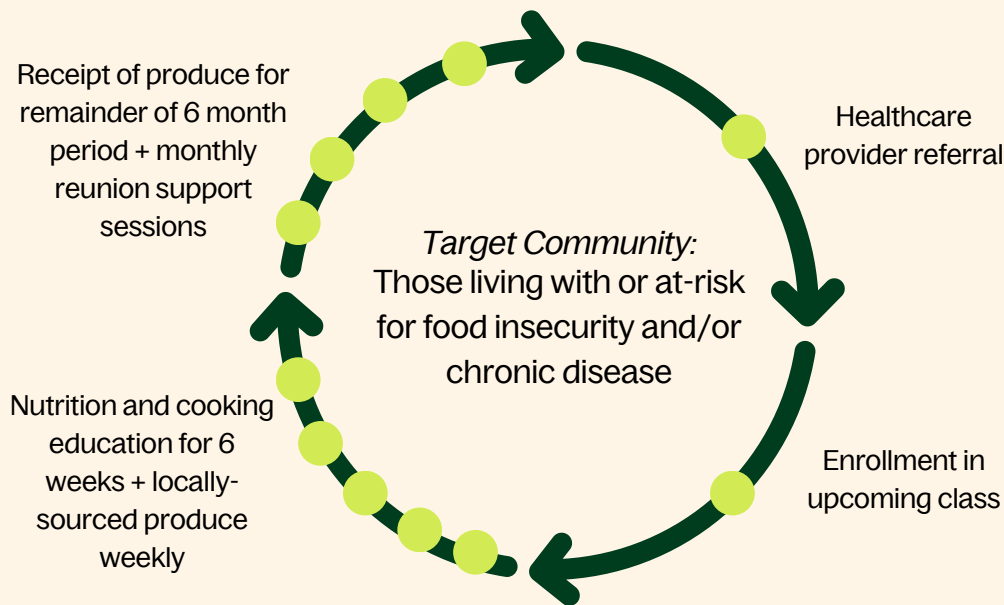


# Produce Prescription Program

## PROGRAM STRUCTURE

Over the course of this six-month program, participants receive seasonal, local produce boxes weekly and engage in 6 weeks of hands-on cooking and nutrition classes called Cooking Matters. Topics covered include reading food labels, portion sizing, knife safety, healthy preparations of favorite recipes, and more! Following completion of Cooking Matters, participants move to a monthly schedule, reuniting to share successes and challenges.



## OUTCOMES

- ✱ Improved food security by ~10% across sites
- ✱ Increased variety of fruit & vegetables consumed & reduced consumption of fried foods & sugar-sweetened beverages
- ✱ Increased confidence with procuring & preparing healthy foods by over 10% across sites
- ✱ Improved health & wellbeing over 6 months
  - ✱ Average decrease in waist circumference of 0.7 inches
  - ✱ 25% of participants lowered blood pressure category