

The Wholesome Rx Program supports you and your family by providing prescriptions to get free fruits and vegetables.



Shop with
your vouchers
at these
locations

FARM SHARES

- A weekly produce subscription services (veggie box) are available from VINES and East Brook Community Farm.
- Pay with your vouchers and pick-up your vegetables at the location most convenient for you (more details in your “Shopping Guide”).

FARMERS MARKETS & GROCERIES

- Spend vouchers at participating markets
 - Broome Regional Farmers’ Market
 - Vestal Farmers’ Market
 - Walton Farmers’ Market
 - Owego Farmers’ Market
 - Russell Farms Market
 - Downtown Binghamton Courtyard Market
 - Big M—Walton
 - John’s Fine Foods—Owego
 - Stoughton Farm Store
 - Old Barn Market
 - Russell Farms Store
 - Lone Maple Farm—Farm Store
- For times and addresses check your “Shopping Guide” or visit foodandhealthnetwork.org

Questions? Contact:

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Photo: Mpu Dhanani

PATIENT ENROLLMENT GUIDE

RURAL HEALTH
NETWORK
Serving South Central New York

How does it work?



On a visit:
Setting healthy eating goals

Photo: Mpu Diniani

What will I do in the program?

- You will attend 3 Wholesome Rx visits to talk about nutrition and set healthy eating goals.
- You will receive vouchers to get free fresh fruits and vegetables.
- You will use those vouchers at participating locations to buy fresh fruits and vegetables.

What is a visit like?

- You will talk about your health and set healthy eating goals.
- You will answer questions about your eating habits.
- You will receive your free fruit and vegetable vouchers at each visit.

Are the fruits and vegetables really free?

- Yes, the fruits and vegetables are really free, up to the value of your vouchers.
- Use your own money for any balance owed.
- No change is made on voucher purchases.

How do I use the vouchers?

- Bring your vouchers to participating markets, farmstands and grocery stores or subscribe to a weekly produce box with pickup locations across Broome County.
- Shop for or pickup your fresh fruits and vegetables.
- Pay with your Wholesome Rx vouchers. Repeat!

Is this a government program?

- No, Wholesome Rx is NOT a government program. Participation will not impact any federal or state benefits or insurance coverage you receive.

