Fruit and Vegetable Prescription Program (FVRx)

TARGET AUDIENCE

This program is for children of low-income who are overweight or obese and their family.

SUMMARY

Fruit and Vegetable Prescription Program® (FVRx®), a medical-setting based program, is designed to provide families access to fruits and vegetables and education about healthy eating in an effort to improve their health and reduce their risk of diet-related diseases.

EVIDENCE

No peer-reviewed publications evaluating the effectiveness of this program were located.

COMPONENTS

This program intends to promote the consumption of fruits and vegetables in families with low income and is designed to increase the participants' general well-being. This program consists of two basic components.

Medical setting: Primary care teams identify children in their practice who are overweight or obese and who are unable to afford fresh fruits and vegetables, and these teams administer a prescription, or redeemable voucher, for fruits and vegetables. Participants attend clinical visits, set healthy eating goals, receive nutrition education, and obtain their fruit and vegetable prescription.

Home setting: Families redeem the prescription at participating farmer's markets for fresh fruits and vegetables. Each family receives enough voucher dollars to supply one serving of fresh fruits and vegetables for every member of the household per day. The farmer's markets track which families come to redeem their vouchers.

PREVIOUS USE

The program was developed and initiated in 2010, and 6,134 individuals in 10 states receive the program.
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TRAINING
The fruit and vegetable prescriptions must be administered by a physician. No additional information about training was available.

CONSIDERATIONS
Considerations for implementing this program include acquiring buy-in from medical offices and farmer's markets to participate in the program, understanding funds for the fruit and vegetable vouchers will need to be obtained, and recognizing this program has strict parameters that the families must meet.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing FVRx, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
The program lasts for 1 year, and participants are expected to attend the farmer's market once every 1 to 2 weeks and visit their child's primary care practice monthly.

COST
The program costs approximately $1 per day for each participant or household member.

EVALUATION PLAN
To move FVRx to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six month from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Amanda Morgan by mail Wholesome Wave, 855 Main Street, Suite 910, Bridgeport, CT 06604, phone 203-226-1112, or email amanda@wholesomewave.org

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