



# Welcome to the Food Rx Program!

Food Rx is a partnership between Logan Health and Land to Hand MT, a local nonprofit organization dedicated to building a strong community food system that fosters socially just ways of accessing food.

## Program Goals

1. Increase consumption of fruits and vegetables.
2. Increase comfort in using fruits and vegetables in cooking.
3. Contribute to positive health outcomes for the whole family.

## Program Procedure

1. Once your provider signs you up for this program, you will have a couple different options about where you would like your produce share to be dropped off. You will be responsible for picking it up from there, so choose either the closest option to you or one that makes the most sense with your schedule.
2. Your provider will notify a Land to Hand staff member that you have been signed up for the program and relay the details about family size and pickup location.
3. You should then be contacted by a Land to Hand employee, letting you know you have officially been signed up and will give you more insight on what you can expect to get out of the program.
4. A produce share will be prepared for you (the size depending on that of your household) and dropped off at the location you previously decided on.
5. You will receive a text message or phone call reminder that your produce share has been dropped off and what times you can pick it up between.
6. You will be expected to pickup your produce shares and fill out any surveys that might come along with it. By filling out the surveys, you provide us with feedback that helps us better form the program to your needs. All the information that you provide will be taken into consideration for any possible amendments to the program.
7. Any time you see your health provider, they may check a few key health metrics (such as blood pressure, heart rate, or A1C) to help us determine how this program is beneficial. You will not need to schedule additional appointments or additional tests just for this program.

*If you have any questions, please contact Land to Hand MT at [hello@landtohandmt.org](mailto:hello@landtohandmt.org) or (406) 616-2017*

