



To help show our commitment to improving the overall health and quality of life of our communities, Lakewood Health System, in collaboration with Sprout food hub, Todd County Health & Human Services, the University of Minnesota Extension, Central Lakes College and Region Five Development Commission, is again participating in Choose Health. The Choose Health program has provided families with a free community-supported agriculture (CSA) share, education, recipes and support. A CSA share is a bag of locally sourced produce, mostly fruits and vegetables, provided by Sprout. Since its development, the Choose Health program has been very successful, and has received both state and national awards.

In 2016, this program will be opened up to 100 families in the community, targeting those within the area who are food insecure in an effort to address both food insecurity and develop healthy behaviors. The following screening questions are used to qualify for this program:

If participants answer 'yes' to one or both of the following statements, *and they are currently pregnant and/or have at least one child under the age of 18 in their household*, they are eligible to participate.

- Within the past 12 months we worried whether our food would run out before we got money to buy more.
- Within the past 12 months the food we bought just didn't last and we didn't have money to get more.

Choose Health is intended to not only introduce and provide healthy food choices, but also to encourage long-term behavior change. Therefore, all participants will be asked to commit to three years of involvement in the program. Expectations of participants include, but are not limited to, attending educational sessions, picking up a CSA share every other week, and completion of ongoing surveys and biometric data collection.

During the 2016 growing season (June – October) families will pick up eight bags of locally grown produce, valued at \$300, at no cost to them.

If you know of anyone who would benefit from the Choose Health program, please have them contact our Project Coordinator at 218-296-2585 or choosehealth@lakewoodhealthsystem.com

Please note that spots will be filled on a first-come, first-served basis.

In health,

The Choose Health Team



Food Hub

