WASHINGTON STATE’S
Food Insecurity Nutrition Incentive (FINI) Grant

Fruit and Vegetable Prescription Program

In 2015, the Washington State Department of Health and more than 60 partners were awarded a $5.86 million competitive FINI grant from the National Institute of Food and Agriculture at the U.S. Department of Agriculture (USDA). Funds support incentive programs to make it easier for participants in the Supplemental Nutrition Assistance Program (SNAP) to afford more fruits and vegetables.

Food Insecurity in Washington

Everyday, thousands of people in Washington face uncertainty about where their next meal will come from. One in nine Washington households can’t afford enough food. Fresh fruits and vegetables, an important part of a healthy diet, are not easily affordable with the average SNAP benefit budget.

Fruit and Vegetable Prescriptions

With support from the FINI grant, a network of health care systems and public health agencies across Washington are “prescribing” fruits and vegetables to their patients who are SNAP participants. The prescription is a $10 paper voucher that patients use like cash to buy fruits and vegetables at participating grocery stores.

Fruit and Vegetable Rx by the Numbers 2016–2018

| 2016–2018 | 86 | 138 | $278,700 |
| Clinics and community sites prescribed Fruit and Vegetable Rx | Grocery stores redeemed Fruit and Vegetable Rx | Total $ of Fruit and Vegetable Rx redeemed by patients |

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

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

—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

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
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Locations of Washington State’s
Fruit and Vegetable Prescription Program

Participating Health Care Systems and Public Health Agencies

- Grant County Health District
- Harborview Medical Center
- MultiCare Health System’s Center for Healthy Living & Health Equity
- Nisqually Tribal Health Services
- Sea Mar Community Health Centers
- Seattle Children’s Odessa Brown Children’s Clinic
- Spokane Regional Health District
- Verdant Health Commission
- Virginia Mason Memorial Hospital
- Yakima Neighborhood Health Services
- Yakima Valley Farm Workers Clinics

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For people with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).