

### **Can I attend the workshops if I'm not SNAP or Medicaid-eligible?**

Yes, but only eligible participants will receive FreshRx credit. There may be other incentive programs available, such as the Sullivan Fresh Wellness Program, which is dependent on annual funding sources.

### **Do I need to provide proof of eligibility?**

Yes, please bring a current SNAP/EBT card, state-run insurance plan, or Medicaid card with you to your first workshop.

### **How is the FreshRx Program different from the Sullivan Fresh Wellness Program?**

The Sullivan Fresh Wellness Program provides pop-up lessons and cooking demos at outdoor mobile market stops. All are welcome to attend, and attendees earn up to \$10 in Sullivan Fresh Bucks. Sullivan Fresh Bucks can be used to purchase dairy, meat, eggs, and produce.

Funding for the Wellness Program is provided by Sullivan County Public Health Services through a grant with the New York State Association for Rural Health. No pre-registration is necessary.

The FreshRx Program, on the other hand, is generally held indoors, in a location close to but separate from the open-air market, or at Cornell Cooperative Extension or Garnet Health.

Pre-registration is necessary, and each eligible attendee earns up to \$240 in credit per market season to spend on fresh produce (fruits, vegetables & culinary herbs).

Funding is provided by the United States Department of Agriculture Gus Schumacher Nutrition Incentive Program (GusNIP) program. The FreshRx Program provides a smaller class size and more opportunities for participants to interact and receive feedback and support.

### **Where can I find more information on the markets?**

Visit [sullivancatskillsfarmersmarkets.com/sullivan-fresh](http://sullivancatskillsfarmersmarkets.com/sullivan-fresh) to learn more and view market locations.

### **Why should I sign up for the FreshRx Program?**

The FreshRx Program provides an amazing FREE opportunity to learn about nutrition, health, and cooking skills, while receiving financial incentives to help you integrate the lessons into your daily life.

### **Where will the classes be held?**

Locations are subject to change and likely to include Cornell Cooperative Extension Education Center, the Ethelbert B. Crawford Public Library (Monticello), Sullivan County Public Health Services in Liberty, the Senior/Youth Center in South Fallsburg, and the Community Church of Wurtsboro.

### **How can I get to the classes?**

Depending on where you live, you can drive, bike, walk, or take the free Move Sullivan bus.

### **How long is each workshop?**

Each workshop is 60-90 minutes long.

### **Can I use my FreshRx credit at local supermarkets or farm stands?**

At this time, FreshRx is only accepted at participating farmers' markets. If you visit a farm stand in Sullivan or Orange County where the farmer/vendor uses the Healthy Ways app, you may be able to pay using your FreshRx card. Consult with the vendor before picking your produce.



**To learn more and enroll contact:**

**[freshrx@cornell.edu](mailto:freshrx@cornell.edu)**

**845-292-6180 ext. 101**

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



*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.*



## **FAQ**

### **Frequently Asked Questions**



**Cornell Cooperative Extension  
Sullivan County**

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

## How do I get my FreshRx card?

You can get your FreshRx card by enrolling in one of the approved programs and attending classes.

Receive your card from the instructor at the end of each class, or at regular intervals depending on which program you are attending.



## Is pre-registration required?

Yes. FreshRx has eligibility requirements and a required survey, which means that there are some administrative details that need to be taken care of before you attend your first class.

## What are the eligibility requirements?

Individuals can participate in FreshRX if they are eligible for the following: (1) Benefits under the Food and Nutrition Act of 2008 (7 USC 2011 et seq.); or (2) medical assistance under a State plan or a waiver of such a plan under title XIX of the Social Security Act (42 USC 1392 et seq.) and enrolled under such plan or waiver; and (3) a member of a low-income household that suffers from, or is at risk of developing, a diet-related health condition.

To be eligible to participate in FreshRX the individual may either meet items (1) and (3) or items (2) and (3) above.

## How do I register for approved classes?

For CCE Sullivan programs, go to [sullivance.org/food-nutrition/rx-program](http://sullivance.org/food-nutrition/rx-program) or call 845-292-6180.

For Garnet Health's Diabetes Prevention Program (DPP), call (845) 333-2705 for more information and to enroll.

## How many workshops are there?

CCE Sullivan's programs have 6 workshops in each series. Attend all classes in both series to earn up to \$240 in FreshRx credit. The Diabetes Prevention Program (DPP) includes 26 sessions over the

course of 12 months. Attend 8 sessions in the first 6 months and an additional 4 sessions in the second 6 months to earn \$240 in FreshRx credit.

## What will I learn?

"Eat Healthy, Be Active" focuses on nutrition information recommended by the Dietary Guidelines for Americans and building a healthy lifestyle. "Cooking Matters" focuses on developing kitchen skills, budgeting, planning meals, and food safety.

The Diabetes Prevention Program (DPP) teaches individuals how to make better food choices, increase physical activity and find helpful ways to cope with problems and stress.

## Do I have to attend every class?

No. Participants are highly encouraged to commit to attending each class in the series, but we understand that things come up and you may not be able to make it to all the sessions. Consult with your program facilitator with any concerns regarding attendance.

## What do I need to do once I receive my FreshRx Card?

Treat your card like any other form of currency and keep it in a safe place, like your wallet. If you have a smartphone, you may like to download the Healthy Ways Matter App on your phone and register your card. This will allow you to make payments from your phone in case you forget to bring your card with you when you visit the market.

## How can I redeem my \$20?

Redeem your FreshRx credit using your Healthy Ways FreshRx card at Sullivan Fresh mobile farmers market stops, the Sullivan Fresh Monticello Farmers Market, or other participating farmers markets.

## What is Healthy Ways/Healthy Ways Matter?

Healthy Ways provides an incentive card program used by governmental programs and non-profit corporations. Healthy Ways incentivizes low-income

recipients to purchase healthy food items from retailers such as farmers markets and produce stands. The Healthy Ways App allows farmers to accept the Healthy Ways FreshRx Card as payment.

The Healthy Ways Matter App allows users to track their incentive dollars and pay for fresh ingredients using their FreshRx credits on a mobile device.

## Which app can I download to link my HealthyWays FreshRx card? How do I use it?

Download Healthy Ways Matter (look for the white background) to register your card on an Android or iOS device. You can then enter your card information by scanning the QR code or entering the card number manually.

## Will my FreshRx credit expire?

We encourage you to use your FreshRx credit during the current market season so that you can enjoy the benefits of eating fresh local food sooner rather than later!

## Can I use my FreshRx to purchase eggs and dairy?

No. FreshRx card can only be used to purchase fruit, vegetables and culinary herbs.

## What if I lose my Healthy Ways FreshRx card?

Keep your Healthy Ways FreshRx card in a safe place where you can easily find it. If you have a card registered on the mobile app, you can still pay with your FreshRx credit at the market even if you don't have your FreshRx card with you that day. In cases where a card is irrevocably lost, we can transfer your funds and issue you a new card, once per customer.

## Can I use somebody else's card?

No. Please make purchases using only your own FreshRx card.