

# Food Rx

## What is a Food Rx Program?

Clients receive a **Food Prescription (Food Rx)** when referred by a **designated Healthcare Partner** or when they **commit to a Community Health Program** that can improve their lives.

Food Rx clients attend **designated Food For Change Markets** can redeem twice a month where they can select **30 pounds of free fruits and vegetables** (including at least 2 fruits and at least 2 vegetables) **plus 4 additional "Food Rx friendly" items**.

Clients can also attend educational events at the market, such as **cooking classes**, as their schedule allows. **Nutrition education material** will also be available for clients to get new ideas for how to prepare their food.



## Examples of Partnerships

### Community Health Program

Clients of these partnerships receive the Food Rx when they **commit to programs that can improve their health and lives**. By lowering the financial stress of household grocery costs and receiving healthy foods, individuals are in a better position to get the health training, education or knowledge they need to achieve program outcomes. Community Health Program partnerships include chronic disease management classes, exercise classes, nutrition classes, that have targeted and tracked health outcomes.



### Healthcare Partner

Just as a doctor's office writes prescriptions for medication, **healthcare providers** participating in the Food Rx initiative **write prescriptions for healthy food** for targeted populations among individuals screened for food insecurity.



If you are a healthcare provider or a health outcome oriented program, please **e-mail [foodrx@houstonfoodbank.org](mailto:foodrx@houstonfoodbank.org)**