

Southeast Missouri Food Bank's Produce Prescription Program

Participant Explanation

- Participants must be referred by local healthcare partner, at least 18 years old, and live within SEMO Food Bank's 16-county service area
- Produce Prescription Program Goals:
 - improve dietary health through increased consumption of fruits and vegetables
 - reduce costs associated with healthcare
 - lower individual and household food insecurity
- The Produce Prescription Program is a voluntary research study
 - all information is kept anonymous, secure and confidential
- Consent to be part of this research study must be obtained from each participant
 - consent form (digital) / (paper)
 - a unique ID number is given to each participant to ensure confidentiality
 - this unique ID number is used for both consent and surveying purposes
- Two surveys (digital) / (paper) are also part of this research study
 - a pre-survey is given at the beginning of the study
 - a post-survey is given at the end of the study
 - both surveys allow you to provide feedback
- Participants receive a \$15 gift card after completion of each pre- and post-survey, totaling \$30 in incentives
- Participants receive a total of 30 pounds of fresh produce each month along with nutrition education including recipes, cooking tips, and other resources
- This research study lasts for 12 months, beginning from the date of first pick-up
- Participants in this program consent to
 - sharing health data with the individuals conducting this study
 - picking up fresh produce boxes twice a month from approved locations
 - maintain current contact information with SEMO Food Bank for program facilitation throughout the 12-month duration of the research study