

# Fresh Rx How it Works

Cornell Cooperative Extension  
Sullivan County

## What is Fresh Rx?

**The FreshRx Program aims to address food insecurity, improve diet-related health outcomes, and reduce healthcare usage and costs by providing nutrition, cooking, and physical activity education.**

Cornell Cooperative Extension offers two series of classes: "Eat Healthy, Be Active" and "Cooking Matters in Your Community." Workshops include lectures, visuals, discussions, physical activity breaks, cooking demonstrations, and skills practice. Eligible participants can earn up to \$240 in nutrition incentives for attending all workshops.

## STEP 1

**Visit the Sullivan Fresh Mobile Farmers Market or contact [freshrx@cornell.edu](mailto:freshrx@cornell.edu) to enroll in the FreshRX program with CCE Sullivan at a location near you.**

The enrollment process includes an intake form, eligibility screening, and a survey about your diet and lifestyle. If you are eligible for Medicaid and/or SNAP benefits, you qualify for the FreshRX with CCE Sullivan and will receive a FreshRX card.

## STEP 2

**Attend "Eat Healthy, Be Active" or "Cooking Matters in Your Community" workshops.** At the end of each class, receive \$20 credit on your HealthyWays FreshRX card, up to \$240 per market season.

## STEP 3

**Visit any of the Sullivan Fresh mobile farmers market stops, the Sullivan Fresh Monticello Farmers Market, or the Liberty Farmers Market to redeem your FreshRX credit for fresh produce or culinary herbs.**

## STEP 4

**Enjoy being an active part of your local food system, make connections with local farmers and community members, and live a healthier lifestyle!**

### Questions? Contact:

Joy Leon

Cornell Cooperative Extension Sullivan County  
845-292-6180 ext. 101  
[freshrx@cornell.edu](mailto:freshrx@cornell.edu)

### Ask about earning FreshRX coupons

Redeemable for fresh  
fruits & vegetables at  
participating Farmers  
Markets



**Healthy Ways**



**Stop at the Mobile Farmers Market  
and other participating farmers  
markets to redeem FreshRX credit  
for farm-fresh fruits and vegetables!**

**Fresh Rx**

FreshRX is a Produce Prescription Program funded by the USDA Gus Schumacher Nutrition Incentive Program and provided by Garnet Health in partnership with Cornell Cooperative Extension Sullivan County.

**[SullivanCCE.org/food-nutrition/rx-program](http://SullivanCCE.org/food-nutrition/rx-program)**



# How it Works



## Garnet Health

Garnet Health is offering a free, scientifically proven and effective lifestyle-enhancement program that can help prevent Type 2 diabetes.

This program is proven to motivate and support people with prediabetes to make practical, real-life changes, while decreasing the risk of developing Type 2 diabetes by more than half.



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## STEP 1

### Find out your risk for prediabetes?

Take the test at [doihaveprediabetes.org](http://doihaveprediabetes.org)

Do I qualify for the DPP program?

- Do you have an A1C between 5.7% and 6.4%?
- Are you over age 18?
- Are you overweight?

## STEP 2

If you answered yes to all three questions or scored positive for the online risk test, then you may qualify for the DPP program.

To find out more, or to enroll by completing an application and survey, please call **Garnet Health's DPP Program at (845) 333-2705**.

The good news is that if you have prediabetes, the CDC-led National Diabetes Prevention Program (DPP) can help you make lifestyle changes to prevent or delay Type 2 diabetes and other serious health problems.

**The free 12-month program** is designed to teach individuals how to make better food choices, increase physical activity and find helpful ways to cope with problems and stress.

The program lasts one year, with 16 sessions occurring about once a week and six to eight more sessions meeting once a month. Qualified participants will work together to achieve their goals, under the guidance of our certified lifestyle coaches.

## STEP 3

**Earn FreshRX credit at regular intervals throughout the program, and spend it at Sullivan Fresh Farmers Markets.** Participants who complete 8 sessions in the first 6 months and 4 sessions in the second 6 months will receive \$20 credit on your HealthyWays FreshRX card, up to \$240 per market season.

## STEP 4

Visit any of the Sullivan Fresh Mobile Farmers Market stops, the Sullivan Fresh Monticello Farmers Market, or the Liberty Farmers Market to redeem your FreshRX credit for fresh produce or culinary herbs.

## STEP 5

Enjoy being an active part of your local food system, make connections with local farmers and community members, and live a healthier lifestyle!

**[SullivanCCE.org/food-nutrition/rx-program](http://SullivanCCE.org/food-nutrition/rx-program)**