

NOURISHING PEOPLE & CULTIVATING COMMUNITY

FOODRX PROGRAM

A produce prescription to those who struggle to get enough fruits and vegetables weekly.

GOALS

- Increase consumption of fruits and vegetables
- Increase familiarity & comfort using fruits and vegetables in cooking
- Contribute to positive health outcomes for the whole family.

THE PRESCRIPTION

- Produce shares are delivered by **Logan Health**, and **Land to Hand** staff throughout the Flathead, and Lincoln Counties.
- Participants receive a pre-made produce box bi-weekly, year long. During the Farmers Market season, participants may shop for their own choice of produce at markets or continue to receive a premade share.
- Produce shares also include recipes and storage tips to help utilize fresh, local ingredients. Gardening programs are also offered.

WHO'S YOUR FARMER? *Land to Hand*

- Utilizing a local produce broker, food is purchased for produce boxes from local/regional farmers. This ensures the most fresh, nutrient enriched fruits and vegetables available.
- We support local farmers and our local economy by keeping the funds for this program within the Flathead Valley.

IMPACT The state of Montana the Community Food and Agriculture Coalition has administered the Double Supplemental Nutrition Assistance Program Dollars program. SNAP benefits 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 less than 180 acres. Double SNAP dollars help these farms reach more consumers.

FAMILIES

- In a survey of Double SNAP participants, 86% reported consuming greater amounts of fresh fruits & vegetables as a result of the program.

IMPROVED ACCESS TO NUTRITION BENEFITS

- 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.

OUTCOMES

- We are able to track pertinent health metrics for program participants.
- Within the 2021 patient cohort at the Logan Health Diabetes Education & Prevention Center, 100% of the Food Rx participants dropped in their A1c.

PROGRAM MATERIALS

- User Friendly Registration
- Coding to ensure patients privacy.
- Education
- Introduction to Culinary Skills
- Recipes specific to food basket contents

PATIENT DATA TRACKING

- Health Metrics Tracking
- Primary Care Physician Appointment Tracking

WHO IS LAND TO HAND? *Our mission is to build a strong community food system that fosters socially just ways of accessing food.* We have many programs that promote food security and access to healthy, local food. We specialize in Farm to School education for the entire community through school programming, summer camps, cooking classes, and our annual Free the Seeds event. Cost is \$1000 to enroll a family of 4 in the Food Rx program for 1 year.

CURRENT MONTANA STATISTICS

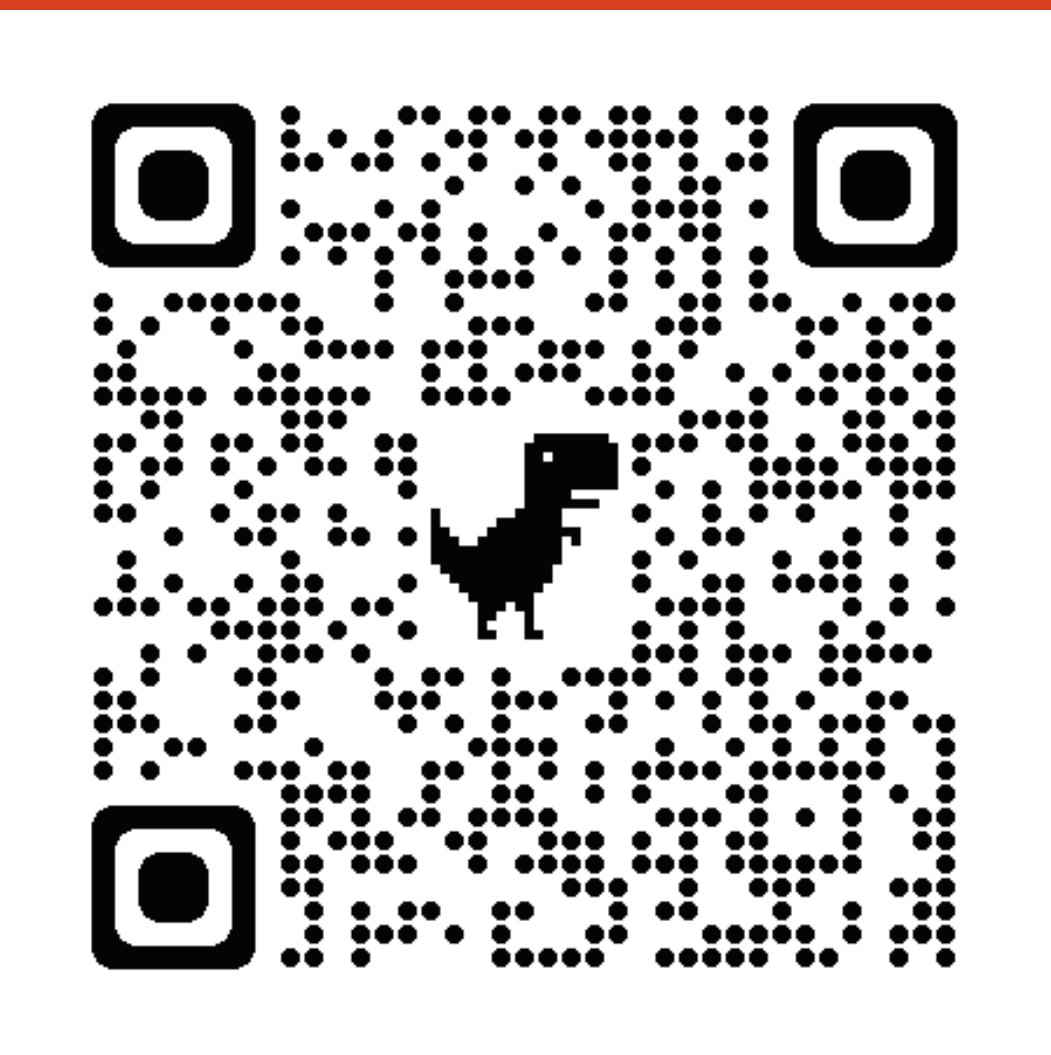
- Over 100 individuals currently receive bi-weekly produce shares
- 450 pounds of produce is distributed monthly

100% of FoodRX participants ↓ DROPPED their A1C.

*2021 patient cohort at Logan Health Diabetes Education and Prevention Center.

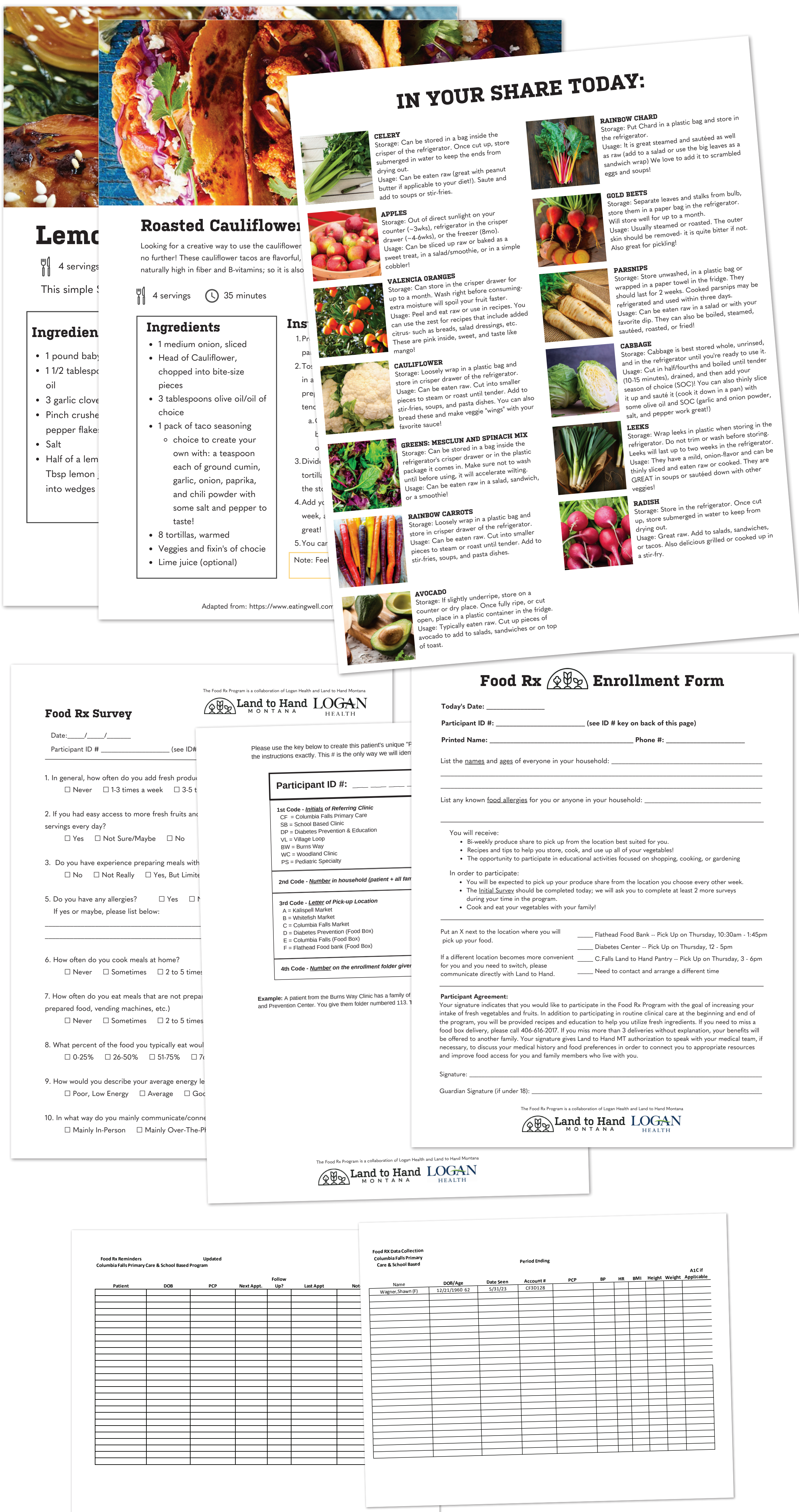
Food as medicine is the foundation of FoodRX.

Healthy food is critical in the prevention and management of disease.



We address food insecurity and chronic health issues while supporting local and sustainable agriculture.

EXAMPLES OF FOODRX COLLATERAL MATERIALS



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