

RxCSA

Rx Community Supported Agriculture
Funded by Northwest Area Foundation
in Partnership with Sprout MN
R5DC & Happy Dancing Turtle

PROGRAM

The Rx CSA program expands the successful collaborations with community healthcare systems to augment traditional therapies with food as medicine. Participants must be willing to participate in pre-program and post-program surveys.



HEALTHY FOODS

20 Participants will receive a Community Supported Agriculture (CSA) food package twice per month, for one year at no cost.

KITCHEN CONFIDENCE

Recipes, cooking demonstrations and classes will be offered monthly by local food experts, chefs and nutrition educators.

FOOD AS MEDICINE

The goal of the RxCSA is to equip participants to make decisions that empower health, community and sense of self. This program allows for deeper integration into systems that provide an opportunity to keep residents engaged, build self-skills, provide a sense of achievement and accomplishment, leadership skill building, and strengthens community engagement. If you are interested in participating, contact Arlene Jones by phone at 612-695-2721.

