PROGRAM
The Rx CSA program expands the successful collaborations with community healthcare systems to augment traditional therapies with food as medicine. Participants must be willing to participate in pre-program and post-program surveys.

HEALTHY FOODS
20 Participants will receive a Community Supported Agriculture (CSA) food package twice per month, for one year at no cost.

KITCHEN CONFIDENCE
Recipes, cooking demonstrations and classes will be offered monthly by local food experts, chefs and nutrition educators.

FOOD AS MEDICINE
The goal of the RxCSA is to equip participants to make decisions that empower health, community and sense of self. This program allows for deeper integration into systems that provide an opportunity to keep residents engaged, build self-skills, provide a sense of achievement and accomplishment, leadership skill building, and strengthens community engagement. If you are interested in participating, contact Arlene Jones by phone at 612-695-2721.