

FRESCO Y SALUDABLE

FRESH & HEALTHY



PROGRAM INFORMATION FOR PROVIDERS

WHAT IS FRESCO Y SALUDABLE/FRESH AND HEALTHY?



Fresco y Saludable/Fresh and Healthy is a program that incentivizes eligible participants to purchase fresh fruits and vegetable at participating grocery stores. In partnership with the Los Angeles County Department of Public Health (DPH) and Vouchers 4 Veggies, Northeast Valley Health Corporation will implement this 3-year program funded by the United States Department of Agriculture. The goal of the program is for participants to increase the consumption of fruits and vegetables, increase household food security, and reduce the risk of developing diet-related chronic diseases.

WHO IS ELIGIBLE FOR FRESCO Y SALUDABLE/FRESH AND HEALTHY?



Northeast Valley Health Corporation patients are eligible if they meet all of the following requirements:

- ✓ Enrolled in Medi-Cal; and
- ✓ Screened positive for food insecurity; and
- ✓ Enrolled in the National Diabetes Prevention Program and have completed at least four sessions within the first 16 weeks of the program, **OR** diagnosed with type 2 diabetes

HOW DOES FRESCO Y SALUDABLE/FRESH AND HEALTHY WORK?



Family Medicine Care Coordinators (FMCC) will screen and enroll participants into the program. Eligible participants will receive one "Healthy Savings" card per household. The card will be preloaded with \$40.00 each month for 6 months. Participants can use the card to **purchase fresh fruits and vegetables only** at participating grocery stores. The \$40.00 benefit will be automatically loaded on the first of day of every month for 6 months, and it will expire on the last day of the month. Benefits do not roll over. Participants will also be referred to other resources to support healthy eating such as CalFresh and nutrition education classes.

HOW IS FRESCO Y SALUDABLE/FRESH AND HEALTHY EVALUATED?



At enrollment, participants will complete a baseline survey that assesses their current fruit and vegetable intake and household food security status. Participants' blood pressure and hemoglobin A1c (HbA1c) will be assessed at baseline as well. At 6 months, participants will complete another survey and have both blood pressure and HbA1c measured. DPH will assist in creating a program infrastructure to monitor patients for blood pressure and HbA1c improvements. The data generated by this infrastructure will assess and quantify health outcomes related to Fresco y Saludable/Fresh and Healthy participation.

**For more information, contact
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