



## Welcome to Prescription for Health!

Prescription for Health (PFH) is a nutrition and food access program. It provides nutrition education, peer support, and \$100 to buy fruits and vegetables!

### How does the program work?

- Bring your prescription card to the PFH table at participating farmers' markets and/or Gleaners.
- At each visit, get your prescription card stamped to receive \$20 worth of tokens (1 Token = \$1.00).
- Use your tokens, like cash, to buy fresh fruits, fresh vegetables, and fruit/vegetable plants at the markets. At Gleaners, use your tokens to buy fresh or canned fruits and vegetables.
- Tokens may **not** be used to buy bread, jam, honey, eggs, etc.

### Notice of Privacy

Please be advised that the information provided on your prescription card and other program materials will only be used by Livingston County Health Department for the Prescription for Health program. It will be used to offer personal nutrition education, track your attendance, and to evaluate our program. **Livingston County Health Department will keep all of your personal information private.**

*Please consult with your doctor before beginning a fruit and vegetable prescription program.*

Thank you for participating!

### Frequently asked questions:

#### What fruits and vegetables will I find at the market?

Fruits and vegetables at the outdoor markets are primarily grown in Michigan so the variety will vary each week and from month to month based on the Michigan growing season. Fruits and vegetables at Gleaners vary from week to week and may include seasonal produce as well as other produce options. Canned fruit and vegetable options are also available at Gleaners.

#### Do I have to spend all my tokens on the same day that I receive them?

No. On the day you receive tokens, you can spend all, some, or none of them. Tokens can be saved from visit to visit and used at a later date. All tokens for the 2020 Prescription for Health program must be spent by end of the 2020 market season (end of October for outdoor markets & mid-December for Gleaners).

#### Can I visit and receive tokens at multiple markets during the same week?

Yes! You have 5 visits to receive tokens at the markets. It is up to you how often you want to visit the markets to receive tokens. You can visit all 3 markets (Gleaners, Brighton, and Howell) to receive tokens in the same week if you choose to do so.

#### What if I forget to bring my Prescription card to the market or I lose my Prescription card?

You can still check in at the market with your ID. We'll explain and guide you through what to do if you've lost your card.

#### Can someone else pick up my tokens and/or spend my tokens if I cannot get to the market?

Yes! You can send a friend or family member (called a proxy) to the market in your place. Tell your proxy the health goal you plan to work on for that week then give your Prescription card to your proxy to present at the market. Your proxy will receive your tokens and can spend them at your discretion.

#### What if I lose my tokens?

Tokens are treated like cash and unfortunately cannot be replaced if lost or stolen. If tokens are lost at a market, notify a Prescription for Health team member; we will alert the market manager and contact you if your tokens are found.

**Having problems or need help? Call the Prescription for Health team at 517-552-6818.**

# Livingston County Prescription for Health



## Brighton Farmers' & Artisans' Market May-October, Saturdays 8 am - 1 pm



**★** The Brighton Farmers' & Artisans' Market entrance is on Cedar Street (across from Lynn's on First Cafe at the corner of Cedar Street and North 1st Street).

**■** The market continues into the adjacent parking lots (between the 53rd District Court and Brighton City Hall & between Cedar Street and Mill Pond Ln).

**P** Parking is available in public parking lots at Center Street and North 1st Street, further up Center Street, or off of West Main Street.



## Howell's Sunday Farmers' Market June-October, Sundays 9 am - 2 pm



**■** The Howell Farmers' Market is located on North State Street and on East Clinton Street.

**P** Parking is available in public parking lots off of East Clinton Street (close to the market and also further up the street). Public parking lots are also located across Grand River.



## Gleaners Community Food Bank June-December, Tuesdays 3 - 6 pm 5924 Sterling Drive, Howell, MI 48843



**■** Gleaners is located off of Sterling Drive in the Sterling Business Center.

**★ P** **The entrance to Gleaners is at the very back of the complex.** You will find close and convenient parking here as well.

*Note: at times you may see a "Closed" sign in the window during Prescription for Health hours. This is because Gleaners is closed to their regular pantry shoppers during Prescription for Health hours.*

