



Fruit and Vegetable Prescriptions

PART OF WASHINGTON STATE'S
FRUIT AND VEGETABLE INCENTIVES PROGRAM

Since 2015, the Washington State Department of Health and dozens of partners have implemented Fruit and Vegetable Incentive programs at farmers markets and grocery stores to make healthy food more affordable for low-income families in Washington. With funding from Washington State, the U.S. Department of Agriculture, and local and private entities, the Fruit and Vegetable Incentives Program helps Washington families on limited budgets afford more fruits and vegetables.

Partnering health care and public health organizations offer their patients fruit and vegetable prescriptions (paper vouchers) that can be used at participating retail locations. Patients who are food insecure and have, or are at risk of developing, a chronic health condition are eligible to receive the prescription.



“The program is a great opportunity for me to eat fresh fruit and veggies, It was absolutely a blessing, They are great. It really helps to ensure that I can choose the healthier food. Otherwise I cannot.”

—Patient

“I’ve had older adults come up to me and say, “Thank you so much for providing the [Fruit and Vegetable Rx], I’ve always loved eating berries but they’re so expensive, but now that gets to be my treat at night. I haven’t had berries in 20 years because I couldn’t afford them.”

—Health care provider

“I am feeling better . . . maybe I can get off some of my medications in the future.”

—Patient

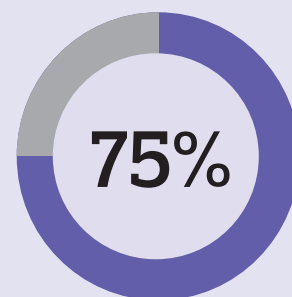


\$1,378,558

total dollars of Fruit and Vegetable Prescriptions redeemed by patients from 2016–2021



health care systems and public health agencies that prescribe fruits and vegetables to patients



Fruit and Vegetable Prescriptions distributed to patients in 2021 redeemed

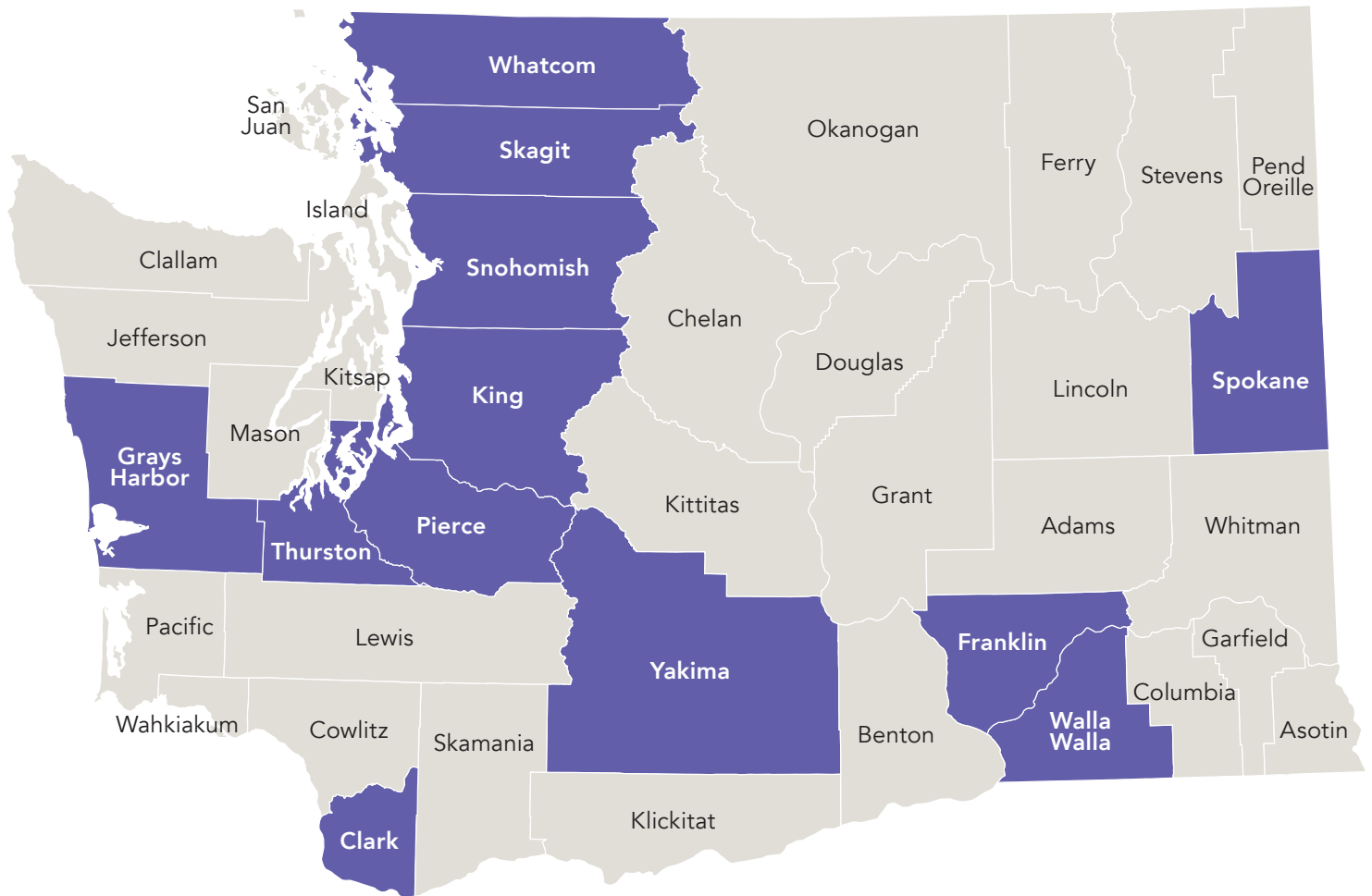
For more information, contact FVIP@doh.wa.gov or visit doh.wa.gov/FVIP.



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Locations of Washington State's Fruit and Vegetable Prescription Program



Participating Health Care Systems and Public Health Agencies

- CHAS Health
- Community Health Center of Snohomish County
- Harborview Medical Center
- MultiCare Health System's Center for Healthy Living & Health Equity
- Nisqually Tribal Health Services
- Puget Sound Kidney Centers
- Sea Mar Community Health Centers
- Seattle Children's Odessa Brown Children's Clinic
- Yakima Valley Memorial Hospital
- Yakima Neighborhood Health Services
- Yakima Valley Farm Workers Clinics