**Logan Health Whitefish, Montana**

**Food Rx Overview**



**How does it work?**

Logan Health Primary Care Physicians provide prescriptions in the form of vouchers or coupons to spend at partnering local farmers markets, food banks, in the winter months at food banks, and designated locations. Patients have their health data recorded, (BP, Pulse, Height, Weight, BMI, and A1C, in addition PHQ 9 & GAD 7)

The Food Rx Process

Serving the Flathead Valley, the program provides a Primary Care Physician’s prescription for bi-weekly produce shares to food insecure patients and their families. Utilizing local farms and a local produce broker, participants are provided with the freshest, most nutrient produce available. During the growing season, participants can to choose to receive vouchers at their local farmer’s market to shop for their choice of produce each week. Education packets including recipes, information on growing and storing food, and additional cooking techniques are provided with produce shares.

Logan Health locations include Primary Care clinics, School Based Clinics, Diabetes Education and Prevention, and soon to partner with the Birthing Center to complement their in house originated Breast Feeding menu choices being offered soon at Logan Health Whitefish.

**Advantages**

**Community food security:**

With rising oil prices, increasing food shortages, and a changing global climate, we need to enhance and retain the ability to feed ourselves, and future generations.

**Economic Development Opportunities:**

Markets for locally grown food and processed foods are expanding across western Montana, putting more money into the hands of farmers, ranchers, and rural communities. However theses growing markets depend on the land remaining productive and available for agriculture.1

**Farmland is finite and irreplaceable:**

Good soil takes thousands of years to be created, and just a fraction of the landscape has topsoil suitable for agriculture. Only 5 % of the Flathead County’s land base has agriculturally soils, much of which lies on the valley floor directly in the path of development. Many of these farms and ranchlands have already been lost. Good soil cannot be manufactured.

**Efficient use of tax payer dollars:**

Agricultural land generates more in local tax revenues than it costs in government services. On the average, for every incoming tax dollar, residential land costs a local government $1.19 to service, while farm and ranchlands cost $0.39.

**Social, cultural, and historic values:**

Working farms and ranches create a sense of place I Flathead County and throughout western Montana. They are part of our heritage and vital to our legacy.

**Ecological Integrity:**

Well-managed agricultural land provides ecosystem services, such as flood control, ground water recharge, wildlife habitat, carbon banking, and open space.

**Impact:**

Throughout the state the Community Food and Agriculture Coalition has administered the Double Supplemental Nutrition Assistance Program Dollars program, allowing Montanans who receive SNAP benefits to double their benefit dollars at participating farmers markets, farm stands increasing their access to fresh local food.

**Double SNAP Impacts:**

**Farmers:**

Nearly 50% of farms in Montana are small and less than 180 acres. Double SNAP dollars help these farms reach more consumers. Directly benefiting Montana farmers!

**Families:**

9,000 Montanans have benefited from this program since 2015. In a survey of 200 Double SNAP participants, 86% reported consuming a greater amount of fresh fruits and vegetables as a result of the program.

**Improved access to nutrition means:**

* Children are better learners
* Seniors and people with disabilities have better health outcomes
* Reduced healthcare spending in Montana

**The Economy:**

SNAP is an effective economic stimulus, with each dollar generating $1.50 to $1.80 in economic activity.