

Produce Prescription (PRx)

FRUITS AND VEGETABLES—OFTEN FRESH, BUT SOMETIMES FROZEN OR CANNED
with little added salt, sugar, or fat—for individuals with specific nutritional or social needs

WHO: Eligibility

- Patients with stable diabetes, low to moderate social risk, and medical complexity that would benefit from increased produce consumption
- Patients stepping down from MTG or MTM when diabetes control and social risk factors improve (e.g. food or nutrition insecurity, limitations in activities of daily living)

WHY: Goals

- Maintain or improve diabetes control by increasing consumption of fruits and vegetables
- Encourage healthy dietary habits for patients with lower medical complexity who can access food retailers (e.g. online, farmers markets, brick and mortar locations) and prepare meals using fruits and vegetables at home

WHAT: Components

- Health system establishes partnerships with vendors, retailers, or community-supported agriculture (CSA) programs
- Patient receives referral to PRx program, which supports increased access to fresh, frozen, jarred, or canned fruits and vegetables
- Clinical team offers complementary support (e.g., nutrition education or counseling, referrals to food assistance programs)
- Clinical team reassesses patient status every 3-6 months to determine continuation, step-up support plan to MTG if diabetes or food insecurity worsens, or step-down support plan to nutrition education alone if social risk factors improve

HOW: Design

Dose:
\$50–150/month

Duration: 3-6 months with reassessment as needed

Distribution: Voucher, credit, or electronic debit card to purchase produce at participating vendors (online or in person); food box picked up at a clinic or central site or delivered to patients' home

For more information on designing, implementing, and operationalizing FIM programs in your organization, visit [FIMTOOLKIT.ORG](https://www.fimtoolkit.org)