**PICH PRODUCE PRESCRIPTION INFORMATION SHEET**

**WHO?** Adults who attend a nutrition education class that is partnering with this program.

**WHAT?** A program for adults to increase the amount of fruits and vegetables they eat.

**HOW?** The Produce Prescription program helps you eat more fruits and vegetables by:

* Utilizing incentive vouchers to purchase free fruits and vegetables at local farmers markets and food stores.

**WHAT IS IN IT FOR ME?**

* Set of vouchers for fruits and vegetables to spend at farmers’ markets.
* Tools like local community guide on food to help you use your fruits and vegetables.
* A healthier diet with more fruits and vegetables for you and your family.
* Buy fruits and vegetables that were grown locally and are in season.

**DOES IT COST ME ANYTHING?** No.

**DO I GET PAID ANYTHING?** No, but you will get at least four $5 vouchers at the end of your nutrition education to spend at the farmers’ market.

**WHAT DO I HAVE TO DO?**

* Complete the nutrition education and Pre-Survey\*.
* Visit a farmers’ market near you that takes PICH vouchers.
* Utilize the materials and resources given to you by your nutrition education provider.
* Respond to a few questions about your “diet and eating habits” on the back of your vouchers at the time of purchase.

**WHAT IF I HAVE QUESTIONS?** Ask your provider any questions you may have.

**Contact:** If you have any questions or concerns regarding the program, please feel free to contact program coordinator **Mary Jane Lyonnais** at **252-340-0395.**

**\*You can find the Pre-Survey at** [https://ecu.az1.qualtrics.com/jfe/form/SV\_3TWialqdDcFxQIB](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fecu.az1.qualtrics.com%2Fjfe%2Fform%2FSV_3TWialqdDcFxQIB&data=02%7C01%7CJILCOTTS%40ecu.edu%7C44bf321d49d34c68f92c08d824237b74%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637299082415596131&sdata=Ab8mSPKJS247YVg4Aa4l68blDzqHw9nIk2r8uRmNJXc%3D&reserved=0).

*Due to COVID-19, this program will possibly be implemented online in some counties depending on whether existing nutrition education programs choose to conduct their educational sessions online. In these cases, the vouchers will be mailed out to the participants (by the organization that is administering the program).*