## **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:

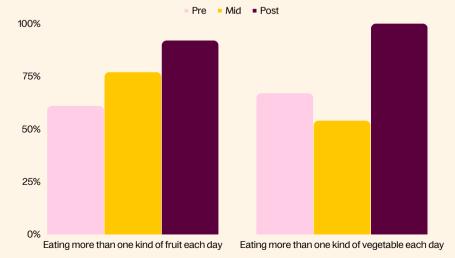
Gives participants exposure to delicious, healthy meals before participating in experiential learning with topics including reading food labels, portion sizing, knife safety, healthy preparations of favorite recipes, and more
Lowers barriers for participants with provided produce boxes by allowing them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



Solution Open Hand