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.

Fruits and Vegetables: Just What the Doctor Ordered

Food Insecurity in Washington

Everyday, thousands of people in Washington face uncertainty about where their next meal will come from. One in seven Washingtonians can’t afford enough food for their household and 15% receive benefits from the Supplemental Nutrition Assistance Program (SNAP), and 37% of those recipients are children. 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

Fruit and Vegetable Prescriptions are an emerging model for improving nutrition and increasing consumption of healthy foods among patients. With support from the FINI grant, a growing network of health care providers, community healthy workers, and community nutritionists are able to “prescribe” fruits and vegetables to SNAP participants. The prescription is a printed voucher that patients use like cash to buy fruits and vegetables at participating farmers markets and grocery stores in Washington. In many program sites, participants also receive nutrition education and social support through group classes that teach healthy cooking methods.

July 2016 – June 2017 Outcomes

First Year of Program Implementation

<table>
<thead>
<tr>
<th>68</th>
<th>103</th>
<th>34</th>
<th>$97,110</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of clinics and community sites that prescribed Fruit and Vegetable Rx.</td>
<td>Number of grocery stores that redeemed Fruit and Vegetable Rx.</td>
<td>Number of farmers markets that redeemed Fruit and Vegetable Rx.</td>
<td>Amount in FINI-funded Fruit and Vegetable Rx redeemed. $37,480 at participating farmers markets and $59,630 at participating grocery stores.</td>
</tr>
</tbody>
</table>

For more information, contact FINI@doh.wa.gov or visit www.doh.wa.gov/FINI.
WASHINGTON STATE’S Food Insecurity Nutrition Incentive (FINI) Grant

Locations of Washington State’s Fruit and Vegetable Prescription Program FINI Strategy

Participating Health Systems and Providers
- Grant County Health District
- Harborview Medical Center
- Kaiser Permanente
- MultiCare Health System’s Center for Healthy Living & Health Equity
- Neighborcare Health
- Public Health Seattle King County
- Seattle Children’s Odessa Brown Children’s Clinic
- Spokane Regional Health District
- UnitedHealthcare Community Plan
- Virginia Mason Memorial Hospital
- Yakima Neighborhood Health Services

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2015-70018-23357. 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).