

Southeast Missouri Food Bank's Produce Prescription Program Participant Explanation

The purpose of this research study is to demonstrate and evaluate the impact of prescribing fresh fruit and vegetables to better understand how a Produce Prescription Program affects an individual's nutrition and overall health as well as learn from participants' experiences throughout their involvement in this project.

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

Eligibility Criteria:

- 18 years of age or older
- Assessed and Identified as Food Insecure
- Resident of SEMO Food Bank's 16-county service area
- Referred to SEMO Food Bank by healthcare provider

Length of Study:

- Participation: upon completion of the consent form and baseline survey, participation in SEMO Food Bank's Produce Prescription Program lasts for 12 months. Participants may choose to end their participation at any time without penalty.
- Grant: the Produce Prescription Program is anticipated to last through September 30, 2025

Risks, Benefits and Cost

- This study involves no more than minimal risk. The primary risk of this study is breach of confidentiality. Safeguards to maintain subject privacy and confidentiality will be taken as described in the protocol. Participants may experience increased positive health benefits from access to fresh produce and other nutrition education and supplemental resources.
- There are no anticipated costs related to study participation except for transportation to and from redemptions.

Participation

- providing consent and completing two surveys about fruit and vegetable consumption and healthcare use
- monthly produce prescriptions for free, fresh fruits and vegetables to be redeemed two times each month at Southeast Missouri Food Bank
- open invitations to participate in nutrition education, recipe sharing, dietetic counseling, goal setting and community collaboration