

FARMACY BITES

This "Prescription CSA" or "Food is Medicine" program addresses three major challenges in Addison County: diet-related illness, food insecurity and local farm viability. These produce prescriptions are written by health care providers and provide free CSA shares supplied by local farmers.

In 2022, ACORN served 85 families, distributed 1,190 farm shares with 11,500 pounds of locally purchased food, accounting for \$34,170 in direct support of four Organic farms.



Hear from our participants...

"Prior to the Farmacy program, I was eating within my comfort zone... Farmacy really forced me out of that comfort zone by giving me these fruits and vegetables. Literally putting them on my plate and being like, here, do something with them...so it's developed my ability to cook and prepare foods in a way that I wasn't doing before."

"You know that old saying you are what you eat? It's true. I'm 63 years old and I can keep up with my 16-month-old great-grandson. Farmacy has really contributed... it has helped me to feel like we can still stay strong and healthy. I have told many of my friends about it and they have gotten on the program, too, and it's changed their lives. It's the most beautiful thing ever. Really."

70% of participants chose to return to the program from 2021 to 2022

80% of interviewed participants reported trying a new food or recipe

86% of participants self-reported equal or greater health following the program