

## Subject: Month 1, Welcome!!

Hello and Welcome to the Griffin Hospital Produce Prescription Program!

As you know you are enrolled in this program because you have either diabetes or pre-diabetes, are a beneficiary of Medicaid or the SNAP program and a patient of Griffin Faculty Practices or Griffin Hospital. Over the course of the next 6 months, you and your family will have access to at least \$40 a month to purchase produce (fresh fruits and vegetables) in addition to all the other things your family or household typically purchases. It is our hope that these monthly emails will be a chance for you to have access to some additional resources and to learn about healthy eating and other strategies to improve your health and wellbeing.

Each month, we will send you a summary of the classes being offered for nutrition education or diabetes management either through the hospital or in the Valley. We will also send you online resources like recipes for preparing health meals, particularly those that emphasize fruits and vegetables and quick videos, websites, pages or social media content to help you lead a healthy life! We hope you find these resources helpful and remember, you can always reach out to our study team for help and support if you need it!

Hopefully you have already received the welcome packet and recipe book but that information is also available right here if you would like to follow any of the weblinks with a simple click.

[LINK](#)

We also are including this how to use your gift card support resource here: [LINK](#)

Let's get started!

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### *Classes available this month*

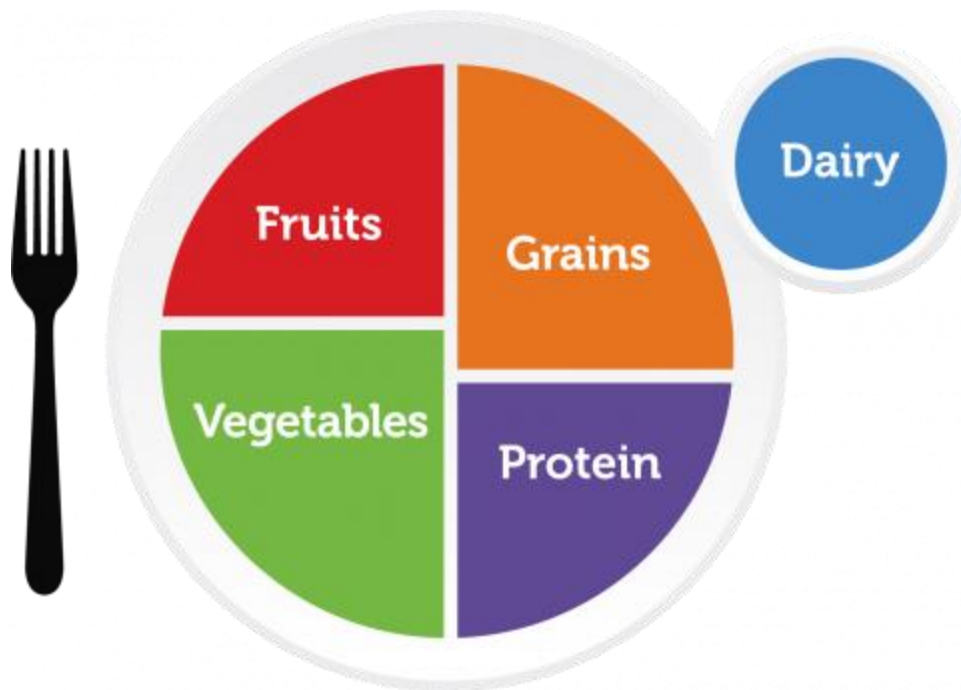
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EFNEP @

Classes with Griffin Population Health

Local Health Department

Want to work 1 on 1 with a health coach? Please ask for a referral and we will set you up!



My plate is the basis of all the nutrition education that we will offer throughout this program. It is a general framework for healthy eating rooted in balancing the food groups and focusing on the foods that promote health and well-being and limiting the foods and ingredients that are associated with diseases. This is a general guide that works well for most people.

*Start Simple with MyPlate*

**The benefits of healthy eating add up over time, bite by bite. Small changes matter. *Start Simple with MyPlate.***

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

Here's some resources to get started!

Quick Videos:

[\(174\) MyPlate, MyWins: What's Your Healthy Eating Style? - YouTube](#)

[\(174\) MyPlate, MyWins: Real Solutions from Real Families - YouTube](#)

<https://cookingmatters.org/tips/#nutrition-basics>

Learn more here: <https://www.myplate.gov/eat-healthy/what-is-myplate>

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*Learn more about this week's focus, MyPlate*

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My Plate Shop Simple with MyPlate App

[https://www.myplate.gov/app/shopsimple?utm\\_source=shop-simple&utm\\_medium=redirect&utm\\_campaign=desktop-redirect](https://www.myplate.gov/app/shopsimple?utm_source=shop-simple&utm_medium=redirect&utm_campaign=desktop-redirect)

Start Simple with MyPlate App

[https://www.myplate.gov/app/shopsimple?utm\\_source=shop-simple&utm\\_medium=redirect&utm\\_campaign=desktop-redirect](https://www.myplate.gov/app/shopsimple?utm_source=shop-simple&utm_medium=redirect&utm_campaign=desktop-redirect)

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*To find more recipes try this!*

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Each and every month we will share with you more resources to help you find new and exciting ways to eat healthy and enjoy that abundance of produce. For us to include recipes in our monthly shares they need to meet certain criteria. They should focus on foods that promote health and wellbeing, like fruits and vegetables and limit ingredients that are less healthful like sodium, saturated fat and sugar.

This month we encourage you to give this recipe search engine a try! It's brought to us by the US Department of Agriculture. We like this resource because you can search by key term to find a recipe focusing on a food you are looking to prepare, or by mealtime. <https://www.myplate.gov/myplate-kitchen/recipes?f%5B0%5D=program%3A128>

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*Other resources you might like- this week... shopping on a budget*

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<https://cookingmatters.org/tips/#budget-hacks>

<https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/eat-right-when-moneys-tight#:~:text=Eat%20Right%20When%20Money%27s%20Tight%20SNAP-Ed%20programs%20help,can%20put%20more%20healthy%20foods%20on%20the%20table.>