Upper Peninsula

# FOOD as MEDICINE

Prescription for Health

## HELLO AND WELCOME TO PRESCRIPTION FOR HEALTH!

*This program will help you be able to purchase more fruits and vegetables from local farmers. It supports your health and our local farming economy. Read on to learn more-*

**How much are the vouchers worth?**
Each voucher is worth $5 and you will receive a total of $15 per week. There will also be opportunities to earn more vouchers by attending educational events sponsored by the Prescription for Health team. Visit **upcap.org/program/food-as-medicine** or dial 2-1-1 for a list of events.

**How will I receive the vouchers?**
Once you are enrolled in the program you will be mailed the vouchers monthly. If you do not receive your vouchers by the 15th of the month, please call 211.

**How do I spend the vouchers?**
Vouchers can be spent at any participating farmers markets, there are locations across the UP. Scan the QR code below for a list of participating markets.

**What if my purchase is not for an exact dollar amount?**
Farmers cannot make change for Prescription for Health vouchers. We have asked farmers to round down to or add a small item to increase the value to $5, but whether to round up or down is at the discretion of the farmer.

**Do the vouchers expire?**
Vouchers will expire by September 30, 2026 You may spend vouchers each time you visit the market, they do not expire month to month within the market season. You may spend more one month and less in another, as long as you use them before September 30, 2026. All vouchers will be mailed before the close of the market season.

Farmer market seasons can vary. If your market closes before you spend all your vouchers, they can be used at another participating market until September 30, 2026.

**What may I purchase with my vouchers?**
You are able to purchase fresh fruits, vegetables, herbs, and mushrooms with your vouchers. Eggs, meat, honey, bread, plant starts, and prepared foods are not eligible under this program.

VISIT **UPCAP.ORG/PROGRAM/FOOD-AS-MEDICINE** • CALL **211** • SCAN THIS **QR CODE**

*More on the back*

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**What if I enroll late in the market season?**
People enrolled through July 31, 2026 receive vouchers that may be spent until September 30, 2026. Even if you enroll late, you will still receive the full number of vouchers promised in the program. Information about purchasing produce that could stored for later eating, such as squash, potatoes, or carrots, will be provided to all program participants.

If you enroll after August 1, 2026, you will not receive vouchers until the following spring. You may still earn additional vouchers by attending educational programs over the winter, but no vouchers will be mailed until some of the markets are open and ready to accept them.

**What if I don't know how to prepare the food at the farmers market?**
There may be foods that are unfamiliar to you at the farmers market. Recipe ideas may be shared with your mailed vouchers and classes and food demonstrations will be available throughout this program. Don't be afraid to ask the farmer how they prepare the food – if they grow it, they probably eat it too! Don't forget- Google is always very helpful to learn how to prepare new items.

**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.