Participant Voices from Michigan's Produce Prescription Programs

MICHIGAN PRODUCE PRESCRIPTION COALITIONS

At their core, Produce Prescription (PPR) programs are built for the community, by the community. To succeed, these programs traditionally require a collective of community partners whom are guided by an aligned value of supporting a healthier community by increasing access to fruit and vegetables. To highlight the impact of Produce Prescriptions, below are participant testimonies pulled from Produce Prescription programs across the state of Michigan.

> One thing I value in this program is that it **caters to the 'little guys' by providing the underprivileged with options** they would not usually consider while supporting the local growers, which is especially important up here in the Upper Peninsula.
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> I have participated in the program for 2 years now and I believe having consistent access to healthy, local foods has **encouraged me to continue healthier behaviors outside of just produce consumption** and as a result, my health numbers have gradually increased. I have also truly enjoyed the new experiences of different seasonal foods, testing recipes from the nutrition education classes, and visiting my local farmers markets.

Participant from The Upper Peninsula Food As Medicine Produce Prescription Program

> Participating in this program has **made grocery shopping an empowering experience.** Having access to choice in the grocery store is incredibly important to a person or family's wellbeing and I have seen that within my own family. The program's vouchers, which are conveniently shipped to my door, have provided building blocks of support for **myself and my family's mental and physical health.**
>
> I now feel confident in the **nourishing, nutrient-dense, and local produce** we are regularly consuming.

Participant from the Prescription For A Healthy Oakland Produce Prescription Program

I love the Washtenaw County Prescription for Health program! I get to buy locally grown fresh fruits, vegetables, and produce producing plants. And this **supports local farmers**, so I feel *very* good about that! I've participated in the program since 2008 and it's simply fabulous.

Due to the program, I've tried **produce that I'd never had before**. (I really enjoy trying anything new.) I'm low-income and disabled, so this program is **a great supplement to my food budget**. I only wish that it was a year-long option. Also, the staff members with the program are top-notch and are always a joy to interact with.

Participant from the Washtenaw County Health Department Prescription for Health Program

I am so thankful for what the program has afforded to me as a widow and senior citizen. The ability to get fresh produce from a farmers market is so appreciated. The instructions from the meetings on nutrition and uses (recipes) are so **helpful in preparing daily meals.**

It is getting so expensive to buy fresh fruits and vegetables from the grocery stores and **I probably wouldn't get half the veggies that I am able to get** from the farmers markets because of the Produce Prescription program.

Participant from the Live Well Gratiot Prescription for Health Program

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The Michigan Produce Prescription Coalitions include a statewide Steering Committee, Statewide Learning Network, and Participant Advisory Council. Together, they advance local Michigan Produce Prescription programs to address the critical link between nutrition access and health.

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