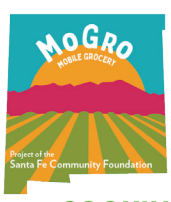




Northern Roots

Where Families Eat, Learn and Grow



Northern Roots is a comprehensive produce prescription program that offers families healthy food resources in Northern New Mexico. Program Location: Santa Fe Medical Center and Presbyterian Española Hospital.

Program Components
Providers refer families to the program who can benefit from healthy eating resources in their community!



16-week **produce prescription of local fruits, vegetables and pantry items.** Patients pick up the food at a hospital food site.



A variety of **hands-on nutrition education** is offered, which includes food demonstrations at the food pick-up site and farmers' markets, cooking classes, and educational materials/recipes.



Patients receive tailored **support from a Community Health Worker.** The CHW provides connections to community resources and programs.



Farmers' Markets
WIC
SNAP
Grocery Stores
Food Banks

Community Partnerships are a key component by connecting patients and community members to available food and health programs in the community.

Impact – March 2021-March 2022



In the first year, Northern Roots enrolled **163** families and distributed over **1,230** produce bags.



94% of participants said the program increased their ability to provide healthy food to all members of their family.

100% of participants were extremely satisfied with the Northern Roots Program.



Over **\$70,000** invested in local food purchasing and infrastructure.

"The Northern Roots Program is a great opportunity for our pediatric patients and their families to try and prepare new fruits and vegetables together. In my practice, the families that are most successful in adopting healthier diets and increasing physical activity are the ones that do it together as a team."
—Sarah Mele, Pediatric Nurse Practitioner, Santa Fe Medical Center

"We loved all the fruits and vegetables. (The program) exposed my daughter to healthier foods. We took some of the seeds from the fruits and veggies and are starting a garden."
—Northern Roots Participant