

Farm Stands: Providing Access to Affordable Fruits and Vegetables

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HEALTH AND WELLNESS CENTER

AT JUANITA J. CRAFT RECREATION CENTER

DALLAS

Need for Food Access Programs

- Poor food access is a contributor to health disparities, disproportionately high rates of disease, and other health problems for low-income communities.
- Food access includes whether households can afford to purchase food.
- Improved food access has been shown to give rise to healthier eating behaviors.

Farm Stands Provide Access

- Provides high quality, affordable fruits and vegetables to 7 communities located in food deserts.



- Most produce items have a \$1.00 price point.
- All forms of payment accepted, including SNAP benefits.



Farm Stand Implementation



- Consistently present
- Affordable price point
- Conveniently located in the community


STUFFED BELL PEPPERS
Prep time: 30 minutes Cooking time: 30 minutes

Nutrition Facts
Serving Size: 1 stuffed pepper
Servings Per Recipe: 4

Amounts Per Serving:
Calories: 372 Total Carbohydrate: 46g
Fat: 10g Dietary Fiber: 1.3g
Sodium: 114mg

Ingredients
4 green peppers (large, washed) ½ cup onion (peeled and chopped)
1 pound extra lean turkey, ground 1½ cup tomato sauce, no added salt
1 cup rice, uncooked black pepper to taste

Directions
1. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
2. Wash and then cook green peppers in boiling water for five minutes. Drain well.
3. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 mins at 350 degrees.



- Education and health coaching with CHWs
- Exposure to a variety of seasonal produce items
- Relevant support for setting and achieving health goals

Farm Stand Impact

Outputs- 2016 (4 sites)	Q1	Q2	Q3	Q4
Total # of Customers	1,641	1272	1813	1635
Average # of weekly customers	154	160	193	146
Average cost of produce- weekly	\$1,273.94	\$1,364.31	\$1,354.00	\$ 1,101.31
Average revenue from sales- weekly	\$1,077.86	\$1,061.76	\$1,199.00	\$ 947.5
% of Revenue generated from SNAP benefit use	<1%	<1%	<1%	<1%

Summary of Impact- 2016 (4 sites)

- Access point for affordable, high quality, fresh produce (*Expanded to 7 locations*)
- Readiness to consume more fresh produce (*55% reported they are trying to eat more fruits and vegetables*)
- Increase in knowledge and skill associated with preparing produce in a more healthy manner (*98% reported learning a new technique or skill for preparing/ cooking in a more healthy manner*)

Produce Prescriptions @ the BSW HWC Farm Stand



Voucher Number: _____

Produce Prescription Initiative Voucher

Baylor Scott and White Health and Wellness Center (BSWHWC) Family Health Clinic
 Parkland Hatcher Station Health Center

Name: _____ Phone Number: _____

Clinic Contact: _____ Issue Date: _____

- Bring this voucher to the **BSWHWC Farm Stand at Juanita J. Craft Recreation Center**
- Enroll in the Produce Prescription Initiative on **Fridays** between 10:00 am and 5:00 pm
- Redeem this voucher for up to \$20.00 of produce per visit
- Visit one time per week — 4 visits total

BSWHWC Farm Stand at Juanita J. Craft Recreation Center | 4500 Spring Ave. | Dallas, TX 75210

There is no cash value to this voucher and it may not be exchanged for cash.

Providing access to support the establishment of a healthy lifestyle behavior

Produce Prescription Initiative — Goals

Name: _____ Voucher #: _____

- Goal:
- | | | |
|---|--|--|
| <input type="checkbox"/> Eat fruits and vegetables | <input type="checkbox"/> Lose weight | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> Eat healthy | <input type="checkbox"/> Healthy cooking | <input type="checkbox"/> Prevent a chronic condition |
| <input type="checkbox"/> Manage a chronic condition | <input type="checkbox"/> Other: _____ | |

	2	3	4
This week I will...			
How did I do... Poor • OK • Great			
CHW Name			
Date			

CHWs provide health coaching and collaborate with participants to set goals to support the sustainability of the healthy lifestyle behaviors