



**PRESCRIPTION**  
*for a* **HEALTHY**  
**OAKLAND**

## Need help getting fruits and vegetables? **Prescription for a Healthy Oakland can help!**

A **FREE** program for persons  
(18+ years old) with low income  
and limited access to fresh produce.

*Our vision is to empower residents in Oakland  
County to achieve healthy lifestyles through  
community engagement.*





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## **Prescription for a Healthy Oakland**

Clients participate in online health education sessions and are provided with physical activity resources and vouchers that can be used in local stores to purchase produce (restrictions apply). Clients will receive \$40 in produce vouchers per month for up to six months!

## **Sign up and get more information**

**Visit:** [RxforHealthyOakland.org](http://RxforHealthyOakland.org)

**Call:** 248.266.2824

**Email:** [rxforhealthpontiac@gmail.com](mailto:rxforhealthpontiac@gmail.com)

## **Research Study Opportunity**

Individuals can choose to participate in a six-month optional research study lead by Oakland County Health Division and Oakland University funded through USDA GusNIP. Participants will receive produce vouchers to understand how this impacts food security, dietary intake, chronic disease, and other social determinants of health. Participants must be 18+ years old, currently receiving, or eligible for SNAP benefits or Medicaid. Participants must reside in Oakland County, MI; be able to access the internet, and shop at a participating vendor location. Participants will complete a pre-program and post-program survey (10-15 minutes each) and will receive two small non-monetary incentives for completing the research. Research surveys offered in English and Spanish.