

# Shared Learnings

## Fruit and Vegetable Prescription Program (FVRx)

### Program Overview

The Fruit & Vegetable Prescription Program (FVRx) was designed to prevent and manage chronic diet-related diseases in the adult Medicaid population. The program's initiatives worked to increase knowledge, skills and behaviors surrounding consumption of a healthy diet by improving financial accessibility. Vouchers were distributed to redeem at local farmers' markets, farm stands and other retailers of fresh produce. Classes were also offered on nutrition, cooking, gardening and chronic disease self-management.

**Start Date:** February 2017

**End Date:** Ongoing

**Target Population:** Medicaid members that reside in Broome, Tioga, and Delaware who lack access to fruits and vegetables

### Program Goals



Prevent and manage chronic diet-related disease in the Medicaid population



Develop clinical workflows that effectively screen and connect patients with community-based preventative services



Integrate EMR during an assessment with an outpatient Registered Dietician

### Learnings



Distributing vouchers to communities who would otherwise not have access to fresh produce can break financial barriers and expand their diets.



Educating communities on how to utilize and incorporate fresh produce into their daily diet is an essential assisting service to providing vouchers to redeem on produce.

### Organizational Profile

**Organization:** Rural Health Network of South Central New York

**Website:** <https://rhnscny.org/>

**Counties Served:** Broome, Chemung, Chenango, Cortland, Delaware, Otsego, Schuyler, Steuben, Tioga, and Tompkins

### Contact Information

Care Compass Network

Email: [info@carecompassnetwork.org](mailto:info@carecompassnetwork.org)