

## Fighting Food Insecurity – Free Produce & Better Health for Older Hoosiers

The **Produce for Better Health Program** was created to evaluate what effect Food as Medicine has on program participants who are enrolled in Congregate or Home-Delivered meals, by providing fresh fruits and vegetables and studying the impact it has on their blood pressure, weight, and other health outcomes. This session will cover the steps Indiana Association of Area Agencies on Aging (IAAAA) and its Partners took to acquire funding, design, and implement the program. Discussions will include the following.

1. Program History and Partners
2. Partner Roles
3. Eligibility, Products, Delivery/Distribution
4. Case studies – Differences Between Agencies
5. Barriers and Lessons Learned
6. Outcomes to Date
7. Success Stories

