

FOOD *as* MEDICINE

Prescription for Health

HELLO AND WELCOME TO PRESCRIPTION FOR HEALTH!

This program will help you be able to purchase more fruits and vegetables from local farmers. It supports your health and our local farming economy. Read on to learn more-

How much are the vouchers worth?

Each voucher is worth \$1 and you will receive a total of \$15 per week. There will also be opportunities to earn more vouchers by attending educational events sponsored by the Prescription for Health team. Visit www.upcap.org or Dial 2-1-1 for a list of events.

How will I receive the vouchers?

Once you are enrolled in the program you will be mailed the vouchers monthly. If you do not receive your vouchers by the 15th of the month, please call 211.

How do I spend the vouchers?

Vouchers can be spent at any of the participating farmers markets listed below.

BAY MILLS/BRIMLEY FARMERS MARKET 🍃

DEPOT PARK FARMERS & ARTISANS MARKET IN IRONWOOD 🍃

DOWNTOWN MARQUETTE FARMERS MARKET 🍃

GLADSTONE FARMERS MARKET

HANCOCK TORI & FARMERS MARKET 🍃

HOUGHTON FARMERS MARKET 🍃

MAIN STREET CALUMET FARMERS MARKET 🍃

MUNISING FARMERS MARKET 🍃

NEWBERRY FARMERS MARKET

SAULT STE. MARIE FARMERS MARKET 🍃

Markets marked with a 🍃 accept some combination of food assistance programs, which may or may not include EBT/Bridge Cards, WIC or Senior Fresh, or other local programming.

What if my purchase is not for an exact dollar amount?

Farmers cannot make change for Prescription for Health vouchers. We have asked farmers to round down to the nearest dollar to support the program or add a small item to increase the value to the next dollar, but whether to round up or down is at the discretion of the farmer.

Do the vouchers expire?

Vouchers will expire by October 31, 2022. You may spend vouchers each time you visit the market, they do not expire month to month within the market season. You may spend more one month and less in another, as long as you use them before October 31, 2022. All vouchers will be mailed before the close of the market season.

Some farmers markets close in September. If your market closes before you spend all your vouchers, they can be used at another participating market until October 31, 2022.

What may I purchase with my vouchers?

You are able to purchase fresh fruits and vegetables with your vouchers. Eggs, meat, honey, bread, plant starts, and prepared foods are not eligible under this program.

What if I enroll late in the market season?

People enrolled March 2022 through August 30, 2022, receive vouchers that may be spent until October 31, 2022. Even if you enroll late, you will still receive the full number of vouchers promised in the program. Information about purchasing produce that could be stored for later eating, such as squash, potatoes, or carrots, will be provided to all program participants.

If you enroll after September 1, 2022, you will not receive vouchers until the following spring. You may still earn additional vouchers by attending educational programs over the winter, but no vouchers will be mailed until some of the markets are open and ready to accept them.

What if I don't know how to prepare the food at the farmers market?

There may be foods that are unfamiliar to you at the farmers market. Recipe ideas may be shared with your mailed vouchers and classes and food demonstrations will be available throughout this program. Don't be afraid to ask the farmer how they prepare the food – if they grow it, they probably eat it too! Don't forget- Google is always very helpful to learn how to prepare new items.