Upper Peninsula

FOOD as MEDICINE

Prescription for Health

MARKET MANAGER & FARMER FAQ

WHAT IS PRESCRIPTION FOR HEALTH?

Prescription for Health is a nutrition intervention utilizing referrals from participating health practitioners in the Upper Peninsula. Individuals who are at risk for or diagnosed with a chronic health condition and face economic barriers to food access may enroll into the program which provides monthly vouchers to spend on fresh produce at a participating area farmers market. Participants are also given access to free educational programming about food and cooking that can help them earn additional vouchers.

How much are the vouchers worth?
Each voucher is worth $5. Participants will receive $15 per week. The total amount of vouchers for the month are mailed directly to participants no later than the 15th. There will also be opportunities for participants to earn more vouchers by attending educational events sponsored by the Prescription for Health team. Visit **www.upcap.org** or dial 2-1-1 for a list of events.

What can be purchased with the vouchers?
Only fresh fruit, vegetables, herbs, and mushrooms may be purchased in this program. Eggs, meat, honey, bread, plant starts, and prepared foods are not eligible under this program.

Can farms accept vouchers at their farm or as part of their CSA payments?
Unless a CSA program is already administered in conjunction with your market, this is not an option at this time. It could possibly be an option in the future.

Who can accept vouchers?
Where can they be spent?
Any farmer at participating markets may accept the vouchers. All produce must be grown by that farmer, resellers are not allowed to accept the vouchers. The vouchers are not individualized for each market, a participant could spend the vouchers at any of the participating markets. For a complete list of the markets currently participating in the program, please scan the QR code below.

SCAN THIS QR CODE TO LEARN MORE
OR VISIT UPCAP.ORG/PROGRAM/FOOD-AS-MEDICINE

More on the back

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What if their purchase is not for an exact dollar amount?
Farmers cannot make change for Prescription for Health vouchers. Since this is a program meant to alleviate food insecurity, it would be helpful if farmers would round down to $5 or add a small item to increase the value up to $5. In the end though, this is at the discretion of the farmer.

Do the vouchers expire?
Vouchers will expire by September 30, 2026. Participants may spend vouchers in varying amounts throughout the season, they do not expire month to month within the market season.

While enrollment in the program will mostly be in the spring and markets close at varying times, all remaining vouchers each participant was due will be mailed in bulk at the end of August. This ensures that latecomers to the program are able to spend all their dollars before their local market closes.

Participants do have the option to spend their vouchers at any farmers market until September 30, 2026

How does the farmer receive payment?
Farmers must be sure to sign their name or write their assigned farmer number on each voucher they receive, then turn in their vouchers to their market manager. Market Manager will distribute the Prescription for Health Reimbursement with all the other funds accepted at the market. Please be sure to turn in all your vouchers by the last day of your participating market. Should you find vouchers after your last market is over, please contact Tammy at 906-217-3021.

What does the market manager have to do?

- Market managers will accept the vouchers from farmers and record the number of vouchers turned in by each farm.
- Market managers submit the total amount needed for paying all their farmers to UPCAP via a reimbursement form. All vouchers received should be mailed with the form.
- Market Managers reimburse farmers for the amount of vouchers they turned in.
- Market Managers should also do their best to ensure that all rules of the program are being followed by farmers at their market. If the market manager has the capacity to check in with farms to ensure they have signed all the vouchers when they are turned in, it is appreciated.
- Market Managers must return all vouchers from their market monthly, with final vouchers sent no later than October 14, 2026.

What assistance does the FAM team offer to market managers?
Market managers that do not currently have a food assistance programs or lack the necessary receipt book to administer the program will receive the necessary materials and training.

The FAM team will work with clinics and health providers in your area to encourage referrals to the program. Your market will be advertised as a participant to help drive traffic to your market.

Marketing materials and signs denoting which vendors can accept Prescription for Health vouchers will be mailed to you to help promote your market and the program.

All market managers can either be reimbursed for envelopes and the mailing cost of the vouchers or receive envelopes ahead of time. These can be sent every two weeks to minimize the time farmers must wait for payment, if that is helpful.

Information collected for this project includes program eligibility, demographic and contact information, voucher use and, if available, may include HbA1C, blood pressure and BMI health information. All data collected is for program use only and will be handled using appropriate confidentiality and Health Insurance Portability and Accountability Act (HIPAA) guidelines. All participants will complete surveys to help assess the impact of the program. No individuals will be identified in reports.