



Produce Rx Program Manual

A partnership of Adelante Mujeres & Virginia Garcia



Virginia Garcia Memorial
HEALTH CENTER

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About Adelante Mujeres

History & Values

Adelante Mujeres educates and empowers Latina women and their families through holistic programs that ensure their full participation and active leadership in the community.



Sister Barbara Raymond (left) and Bridget Cooke, Co-Founders of Adelante Mujeres

Founded in 2002 by Bridget Cooke and Sister Barbara Raymond, Adelante Mujeres was created to serve an otherwise overlooked population: Latina women. Through their work with the Latinx community in other local organizations, Bridget and Barbara noticed that Latina women did not actively participate in classes or activities, and often remained isolated in their homes. When Adelante Mujeres began to offer programs developed specifically for their needs, these women quickly found their voices.

Adelante Mujeres has been serving western Washington County for over 15 years and has worked with over 10,000 individuals. We strive to continually evolve our education and enterprise opportunities to meet the various needs of low income Latinx families in our community.

As our organization continues to grow, our programs and services have expanded to serve Latinx youth, children, and men as well as women, especially through our microenterprise and agriculture services and the Forest Grove Farmers Market. At Adelante Mujeres, we endeavor to strengthen Latinx families as a whole because we believe a strong community requires the inclusion of everyone.

Our Mission

Adelante Mujeres provides holistic education and empowerment opportunities to low income Latina women and their families to ensure full participation and active leadership in the community.

Our Vision

We envision a community where all families thrive.

Our Values

- Believe in yourself and others and commit to personal growth
- Be in solidarity with the community
- Love and respect the earth

About Virginia Garcia Memorial Health Center

History of Virginia Garcia

In 1975, beautiful six-year old Virginia Garcia and her farmworker parents traveled from their home in Mission, Texas to California and Oregon to work in the fields. Along the way Virginia cut her foot, and by the time they reached Oregon, it had become infected. Due to economic, language and cultural barriers to health care, Virginia died from what should have been an easily treatable wound.

Moved to action by Virginia's unnecessary death, the community quickly rallied together to open the first Virginia Garcia Memorial Health Center in a three-car garage, determined to prevent similar tragedies from occurring.

Today, Virginia Garcia provides healthcare services to more than 45,000 patients a year in Washington and Yamhill Counties at our five primary care clinics and pharmacies, five dental offices, and six school-based health centers. We also provide outreach to schools, community health fairs and to migrant and seasonal farmworkers at local camps and commercial nurseries through our mobile clinic.

Virginia Garcia is a catalyst for change in health care delivery.

The Mission of the Virginia Garcia Memorial Health Center is to provide high quality, comprehensive, and culturally appropriate primary health care to the communities of Washington and Yamhill counties with a special emphasis on migrant and seasonal farmworkers and others with barriers to receiving health care.

Vision

The vision is simple. Virginia Garcia works to ensure that all people in our service area have access to timely, high-quality health services, enabling them to achieve the best possible health outcome.



INTRODUCTION

This manual presents the steps to implement a Produce Prescription Program (aka Produce Rx, PRx, or Veggie Rx) between three types of organizations or programs that we will call "partners": 1) a nutrition education program, 2) a healthcare partner, and 3) a local farmers market. This model is based on a successful program developed by Adelante Mujeres, a Latina women's empowerment organization, and Virginia Garcia, a Federally Qualified Health Center, both based in Washington County, OR. It is important to emphasize that this program succeeded within this context and was created to serve the Latinx population. More specifications of the context of this program will be explored in the Overview of the program in Section 1.

The implementation of similar programs may look different in other parts of the State or the Country and with different populations. However, organizations may find similar opportunities and challenges working with immigrant, minority cultures, or other low-income communities other than the Latinx community and this manual may serve useful in considering community-specific programming. We are continually learning from our participants and although we have had success, the nature of community work is that it should adapt to the needs of the community. Other organizations that are interested in implementing a similar program may seek a consultation or schedule a visit with Adelante Mujeres. This is also our first attempt at documenting the program and we welcome feedback to improve this manual for future versions.

This document has two main purposes:

1. To offer a resource for Adelante Mujeres to train future staff and partners who join the Produce Rx program.
2. To provide general guidance and tips for other organizations that are interested in implementing or improving similar Produce Rx programs.

The manual is divided in three sections:

Section 1 — Partners & Roles

Identifies key roles and functions for each team, describes the planning process of the program, and the implementation steps for the teams.

Section 2 — Toolkit

Provides tools to plan and implement a similar program, such as samples, templates, graphs, and other resources.

Section 3 — Curriculum

Provides a space for class materials such as agendas, handouts and recipes that can be added as the program grows.

We hope this manual supports the success of organizations working to improve the health, quality of life and economy of our communities.

SECTION 1

PARTNERS & ROLES

Introduction

This section identifies key roles and functions for each partner organization. It describes the planning process of the program, and the implementation steps for each of the teams.

Section objectives:

- To set the context in which the program is implemented and has succeeded.
- To identify who are the key partner organizations and teams who will implement the program.
- To define roles and responsibilities of each partner team.
- To describe participant recruitment and enrollment process.
- To explain the redemption process.



Definitions

Nutrition Education:

Any combination of educational strategies, accompanied by environmental supports, designed to facilitate voluntary adoption of food choices and other food- and nutrition-related behaviors conducive to health and well-being. Nutrition education is delivered through multiple venues and involves activities at the individual, community, and policy levels.

Health center:

A center that may carry out promotive, protective, preventive, diagnostic, curative and rehabilitative health care activities for incoming people.

Health care team:

A group comprising a variety of professionals (medical practitioners, nurses, physical and occupational therapists, social workers, pharmacists, spiritual counsellors), as well as family members, who are involved in providing coordinated and comprehensive care.

Health behavior:

Any activity undertaken by an individual, regardless of actual or perceived health status, for promoting, protecting or maintaining health, whether or not such behavior is objectively effective towards that end.

Latinx:

A person of Latin American origin or descent (the –x is used as a gender-neutral or non-binary alternative to Latino or Latina, when speaking of the general Latin American population).

Provider:

A term used by managed care organizations, referring to anyone rendering medical care, including physicians, nurse practitioners, physician assistants, and others.

Patient Care Coordinator:

Patient care coordinators are liaisons between patients and the healthcare system to ensure that patients receive the care they need, understand their medical condition, and instructions, provide referrals for continuing care and locate community resources for patients.

Farmers' Market:

A market at which local farmers sell their agricultural products directly to consumers.



Overview of the program

Why develop a Produce Prescription Program?

In Oregon, Latinx represent 12% of the population. This number has grown by 72% since 2000, reaching 473,729 people in 2014. The median age for Latinxs is 24 years. While Latinx Oregonians come from different backgrounds, most were born in the United States. Twenty-two percent of Forest Grove residents identify as Latinx.

Many researchers and public health advocates have documented the frightening rise of obesity among Latinx immigrants in the US. Studies have shown that Latinx are disproportionately affected by obesity, diabetes, risk of stroke, and other chronic illnesses, adding further stress and hardship to the Latinx community, as well as costing billions in healthcare dollars annually. In Oregon, nearly half of Latinx 11th graders are overweight or obese, in comparison with one-quarter of white 11th graders. The higher prevalence of overweight and obesity among Latinx youth may be due in part to higher poverty rates among Latinx. However, the relationship between obesity and income is complex and poverty alone is not the sole determining factor. Another factor influencing the strain on family health and on our healthcare system comes from a highly processed diet high in sugar and fat, that is most accessible to low-income families and from general food insecurity. A 2014 study showed that hospital admissions for hypoglycemia were higher among low-income populations and increased 27 percent in the last week of the month, when food assistance resources start to run out. Ac-

“Before, we often ate fast food. We didn’t realize that we were harming our children by eating that way. Now I tell my husband: ‘For what you would pay in a fast food restaurant, we can buy fruit and other things to cook at home.’”
- Program participant

According to an Oregon Community Foundation report (Ruffebach, Worcel, Keyes & Franco, 2014), a lack of healthcare access and shortage of culturally appropriate services and providers have contributed to crucial health disparities.

As diet-related health problems grow out of control for so many Americans, a number of organizations around Oregon have been working on alternative methods to tackle this crisis. A few have focused these efforts in reaching the Latinx population.

History and context of the program

Pro Tip: Success factors

- Having the nutrition program, the farmers market, and the “veggie prescriptions” under the same organization increased the ability to coordinate and track voucher redemption.
- Finding Latinx farmers at the farmers market had a direct impact in their high voucher redemption rate and utilization of the market after the program ended.

In Washington County, the region served by Adelante Mujeres and Virginia Garcia, the percentage of Latinx increased from 50,000 in 2000 to almost 90,000 in 2014, making it the county with the highest number of Oregon Latinx community (Oregon Community Foundation, 2016), so it only made sense for us to tackle the national health epidemic in our local community.

In the fall of 2013, the Providence Community Grant Council awarded Adelante Mujeres funds to pilot a Produce Prescription Program (PRx) in partnership with Virginia Garcia Memorial Health Center over the 2014 and 2015 Farmers Market season which runs from May to October (6 months).



There are other organizations around the state that are using related strategies. Some of them serve other populations as well as the Latinx community. For example, Gorge Grown Food Network is working in Sherman County to provide fruit and veggie vouchers to food insecure community members in partnership with the Eastern Oregon Coordinated Care Organization. CSA (Community Supported Agriculture) Partnerships for Health links four vegetables farmers with Federally Qualified Health Centers in East and North Portland. OHSU is also offering a Veggie Rx voucher program for patients in their hemophilia clinic; their vouchers are redeemable at 23 Farmers Markets and seven grocery stores across the state. In southern Oregon, AllCare and Jackson Care Connect are also providing vouchers for the farmers market and other grocery stores as an incentive to participating in nutrition focused cooking classes. In Lynn County, Huerto de la Familia provides training in organic agriculture and business to improve health and self-sufficiency of Latinx families.

Adelante's PRx program was created to improve health outcomes for low-income patients who suffer from or who are at-risk for diet-related diseases. "Produce prescriptions" are distributed to enrolled patients and redeemed for fresh fruits and vegetables. The goal is to increase participant consumption of fresh, locally grown produce and to increase healthy eating habits. In addition, local Latinx farmers benefit economically by selling their produce at the market.

In 2015, the Oregon Community Fund, W.K. Kellogg Foundation, CareOregon and Spirit Mountain Community Fund stepped up to continue funding the program through 2017. ON Semiconductor is currently funding prescription vouchers for the 2018 season.

What is the Produce Prescription Program?

Adelante Mujeres believes that healthy Latino families create strong communities, which benefit everyone regardless of race, ethnicity or social status. With the fundamental belief that every individual has innate capacity for growth and transformation, the Produce Rx program helps families take control of their health.

"Produce Rx is more than just going to the doctor and hearing information. It's having options and the power to make changes. Before, each week I would say, 'This week I'm going to change things and eat better,' but I never knew how to really do it."

- Program participant

Pro Tip: Success factors

- Offering classes in Spanish is an important factor in keeping participants engaged.
- The option to participate for a longer period (three years) increased the likelihood to keep behavior changes over time. It allowed the formation of new habits.



Produce Rx is a program that provides cooking and nutrition classes in Spanish combined with fruit and vegetable vouchers redeemable at the Forest Grove Farmer’s Market, a program of Adelante Mujeres. Participants receive \$6 in vouchers per week for each family member— \$96 per month for a family of four. Families are welcome to participate for up to three years.

The PRx program was created to improve health outcomes for low-income patients who suffer from or who are at-risk for diet-related diseases. “Produce prescriptions” are distributed to enrolled patients and redeemed for fresh fruits and vegetables at the Forest Grove Farmers Market. The goal is to increase participant consumption of fresh, locally grown produce and to increase healthy eating habits. In addition, local Latinx farmers benefit economically by selling their produce at the market.

Through the program’s experiential and peer-supported learning, participants:

- Come together to dialogue, share ideas, and gain strength from a supportive community.
- Gain knowledge, self-confidence, and resiliency. Assume control of their lives, care for their families, and create solutions to problems they face.
- Achieve big and small health goals that reinforce new habits and daily choices for themselves and their families.
- Become effective leaders by sharing their stories and inspiring others. Contribute to positive and effective health messaging for children throughout the community.
- Recognize their interdependence with the local economy and farming community.
- Participate in conversations that lead to a more equitable healthcare system.

For an overview of the program and videos visit: <http://www.adelantemujeres.org/programs-and-events/>

Community Served and Outcomes

The Produce Rx program targets Virginia Garcia patients who seek services at the Cornelius Wellness Center who self-identify as living at or below the federal poverty line and who suffer from or are at-risk for diet-related diseases.

"[My son] was so excited about the program. He wants to eat healthy. And the best part was that we all went shopping together."

- Program participant



*Past Participants have the option to continue their participation in for up to 3 years

A study completed earlier this year conducted in-depth interviews with 16 Produce Rx participants. The study found that Produce Rx helped participants adopt new dietary habits and improve quality of life for themselves and their families. As a result of their involvement, participants are eating better and feeling better. They have increased energy and motivation. They are spending more quality time with family, participating more in the community, and sharing new knowledge with friends and coworkers. Most importantly, participants are experiencing improved health outcomes, needing less medication and less medical care. These combined impacts are decreasing family stress and improving participants' abilities to enjoy their daily lives and look toward the future.

Produce Rx focuses on creating community among participants and between participants and instructors. Staff understand the cultural challenges and share lived-experiences. This model fosters accountability and has resulted in a 98% voucher redemption rate. In the past four years, a total of 149 unique individuals from 32 families have participated, redeeming more than \$33,000 in vouchers for fresh fruits and vegetables.



Implementing the Produce Rx Program

Produce Rx was created to improve health outcomes for low-income patients who suffer from or who are at-risk for diet-related diseases. Based on the belief that every individual has innate capacity for growth and transformation, the initiative provides education and financial assistance to help participants develop healthy long-term habits.

The program runs from May through October each year. In the spring, medical providers at the Virginia Garcia Wellness Center write “produce prescriptions” to refer eligible families. Referred participants attend monthly nutrition and cooking workshops and receive vouchers to buy fresh fruits and vegetables at the Forest Grove Farmers Market. Participants receive \$6 in vouchers per week for each family member—\$96 per month for a family of four (vouchers for the full month are delivered at the monthly class). Families are welcome to participate for up to three years.

Program Timeline



February

Program facilitator:

Review last year participants, start a list for this year, plan recipes, create calendar cards, contact clinic to book kitchen and childcare rooms.

Market:

Plan accounting, events and market tokens. At the same time work on vouchers. Prepare materials.



March

Program facilitator:

Review remaining budget and determine available spots. General coordination with patient care coordinator.

Patient care coordinator:

Start identifying new patients as funding allows.



April

Program facilitator:

Call patients from the list provided by health center, send vouchers to print. Pre-survey (by phone before class during reminder call)

Market:

Orientation for vendors, how to use the redemption form, give them the vendor signs. Show coupons so they are familiar.



May

Orientation for participants (Session 1).



June

Program facilitator:

Farmers Market tour in addition to the monthly classes.



September

Program facilitator:

Finish giving vouchers in the 1st week of September. People who didn't pick up all of their vouchers can continue receiving them up to their limit (16 week's worth).



October

Nutrition classes end.

Program facilitator:

Post-survey (by phone)
1 week after last class.



November - December

Winter markets:

PRx vouchers are still redeemable.
Start Compartiendo Te classes



January

Program facilitator and farmers' market coordinator:
Close accounting and reporting.
Initiate new cycle.

Choosing a health care partner and champion

Building and stewarding a strong relationship with the healthcare partner is crucial for the success of the program. An ideal healthcare partner organization will have a mission that is resonant with that of the nutrition education provider and Veggie Rx program lead organization.

In this case, Adelante Mujeres found their perfect partner in Virginia Garcia. Virginia Garcia is a Federally Qualified Health Center with a mission to provide high quality, comprehensive, and culturally appropriate primary health care to the communities of Washington and Yamhill counties with a special emphasis on migrant and seasonal farmworkers and others with barriers to receiving health care. Their Cornelius Wellness Center, located three miles away from Adelante Mujeres, was designed to promote wellness and includes a commercial teaching kitchen, group visit and exercise spaces, a public greenway and a community garden.



Virginia Garcia Cornelius Wellness Center

Pro Tip: Engaging your champion

Present the program in a simple way including:

- How it will benefit their patients.
- What diagnoses are best to identify ideal candidates.
- Timeline for recruitment.

Virginia Garcia Cornelius Wellness Center

The next step is to identify a lead provider or champion within the healthcare organization (a clinician who is enthusiastic about the program). The champion will present the project to administration, and a Memorandum of Understanding (MOU) will be signed between organizations. The healthcare champion will also present the program to the Care Team, assign a point person who will help identify potential participants, talk with patients about the program and, once they agree to participate, provide their contact information to the Produce Rx team.

Virginia Garcia's point person is the Patient Care Coordinator. The Patient Care Coordinator is a care team member who helps the patient navigate the system within the clinic and has established relationships with all the patients in that team. The Patient Care Coordinator participates in the nutrition education classes addressing health-related topics. This position is key in screening for ideal, committed participants and in maintaining communication back to the Care Team around participants' engagement and progress. Other positions who may be appropriate point persons in other organizations are Community Health Workers, Nutritionists, Health Coaches and Medical Assistants.

Healthcare professionals are extremely busy and will have limited time to meet, recruit patients and provide coordination for the program. Once patients are referred, the enrollment, coordination and follow-up must be done by the Produce Rx facilitator.



Recruitment and Enrollment

Virginia Garcia healthcare providers receive program literature explaining benefits of the program, how to redeem PRx script, and other pertinent information. They speak with patients they feel would be a good fit for the program (those who fit within the target population, who are able to attend the Forest Grove Farmers Market on a regular basis, who are available to attend all scheduled meetings and participate in self-assessment surveys). If a patient is interested in participating, the provider distributes program literature with an enrollment form and phone number to call Adelante Mujeres. After receiving the enrollment forms, Adelante Mujeres staff confirm the participant's registration in the program by way of phone call or e-mail and invite them to the program orientation.

Pro Tip: Engage in the first call

- Start with the diagnosis.
- Frame the invitation as the provider's concern and recommendation.
- Use friendlier terms ("cambio de alimentación" instead of "dieta").
- Acknowledge their strengths: "nosotras sabemos cocinar, solo es cuestión de organizarnos."
- Mention the vouchers; they are a powerful incentive.

In the four years of the program most families stayed engaged and the program presented a low attrition (only 3% of enrolled participants left the program prior to completion). How recruitment is established, can make a big difference in sustained participation.

Steps for Recruitment and Enrollment:

- 1** Medical providers generate a list of patients who can benefit and their diagnoses (DM, Obesity, HTN).
- 2** Patient Care Coordinator makes invitation calls (check our pro tip to the right).
- 3** During the call, Patient Care Coordinator explains the program, requirements (commitment to attend classes and use vouchers) and purpose (to learn to use more fruits and vegetables).
- 4** Once patient agrees, the list and contact information is given to Veggie Rx facilitator.
- 5** 3-point touch. Veggie Rx facilitator contacts participants within one week (to see a sample script of the call see Appendix A, calls again one day before the first class, and texts participants the day of the Orientation).

Cost Considerations

Produce Vouchers. (see Appendix B) The monthly PRx script allotment will vary depending on the number of people in the household. Individuals or those without children are also eligible for the program. The amount is determined by the following equation:

$$\begin{array}{ccccccc} \$6 & \times & \# & \times & 16 & = & \text{Total PRx} \\ \text{per} & & \text{of people in} & & \text{weeks} & & \text{script allotment} \\ \text{week} & & \text{the family} & & & & \text{per family} \end{array}$$

EXAMPLE: \$6 per week X Family of 4 X 16 weeks = \$384
Monthly allotment for a family of 4 = \$96

Monthly classes. To determine the cost of facilitating nutrition and cooking classes consider an average expense of \$25-\$30 for ingredients, three hours of staff time (x2 facilitators) during class, staff time for preparation of activities, and 2-3 hours of childcare volunteers (2+, depending on how many children you expect). The overhead cost is ideally absorbed by the healthcare facility where the program is offered and includes use of the kitchen and small kitchen equipment.



Participant Orientation (at health care site):

Patients must be enrolled in order to participate in the program orientation. Please See [Appendix C](#) for a sample agenda of the orientation. During the orientation, participants receive an introduction to the PRx program, Adelante Mujeres (including the community gardens), and the Forest Grove Farmers Market (FGFM).

The orientation will offer:

- A slideshow of pictures of the Forest Grove Farmers Market in order to understand what to expect
- Times, locations, basic information about markets - Calendar of market events
- Calendar of required events for patients (market tour, cooking demonstration at Virginia Garcia, mid-season check-in, and post-season meeting) (see [Appendix D](#))
- Discuss and fill out waiver/program agreement and photo release form
- Pre-assessment to measure individual health goals for the program (self-assessment) (See [Appendix E](#))
- Childcare accommodations
- Quick recipe demo to give participants a preview of what to expect for future classes

The nutrition education staff lead this orientation and are available for questions/concerns. The patient care coordinator is also available to answer any health-related questions..

Monthly Workshops

To increase the success rate of each participant we suggest you encourage redemption of PRx script, offer educational opportunities, and require monthly workshops for those enrolled. Participants must ensure that, at a minimum, one member of their family attend at least 4 workshops in order to be considered for continuation in the program. Set a regular day and time for orientation and classes to facilitate consistent attendance. To see a template for the classes please refer to [Appendix F](#).



Session planning steps:

1

Research what ingredients are accessible according to the season. This is an important modeling moment for families to utilize fruits and vegetables when they are in season and more affordable.

2

Research a recipe that includes multiple seasonal vegetables or one to two key seasonal ingredients. What types of dishes do participants typically prepare? Can these familiar recipes be adapted to include more seasonal vegetables?

3

Review the recipe for other “pantry” ingredients, such as oil, spices, etc. Substitute pantry ingredients and/or offer alternatives that are less expensive and that participants would be familiar with. Example: If the recipe calls for aged red wine vinegar, offer participants a substitution such as plain white vinegar.

4

Does the recipe require expensive kitchen equipment or specialty tools? If the kitchen equipment can be improvised in a simple way, change the recipe to include these instructions. Example: If the recipe requires a food processor, can the vegetables be cut by hand and the recipe still be simple enough not to take too much time?

5

Adelante Mujeres staff test the recipe in their home kitchens before demonstrating it in class. This often helps staff think through ingredients and kitchen equipment substitutions as well as time, taste, simplicity, and family approval.

6

Decide what the class topics will be. It’s best to include a topic related to the benefits or preparation of the key ingredients, and a health-related topic presented by the patient care coordination. You can suggest the patient care coordinator a health theme based on what participants naturally discuss during the groups. Example: If patients talk about the difficulty of drinking enough water, the class topic might be learning about hydration and benefits to your body and part of the cooking demo would be using herbs or fruit to flavor your water to motivate more hydration.

7

In order to help participants keep track of how many vouchers they have received, how many are left and to remind them of upcoming classes, the class facilitator punches their attendance card (Appendix G). In addition, the class facilitator will keep track of how much each participant has received.

8

Last class celebration. For the last class celebration, we invite all the families for a potluck to share healthy recipes they’ve created at home. Everyone can present their dish and explain to others how they made it. We print certificates of completion for those graduating and allow them time to share what they learned and any suggestions they have for those who will continue in the program. The goal of this class is to honor patient’s time and commitment to their health. It is more celebratory than educational, and post-evaluation can be made at this time or by phone.

Farmers' Market Team and Script Redemption

The script is distributed each week at the Forest Grove Farmers Market Information Booth. Script resembles a voucher or coupon (see [Appendix B](#)) and comes in \$2 increments so that they may be redeemed with any market vendor selling fresh fruits, vegetables, herbs or edible plant starts. The vouchers come in \$2 increments because the SNAP Mach program was also distributed in \$2 increments, and this would simplify the process for both participants and vendors. Script is not redeemable for cash and no cash change will be given. The Forest Grove Farmers Market is open every Wednesday from May through Oct. between the hours of 4-8pm on Main Street (between 21st and Pacific Ave.) in Forest Grove.



Pro Tip: Motivating redemption

- PRx scripts are given weekly: first during class, then at the market for the rest of the month. Picking up the script at the market encourages redemption at that time.
- Class facilitator meets with participants every week at the market. This helps develop a relationship and motivates participant ongoing engagement.

When PRx participants arrive at the Forest Grove Farmers Market, trained staff or volunteers will be available at the market information booth for assistance on how to redeem their script or to answer any other questions. Each participant will be provided a PRx identification card ([Appendix H](#)).

Participants can redeem their script at booths that sell fresh fruit, fresh vegetables, herbs, or edible plant starts. Vendors will have a sign ([Appendix I](#)) that designates acceptance of script so that participants can clearly identify which vendors are eligible.





At the Farmers' Market:

1. Patients check in at the information booth to pick up script. They initial that they've received their weekly script and farmers market staff marks on their attendance card (Appendix G) to help them keep track of how many weeks they've received vouchers.
2. Patients spend the \$2 vouchers directly at farmer booths. No change is given, but farmers make up any difference with more produce.
3. Farmers collect all vouchers and record PRx sales on their "token reimbursement" form which is turned into market staff at the end of each market day.
4. Market staff count and confirm vendor sales and reimburse vendors on a monthly basis for all PRx sales.
5. Farmers market staff (in this case, they are also class facilitators) will keep accounting of the scripts that were redeemed in a table as shown in [Appendix J](#).

This accounting sheet helps staff keep track of vouchers redeemed and distributed. If a patient doesn't seem to have come for several weeks or they haven't spent their vouchers for a while, class facilitators will contact them to remind them to come to the market and see if they are experiencing any challenges in redeeming the vouchers.

SECTION 2

TOOLKIT



Sample Call Scripts for Recruitment

(Ejemplo de Guión para Llamadas de Reclutamiento)

Patient Care Coordinator

Español: “Hola (nombre del paciente) buenos días, mi nombre es (nombre del contacto de la clínica) hablo de la clínica (nombre de la organización de salud). La Dra. (nombre del médico que refiere al paciente) me dio su nombre porque dice que es una buena candidata para este programa. El programa se llama Produce Rx y consiste en ayudar a nuestros pacientes a comer más saludable para evitar o mejorar las enfermedades. La doctora me dice que usted es (diagnóstico) y este programa le va ayudar a que coma más frutas y verduras. El programa consiste en que venga una vez por mes a la clínica a una clase de nutrición y cocina y (nombre de organización que da la clase) le dará unos cupones para que pueda canjear por frutas y verduras en el Mercado de los Granjeros. Este programa es totalmente gratis, lo único que quiero saber es si está interesada y si tiene tiempo. Como ve, ¿está interesada?”



English: “Hello (patient name) good morning. My name is (name of clinic representative). I’m calling from (name of the clinic). Dr. (name of referring medical provider) gave me your name because they think you are a good candidate for this program. The program is called Produce Rx and is about helping our patients eat healthier and prevent or improve chronic conditions. The doctor said you have (diagnosis), and this program will help you eat more fruits and vegetables. How this program works is that you will attend a monthly cooking and nutrition class here at the clinic, and (nutrition program organization name) will provide you vouchers that you can use to purchase fruits and vegetables at the Farmers Market. This program is free, we only need to know if you’re interested and available. What do you think, are you interested?”

Program Facilitator

Español: “Hola (nombre del paciente), soy (nombre del(a) facilitador(a)) de Adelante Mujeres con el programa de prescripción. Le llamo porque la refirieron de la clínica de Virginia Garcia (organización de salud) y su equipo de cuidado piensa que es un(a) buen(a) candidato(a) para beneficiarse de este programa. En el programa proveemos clases de cocina, cocinamos recetas sencillas y saludables con ingredientes que son accesibles en el área. Hablamos de temas de salud, (nombre del contacto en la clínica) va a estar presente en la clase. Si tiene dudas ella le puede ayudar ahí mismo. (nombre del contacto en la clínica) me comento que está interesado(a) en el programa, ¿es así?”

Voy a hacerle algunas preguntas sobre quién es usted y de dónde viene. Entregamos cupones semanales que tienen que recoger en el Mercado, ¿puede ir al Mercado cada semana? ¿Manejas o alguien la trae? (preguntas de encuesta inicial)”.


English: “Hello (patient name), my name is (name of nutrition facilitator) from Adelante Mujeres with the Produce Rx program. I’m calling because you were referred by Virginia Garcia (healthcare organization) and your care team thinks you’re a good candidate to benefit from this program. In this program we will provide cooking classes. We cook easy and healthy recipes with ingredients that are accessible in this area. We will discuss health topics, (name of the healthcare organization representative) will be present in the class as well. If you have any questions, they can help you in that moment. (Name of health organization representative) mentioned that you’re interested in this program, is this right?”



 **Produce Rx** 

For the purchase of fresh fruits, vegetables, and edible plant starts

To redeem, present voucher at
the Forest Grove Farmers Market
Valid through December 2018
No change given

Issued to: 0000-000
(Participant ID)


 **ADELANTE MUJERES**
Virginia Garcia Memorial HEALTH CENTER


 **Produce Rx** 

For the purchase of fresh fruits, vegetables, and edible plant starts

To redeem, present voucher at
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(Participant ID)

 **ADELANTE MUJERES**
Virginia Garcia Memorial HEALTH CENTER

**VENDOR INITIALS
AND DATE**

*Para comprar frutas, verduras
u hortalizas para trasplantar*

Presente su cupón a los vendedores
del Mercado Agrícola de Forest Grove
Válido hasta diciembre 2018
No se da cambio

**VENDOR INITIALS
AND DATE**

*Para comprar frutas, verduras
u hortalizas para trasplantar*

Presente su cupón a los vendedores
del Mercado Agrícola de Forest Grove
Válido hasta diciembre 2018
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AND DATE**

*Para comprar frutas, verduras
u hortalizas para trasplantar*

Presente su cupón a los vendedores
del Mercado Agrícola de Forest Grove
Válido hasta diciembre 2018
No se da cambio

Appendix B-1. Tabla de Referencia

# En la Familia	\$ Recibe cada semana	# De cupones por semana (Cada paquete)	\$ Total por 16 semanas (por toda la temporada)	# De páginas para imprimir (cada hoja contiene 6 cupones de \$2 = La hoja en total \$12)
1	\$6	3	\$96	8
2	\$12	6	\$192	16
3	\$18	9	\$288	24
4	\$24	12	\$384	32
5	\$30	15	\$480	40
6	\$36	18	\$576	48
7	\$42	21	\$672	56



Agenda de Reunión/Orientación

Produce Prescription Program PRx-2018

[FECHA]

[LUGAR]

5:15 PM

Bienvenida

- Presentarnos con Adelante Mujeres (PowerPoint)
- Presentar nuestros colaboradores:
- Presentar el proyecto PRx: (Hoja Descripción)
 - 1) ¿Qué hacemos y cada cuándo?
 - 2) ¿Que recibe a cambio por participar?
 - 3) ¿Cada cuándo va a recibir los incentivos y en donde?
 - 4) ¿Qué pasa si NO lo recoge en una de las semanas?
 - 5) ¿Los incentivos tienen fecha de caducidad?
 - 6) ¿Alguien en su familia puede recogerlos?
 - 7) ¿Quiénes los van a aceptar?
 - 8) ¿Tienen preguntas?

Reglas y responsabilidades del participante:

- Llegar a todas las clases (mirar la tarjeta de fechas)
- Comenzar a tiempo a las 5:00 pm
- Llamarnos para avisar si NO va asistir. Consecuencia de no asistir 2 veces será de no ser aceptada para la siguiente temporada.
- Llamarnos si tiene algún cambio en su número de teléfono o cambio de dirección, IMPORTANTE

6:15PM

Comida

- [RECETAS]

6:30PM


Prescripciones

- Entrega de Prescripción /Cupones

6:45 PM

Despedida

NOTA:

  **Programa de Prescripción de Frutas y Verduras -2018**

FECHAS DE REUNION MENSUAL -GRUPO I

Marque en su calendario

“Compartiendo Té”:

- 11 de junio
- 9 de julio
- 13 de agosto
- 10 de septiembre
- 8 de Octubre
- 29 de Octubre -Reunión despedida

Clases en la cocina:

- 13 de diciembre
- 10 de enero
- 7 de febrero
- 14 de marzo

Hora: 5:00—7:00 PM
Lugar: Virginia García Wellness Center (en la Cocina)
 1151 N. Adair St.
 Cornelius, OR 97113

  **Programa de Prescripción de Frutas y Verduras -2018**

FECHAS DE REUNION MENSUAL -GRUPO I

Marque en su calendario



“Compartiendo Té”:

- 11 de junio
- 9 de julio
- 13 de agosto
- 10 de septiembre
- 8 de Octubre
- 29 de Octubre -Reunión despedida

Clases en la cocina:

- 13 de diciembre
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- 7 de febrero
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Hora: 5:00—7:00 PM
Lugar: Virginia García Wellness Center (en la Cocina)
 1151 N. Adair St.
 Cornelius, OR 97113

  **Programa de Prescripción de Frutas y Verduras -2018**

FECHAS DE REUNION MENSUAL -GRUPO I

Marque en su calendario

“Compartiendo Té”:

- 13 de diciembre
- 10 de enero
- 7 de febrero
- 14 de marzo

Clases en la cocina:

- 11 de junio
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- 8 de Octubre
- 29 de Octubre -Reunión despedida

Hora: 5:00—7:00 PM
Lugar: Virginia García Wellness Center (en la Cocina)
 1151 N. Adair St.
 Cornelius, OR 97113

  **Programa de Prescripción de Frutas y Verduras -2018**

FECHAS DE REUNION MENSUAL -GRUPO I

Marque en su calendario

“Compartiendo Té”:

- 13 de diciembre
- 10 de enero
- 7 de febrero
- 14 de marzo

Clases en la cocina:

- 11 de junio
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- 8 de Octubre
- 29 de Octubre -Reunión despedida

Hora: 5:00—7:00 PM
Lugar: Virginia García Wellness Center (en la Cocina)
 1151 N. Adair St.
 Cornelius, OR 97113

Encuesta inicial de programa PRx

Pre-Program Survey Questions

Question 1 -

En los últimos 12 meses con qué frecuencia dijiste "estoy preocupada de que mi comida se terminara y no tengo dinero para comprar más"

- a. Siempre
- b. algunas veces
- c. casi nunca
- d. nunca

En los últimos 12 meses con qué frecuencia dijiste "la comida que compre no me ajusto hasta que pudiera tener más dinero para comprar más".

- a. Siempre
- b. algunas veces
- c. casi nunca
- d. nunca

Question 2 -

¿Cuántas tazas de verduras consume cada día? Por ejemplo, 1 tazas de brócoli serian 3 flores, 1 taza de zanahoria sería una mediana.

- a. ½ taza o menos
- b. ½ -1
- c. 1-2
- d. 2-3
- e. 3-4
- f. 4 o más
- g. No sabe o no desea contestar

Question 3 -

¿Cuántas tazas de fruta consumes cada día? Ejemplo 1 taza sería 1 plátano, 1 naranja, 1 manzana, 8 fresas.

- a. ½ taza o menos
- b. ½ -1
- c. 1-2
- d. 2-3
- e. 3-4
- f. 4 o más
- g. No sabe o no desea contestar

Question 4 -

¿Cuánto te gusta la fruta?

- a. Demasiado
- b. Mucho
- c. Poco
- d. No mucho
- e. Nada
- f. Question 5-
- g. ¿Cuánto te gusta las verduras?
- h. Demasiado
- i. Mucho
- j. Poco
- k. No mucho
- l. Nada

Question 6 -

En general, dirías que tu salud es:

- a. Excelente
- b. muy buena
- c. buena
- d. no es buena.
- e. No tan buena
- f. No lo sabe o tiene respuesta

Question 7 -

En estos días, ¿Qué tan contenta/ satisfecha estas con tu vida en total? o ¿cómo se siente usted con su vida?

- a. Muy contenta, 10-8
- b. Contenta, 7-5
- c. Me preocupa, 5-3
- d. No me gusta, 3-0
- e. Prefiero no contestar

Encuesta final de programa PRx Post-Program Survey Questions

Question 1-

En los últimos 12 meses con qué frecuencia dijiste "estoy preocupada de que mi comida se terminara y no tengo dinero para comprar más"

- a. Siempre
- b. algunas veces
- c. casi nunca
- d. nunca

En los últimos 12 meses con qué frecuencia dijiste "la comida que compre no me ajusto hasta que pudiera tener más dinero para comprar más".

- a. Siempre
- b. algunas veces
- c. casi nunca
- d. nunca

Question 2-

¿Cuántas tazas de verduras consume cada día? Por ejemplo, 1 tazas de brócoli serian 3 flores, 1 taza de zanahoria sería una mediana.

- a. ½ taza o menos
- b. ½ -1
- c. 1-2
- d. 2-3
- e. 3-4
- f. 4 o más
- g. No sabe o no desea contestar

Question 3-

¿Cuántas tazas de fruta consumes cada día? Ejemplo 1 taza sería 1 plátano, 1 naranja, 1 manzana, 8 fresas.

- a. ½ taza o menos
- b. ½ -1
- c. 1-2
- d. 2-3
- e. 3-4
- f. 4 o más
- g. No sabe o no desea contestar

Question 4-

¿Cuánto te gusta la fruta?

- a. Demasiado
- b. Mucho
- c. Poco
- d. No mucho
- e. Nada

Question 5-

¿Cuánto te gusta las verduras?

- a. Demasiado
- b. Mucho
- c. Poco
- d. No mucho
- e. Nada

Question 6

En general, dirías que tu salud es:

- a. Excelente
- b. muy buena
- c. buena
- d. no es buena.
- e. No tan buena
- f. No lo sabe o tiene respuesta

Question 7-

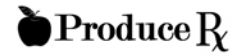
En estos días, ¿Qué tan contenta/ satisfecha estas con tu vida en total? o ¿cómo se siente usted con su vida?

- a. Muy contenta, 10
- b. Contenta, 8-6
- c. Me preocupa, 6-3
- d. No me gusta, 3-0
- e. Prefiero no contestar (refused to answer)

Question 8-

¿Qué tanto el programa influencio/o ayudo a que usted quisiera consumir/o aumentar comer más frutas y verduras?

- a. Demasiado
- b. Cambio algo
- c. no cambio
- d. bajo mi consumo
- e. no me ayudo
- f. No sabe o prefiere no contestar (refused to answer)



Agenda

Produce Prescription Program PRx-2018

[FECHA], [HORA]

[LUGAR]

- 5:00PM **Bienvenida**
 [Tema educativo]
 [Tema educativo]
- 5:30PM **Cocinando**
 [Receta 1]
 [Receta 2]
- 6:30PM **Prescripciones**
 Entrega de recetas/vouchers
- 6:45 PM **Despedida**



NOTA: Grupo #

Lista de participantes

#Adultas en clase _____ Instructoras _____

#Voluntarios con los niños _____ ¿Quiénes? _____



#Niños _____ Visitante _____

APELANTE MUJERES  **Produce Rx** 

Valido para 2018 Grupo 1

Nombre: -----



Mayo 21	Mayo 30	Junio 6	Junio 11 (Clase de Cocina)
Junio 20	Junio 27	Julio 4	Julio 9 (Clase de Cocina)
Julio 18	Julio 25	Agosto 1	Agosto 8
Agosto 13 (Clase de Cocina)	Agosto 22	Agosto 29	Septiembre 5

APELANTE MUJERES  **Produce Rx** 

Valido para 2018 Grupo 1

Nombre: -----

Mayo 21	Mayo 30	Junio 6	Junio 11 (Clase de Cocina)
Junio 20	Junio 27	Julio 4	Julio 9 (Clase de Cocina)
Julio 18	Julio 25	Agosto 1	Agosto 8
Agosto 13 (Clase de Cocina)	Agosto 22	Agosto 29	Septiembre 5

APELANTE MUJERES  **Produce Rx** 

Valido para 2018 Grupo 1

Nombre: -----

Mayo 21	Mayo 30	Junio 6	Junio 11 (Clase de Cocina)
Junio 20	Junio 27	Julio 4	Julio 9 (Clase de Cocina)
Julio 18	Julio 25	Agosto 1	Agosto 8
Agosto 13 (Clase de Cocina)	Agosto 22	Agosto 29	Septiembre 5

APELANTE MUJERES  **Produce Rx** 

Valido para 2018 Grupo 1

Nombre: -----

Mayo 21	Mayo 30	Junio 6	Junio 11 (Clase de Cocina)
Junio 20	Junio 27	Julio 4	Julio 9 (Clase de Cocina)
Julio 18	Julio 25	Agosto 1	Agosto 8
Agosto 13 (Clase de Cocina)	Agosto 22	Agosto 29	Septiembre 5

 **Produce Rx** 

*Para comprar
frutas, verduras
u hortalizas para
trasplantar*

Valido 2018

Nombre: _____
ID#: _____

 **ADELANTE MUJERES**
FOREST GROVE FARMERS MARKET

 Virginia Garcia Memorial
HEALTH CENTER

 **Produce Rx** 

*Para comprar
frutas, verduras
u hortalizas para
trasplantar*

Valido 2018

Nombre: _____
ID#: _____

 **ADELANTE MUJERES**
FOREST GROVE FARMERS MARKET

 Virginia Garcia Memorial
HEALTH CENTER

 **Produce Rx** 

*Para comprar
frutas, verduras
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Valido 2018

Nombre: _____
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FOREST GROVE FARMERS MARKET

 Virginia Garcia Memorial
HEALTH CENTER

 **Produce Rx** 

*Para comprar
frutas, verduras
u hortalizas para
trasplantar*

Valido 2018

Nombre: _____
ID#: _____

 **ADELANTE MUJERES**
FOREST GROVE FARMERS MARKET

 Virginia Garcia Memorial
HEALTH CENTER



Produce Rx



*Para comprar
frutas, verduras
u hortalizas para
trasplantar*

Valido 2018

Nombre: _____

ID#: _____



Virginia Garcia Memorial
HEALTH CENTER



Produce Rx



*Para comprar
frutas, verduras
u hortalizas para
trasplantar*

Valido 2018

Nombre: _____

ID#: _____



Virginia Garcia Memorial
HEALTH CENTER



Produce Rx



*Para comprar
frutas, verduras
u hortalizas para
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Valido 2018

Nombre: _____

ID#: _____



Virginia Garcia Memorial
HEALTH CENTER



Produce Rx



*Para comprar
frutas, verduras
u hortalizas para
trasplantar*

Valido 2018


Nombre: _____

ID#: _____




Virginia Garcia Memorial
HEALTH CENTER

Produce Rx



Produce Rx





For the purchase of fresh fruits, vegetables, and edible plant starts

To redeem, present voucher at
the Forest Grove Farmers Market

Valid through December 2018
No change given

Issued to: 0000000000

Se aceptan los cupones aquí


**Pagina 1(frente), información para participante*

QUICK GUIDE TO ACCEPTING


Produce Rx VOUCHERS

When you accept a voucher, make sure that:

The value of
each voucher is
\$2.00. →



ProduceRx




\$2

For the purchase of fresh fruits, vegetables, and edible plant

To redeem, present voucher at
the Forest Grove Farmers Market

Valid through December 2018
No change given

Issued to: **000000000000**



Virginia Garcia Memorial
HEALTH CENTER



**ADELANTE
MUJERES**

ELIGIBLE ITEMS:

Any variety of fresh, dried, or frozen fruits and vegetables *without* added sugars, fats, oils, or salt. Includes mushrooms, cut herbs, dried beans, vegetable starts and nuts.

**NO CHANGE
GIVEN** →

Appendix J. Accounting and Tracking Tools (Herramientas de Contabilidad y Control)

Programa de Prescripcion PRx -2018 Accounting Form											
GASTADO EN:	María	Josefina	Noma							TOTAL DEL MES #	TOTA DEL MES \$
5/17/2018	5									5	\$10.00
5/24/2018										0	\$ -
TOTAL	\$10.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	5	\$10.00
6/7/2018										0	\$ -
6/14/2018										0	\$ -
TOTAL	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	0	\$ -
TOTAL GASTADO	\$ 10.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	5	\$10.00
Restan en gastar participantes	\$566.00	\$384.00	\$384.00	\$384.00	\$384.00	\$480.00	\$288.00	\$576.00	\$384.00		
Debe Recibir en las 16 Semanas	\$576.00	\$384.00	\$384.00	\$384.00	\$384.00	\$480.00	\$288.00	\$576.00	\$384.00		\$3,840.00
Redemption Rate (%)	1.74%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.001302083

	Nombre	Mayo 21 (Orientación)	Mayo 30	Junio 6	Junio 11 (Clase)	Junio 20	Junio 27
1	María López	MH (*Asistio al partiicipant)					
2							
3							
4							
5							
6							
7							

Orientación

Produce Prescription Program PRx-2015

Mayo 11, 2015- 5:30-7:00 pm

Virginia García Wellness Center

5:30PM **Registración –Asistencia** *Si tienen niños, llevarlos al salón de cuidado de niños.*

5:40 PM **Bienvenida/Orientación**

- Presentar a Lenore y la intención por cual está aquí.
- ¿Quiénes somos? *Presentarnos y decir para quien trabajamos. cuánto tiempo estamos en este programa PRx*

SECTION 3

CURRICULUM





Orientación

Produce Prescription Program PRx-2015

Mayo 11, 2015- 5:30-7:00 pm

Virginia García Wellness Center

- 5:30PM **Registración –Asistencia** Si tienen niños, llevarlos al salón de cuidado de niños.
- 5:40 PM **Bienvenida/Orientación**
Presentar a Lenore y la intención por cual está aquí.
¿Quiénes somos? Presentarnos y decir para quien trabajamos, cuánto tiempo estamos en este programa PRx
¿Qué es el PRx? Como inicio y dar una explicación de los pasos como llegaron al programa y la intención.
¿En qué me va ayudar? Explicar la importancia de agregar verduras y frutas a la dieta diaria y los cupones(tener ejemplo de cupones)
-¿Que tengo que hacer para formar parte? Darles las fechas de reunión e información del mercado con horario.
PRx y FGM Mostrar video del mercado. Si hay tiempo mostrar el video de otras organizaciones que hacen lo mismo que nosotros.
- 6:05 PM **Presentar a Reyna, Juana y Eulogia.** Que nos darán un muestra de lo que han aprendido.
Ensalada de espinacas con fresa y aderezo.
- 6:20PM **Llenar encuesta, permisos y metas**
Encuesta Leerlo en voz alta y llenarlo juntas.
Metas
Permisos
- 6:45PM **Prescripciones**
Instrucciones como van a recibir sus prescripciones.
Pasos para hacer compras en el mercado.
Entregar ID# del programa. Y sus Prescripciones
- 6:55 PM **Despedida**

NOTA:

Verduras y fruta: Espinacas, fresas.

Condimentos: orégano, pimienta,

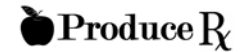
Dispensa: Aceite de olivo, Vinagre balsámico, mostaza, pepitas y semillas de girasol.

Refrigeración:

Materiales para cocinar: Plato hondo, cuchillo, tabla, cucharas grandes.

Para servir: Platos, tenedores, servilletas, vasos y jarra para agua

Materiales para presentar: Receta, lista de asistencia, cupones, identificación, información de Adelante Mujeres, folletos del mercado, computadora, proyector.



Produce Prescription Program

June 8, 2015- 5:30-7:00 pm

Virginia García Wellness Center

5:30PM **Asistencia**

5:35 PM **Bienvenida**

Laura (La enfermera de VIRGINIA GARCIA): Tendrá un tema “Etiquetas en los productos”

5:45PM **Preparar receta**

Tortilla (omelette) de Huevo con verduras de temporada del mercado.

Agua fresca de Ruibarbo

¿Sabes cómo congelar fresas? ¿No?! Te decimos como.

Pasar la receta para leer e ir mostrando los ingredientes, a la vez mencionar cuales son su beneficios (tener copias escritas de los beneficios nutritivas de los ingredientes)

6:30PM **¿Cómo me siento hoy?** ¿Qué aprendí del mercado cada que lo visito? ¿Qué fue nuevo para mí y me gustaría mirar en FGFM?

6:45PM **Información de siguiente clase.**

Marcar su calendario las fechas de reunión. Pasar lista de fechas.

NOTA:

Verduras y fruta:

Condimentos:

Despensa

Refrigeración:

Materiales para cocinar:

Para servir:

Materiales para presentar: Receta, lista de asistencia, cupones.



Jugo de Ruibarbo

Photo credit: Alice Henneman on VisualHunt / CC BY

Preparación para 4 tazas

Ingredientes:

- 3 tallos de Ruibarbo
- 3-4 Tazas de agua
- 1 taza de fresas
- Materiales de cocina que necesitaras: Licuadora o procesador de comida, contenedor, bolsa de tela para cocina o colador..

Manera de preparación:

1. Lava y pela los tallos de ruibarbo sacando la cascarita roja, después córtalos en pedazos de una pulgada.
2. Usando la licuadora o un procesador de comida, licúalos hasta que esté completamente batido como una masa líquida, si necesitas agua puedes agregar un poco para hacer más fácil el trabajo.
3. Después lo llevas al contenedor que esta junto con la malla de tela o colador y cueles el jugo de ruibarbo. La fibra de la fruta quedara encima de la tela o colador y el jugo es el que vamos usar para preparar nuestro jugo.
4. Finalmente, licua con el jugo, tres a cuatro tazas de agua y las fresas. ¡Listo para desfrutar!

Ideas:

Puedes poner el jugo a congelar en charola para hacer hielo y después puede usarlos en aguas frescas. De esta manera puede hacer combinaciones de sabores.



Jugo de Ruibarbo

Photo credit: Alice Henneman on VisualHunt / CC BY

Preparación para 4 tazas

Ingredientes:

- 3 tallos de Ruibarbo
- 3-4 Tazas de agua
- 1 taza de fresas
- Materiales de cocina que necesitaras: Licuadora o procesador de comida, contenedor, bolsa de tela para cocina o colador..

Manera de preparación:

1. Lava y pela los tallos de ruibarbo sacando la cascarita roja, después córtalos en pedazos de una pulgada.
2. Usando la licuadora o un procesador de comida, licúalos hasta que esté completamente batido como una masa líquida, si necesitas agua puedes agregar un poco para hacer más fácil el trabajo.
3. Después lo llevas al contenedor que esta junto con la malla de tela o colador y cueles el jugo de ruibarbo. La fibra de la fruta quedara encima de la tela o colador y el jugo es el que vamos usar para preparar nuestro jugo.
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Ideas:

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Propiedades de Ruiubarbo:

Contiene vitaminas: A, B1, B2, B3, B5, B6, B9 O FOLATO, C, E Y K

Minerales:

Calcio, Cobre, Fosforo, Hierro, Magnesio, Manganeso, Potasio, Sodio, Selenio y Zinc.

Es Es un **antioxidante**

Disminuye el riesgo de padecer **diabetes**

Fortalece el **sistema inmunológico**

Favorece el **tránsito intestinal**

Mantener un la **piel saludable**

Ayuda y previene los **problemas de visión**.

Previene la perdida **ósea por la menopausia** y efectos de la edad.

Reduce el colesterol y la **presión arterial alta**

Reduce el riesgo de padecer **enfermedades cardiovasculares**.

¡Cuidado! NO coma la hoja verde, en muchas cantidades es venenosa.

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Como congelar las fresas o moras

Photo on Visualhunt

1. Antes de **congelar las fresas o moras** es importante que las revises. Desecha todas aquellas que no estén en buen estado: las que se encuentran un poco podridas, con moho o que están descoloridas, pues no son frutas aptas para tu consumo. Además, recuerda que las fresas descongeladas no cuentan con la misma textura o sabor que las frescas.
2. Antes de congelar las fresas es conveniente lavarlas y secarlas muy bien. Bajo ningún concepto metas las frutas húmedas al congelador o las mismas se endurecerán demasiado, por eso es importante dedicar un tiempo a secarlas correctamente.
3. Una vez que las fresas estén lavadas y secas puedes colocarlas en un recipiente en el que no estén muy juntas o pegadas, de esta forma evitarás que se unan al congelarse, puede ser en una charola/ plato plano. Ponlas en el congelador por unos 10 minutos y después transfírelas a un recipiente adecuado. Las fresas pueden ir en bolsa o contenedor de plástico, y las moras solo en bolsa de plástico. (freezer bags).

Recurso: <http://comida.uncomo.com/articulo/como-congelar-fresas-26023.html>



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