

Southeast Missouri Food Bank's Produce Prescription Program Participant Explanation

Participants must be at least 18 years old, live within SEMO Food Bank's 16-county service area, assessed for food insecurity, and referred by their doctor.

Produce Prescription Program Goals:

- 1) improve dietary health through increased consumption of fruits and vegetables
- 2) reduce individual and household [food insecurity](#)
- 3) reduce healthcare use and associated costs

The Produce Prescription Program is a voluntary research study and all participant information is kept anonymous, secure and confidential. This length of this research study is 12 months, beginning from the date of first pick up. A Unique Identification Number is given to each participant to ensure confidentiality and this unique ID is used for both consent and surveying purposes.

Consent to be part of this research study must be obtained from each participant via SEMO Food Bank's consent form ([online form](#) / [printable form](#) / [consentimiento en español](#)). Two surveys ([online pre-survey](#) / [printable pre-survey](#)) / [encuesta en español](#)) are also part of this research study. The pre-survey is given at the beginning of the study, before the participant's first Produce Prescription redemption date. The post-survey is given at the end of the study, either 12 months from the participant's first redemption date or upon notification from participant that they would like to end participation. Both surveys allow participants to provide feedback about program participation and eating habits. Participants receive a \$15 gift card after completion of each pre- and post-survey, totaling \$30 in incentives.

Participants redeem their Produce Prescription twice a month on the 2nd and 4th Friday, along with nutrition education including recipes, cooking tips, and other resources.

Participants in this program consent to:

- share their health data with the individuals involved in this project
- redeem their Produce Prescriptions from approved locations
- maintain current contact information with SEMO Food Bank for program facilitation throughout their 12-month participation

2024 Produce Prescription Program Pick-Up Dates