

DHD#10 AND MERCY HEALTH URGE RESIDENTS OF OCEANA COUNTY TO PARTICIPATE IN THE PRESCRIPTION FOR HEALTH PROGRAM

February 16, 2022- District Health Department #10 (DHD#10) and Mercy Health are starting the New Year off on an exciting note: announcing that the Prescription for Health Program is now available in Oceana County!

Prescription for Health is a program that aims to increase fruit and vegetable consumption and support healthy lifestyle behavior change among people who are at an increased risk for chronic disease.

The goals of Prescription for Health are to:

1. Foster healthy behavior change in program participants by offering several opportunities for nutrition and physical activity education
2. Create strong partnerships between community health partners, health systems, and local businesses that increase awareness of the local food system, promote utilization of community resources, and support participant health improvement
3. Support development of the local food system and economy

In Oceana County, residents self-register into the program and participate by attending nutrition or physical activity education sessions provided by a Prescription for Health community health partner. English and select Spanish education sessions are available for participants to choose from.

“Once a participant has completed an education session, they will receive program vouchers worth \$20 to purchase fresh, frozen, or canned fruits and vegetables at Hansen Foods in Hart,” said Catalina Burillo, Oceana County Prescription for Health Coordinator. “Participants can join as many classes as they like and can earn up to \$120 in vouchers.”

If interested in the Prescription for Health program, individuals must enroll using the referral form. The English referral form is available at: <https://tinyurl.com/f5kw4d43> and the Spanish referral form at: <https://tinyurl.com/2wbcpwpu>.

For specific questions about the program, please contact Catalina Burillo at 231-672-3365 or Catalina.Burillo@mercyhealth.com.

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Prescription for Health Social Media Ads Below



MEDIA CONTACT

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COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



www.facebook.com/DHD10

Do you need help eating more fruits and vegetables?

TRY THE PRESCRIPTION FOR HEALTH PROGRAM!

Receive a voucher worth \$20 to purchase fresh, frozen or canned fruits and vegetables for each nutrition education session attended.

For more information, contact Catalina Burillo 231.672.3365 or Catalina.Burillo@mercyhealth.com

How does the program work?

- You must attend a nutrition education session
- You will get a voucher worth \$20 for each session you attend
- You buy fruits and vegetables with the voucher(s) you get from the education sessions

How do the vouchers work?

- Vouchers come in \$5 amounts
- You can only use them at participating locations (Hansen Foods)
- You have to spend all \$5 at one time - you will not get cash back
- You can only buy fruits and vegetables (fresh, frozen, or canned)
- You have to use all of your vouchers before 09/30/22

Where can I use the vouchers?

Hansen Foods
3750 W Polk Rd, Hart, MI 49420
Mon-Sat 8am-8pm, Sun 8am-7pm

How do I register and receive vouchers?

- Complete the referral form at tinyurl.com/f5kw4d43 or scan the QR code.
- The referral form will be sent to the Prescription for Health Coordinator who will contact you about upcoming nutrition education sessions
- Attend one (or more) education sessions

Prescription for Health Social Media Ad in English

¿Quiere comer más frutas y verduras?

PRUEBE EL PROGRAMA DE RECETA PARA LA SALUD

Reciba un cupón de \$20 para la compra de frutas y verduras (frescas, congeladas o enlatadas) por su participación en cada clase de nutrición.

Para más información comuníquese con Catalina Burillo 231.672.3365 o catalina.burillo@mercyhealth.com

¿Cómo funciona el programa?

- Debe participar por los menos en una sesión de nutrición educativa
- Recibirá un cupón de \$20 por cada sesión asistida
- Se compran frutas y verduras con los cupones de estas sesiones

¿Cómo puedo usar los cupones?

- Vienen en cantidades de \$5
- Sólo se pueden usar en Hansen Foods
- Tiene que gastar los \$5 por completo. No se le devuelve el cambio
- Sólo se puede comprar frutas y verduras (frescas, congeladas o enlatadas)
- Los cupones se vencen el 30/09/2022

¿Dónde puede usar los cupones?

Hansen Foods
3750 W. Polk Rd. Hart, MI 49420
lunes a sábado 8am-8pm, domingo 8am-7pm

¿Cómo puedo registrarme y recibir cupones?

- Completa y firme el formulario en la página: <https://tinyurl.com/2wbcpwpu> o escanee el código QR
- Luego, el coordinador de Receta para la Salud se comunicará con usted sobre las próximas sesiones de educación nutricional
- Asista a una (o más) sesiones educativas

Prescription for Health Social Media Ad in Spanish