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**To:** Policy Learning Lab team from Central Louisiana

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**Subject:** Examples and materials for implementing Food Rx partnerships in rural settings

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## Case Example #1

### Gorge Grown Food Network

Gorge Grown Food Network's Veggie Rx is a fruit and vegetable prescription program designed to alleviate food insecurity and increase intake of fresh produce in Oregon and Southwest Washington.

- About the [Veggie Rx Program](#)
- Providence Health & Services' [summary](#) of a community-based participatory [evaluation](#) of the Veggie Rx Program

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## Case Example #2

### Boston Medical Center

Since 2001, Boston Medical Center (BMC) has developed three services to enhance patients' exposure to higher nutritional foods:

- [Preventive Food Pantry](#)
- [The Teaching Kitchen](#)
- [BMC Rooftop Farm](#)

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### Case Example #3

#### Farm to Health Care Center Initiative at the Family Health Center Worcester

Since 2013, the Farm-to-Health Center Initiative has been an ongoing project led by University of Massachusetts Medical School students in collaboration with the Family Health Center of Worcester and Community Harvest Project farm in Grafton. The Farm-to-Health Center Initiative is designed to improve patient access to fresh produce by providing free weekly farmer's markets at the health center.

- [Farm-to-Health Center Initiative](#)
- [Related media](#)

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### Case Example #4

#### The University of Vermont Medical Center Healthy Food Access Plan

In fiscal year 2018, the University of Vermont Medical Center established the global aim to improve nutrition, culinary literacy and access to affordable healthy foods to reduce food insecurity and/or prevent obesity. Several culinary medicine programs are currently in place:

- Health Care Shares: Families receive weekly supplies of fresh produce and poultry at their primary care office free of charge, as well as nutrition information, recipes, and demonstrations from their providers and volunteers. 100 families served in Chittenden County.
- Veggie Rx: A physician-led "produce prescription program," which is now being piloted in Pediatrics. Families are screened for food insecurity; upon a positive screen, families are coached on the importance of fruit and vegetable consumption and received coupon booklets that can be redeemed locally. The program has prescribed \$150 in coupons for 410 families in Chittenden County and 270 in Rutland.
  - Additional information from the 2018 [budget report](#)
  - [Progress report](#) on 2016 Community Health Needs Assessment goals

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#### Additional information

#### Wholesome Wave Fruit and Vegetable Prescription Program Model

[Wholesome Wave](#) is a national nonprofit that partners with doctors to provide patients with innovative fruit and vegetable prescriptions- from seniors in Navajo Nation to mothers & children in Los Angeles.



- Fruit and vegetable prescription program [fact sheet](#)
- The Fruit and Vegetable Prescription Program [Toolkit](#)
  - ❖ Note: This toolkit is a comprehensive resource on this organization's approach to Food Rx

### Other Research

- [Veggie Rx: an outcome evaluation of a healthy food incentive programme](#)
- [Caregiver perceptions of a fruit and vegetable prescription programme for low-income paediatric patients](#)