



North Country Fruit & Vegetable Prescription Program

Cornell Cooperative Extension



SAVE TIME. SAVE MONEY. EAT HEALTHY.



FIDELIS CARE®

Funded by the Gus Schumacher
Nutrition Incentive Program (GusNIP).



What is it?

The goal of this program is to help you learn new, healthy ways to eat more fruits and vegetables to address health concerns.

How does it work?


- Your health care provider will write you a prescription based on diet-related chronic disease and nutrition security needs.
- A SNAP-Ed nutrition educator will invite you to a 6-week interactive workshop series.
- Participate in LIVE cooking demonstrations using in-season produce and learn valuable information on how to maintain a healthy diet and maximize food resources.
- Receive \$25 worth of vouchers weekly for fresh fruits and vegetables (one per week of the 6-week workshop, total value of \$150).
- Redeem vouchers with participating producers and retailers.

Am I eligible?

At risk of or diagnosed with a diet-related chronic disease and experiencing nutrition insecurity? Ask your health care provider for more information on how to receive a referral.

Contact: April Bennett
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Cornell Cooperative Extension is recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and offers equal program and employment opportunities. This material was funded by USDA & Supplemental Nutrition Assistance Program - SNAP.

	North Country Fruit and Vegetable Prescription Program (NC FVRx)	Produce Partner Use Only
	Redeemable for fresh fruits and vegetables ONLY. NOT redeemable for cash. NO change given.	_____ print name _____ sign _____ date
Cornell Cooperative Extension <small>Cornell Cooperative Extension is recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.</small>	<small>Please submit to CCE SNAP-Ed employees at the FVRx workshop or mail to: CCE Jefferson, April Bennett, 203 N. Hamilton St. Watertown, NY 13601, by the 15th of the month for payment.</small> Funded by the Gus Schumacher Nutrition Incentive Program (GusNIP).	