

Greater Somerset Public Health Partnership “Farm To Go” Initiative



Public Health
Prevent. Promote. Protect.

Greater Somerset Public Health Partnership

- ▶ A 501(c)3 formed by 7 local Health Departments to collaboratively provide services to *improve community health*
- ▶ Received NJ Healthy Communities Network support (2016–17)– to bringing *affordable local produce* to working families and *improve wellness* options for our employees.



What's for Dinner?

- ▶ Itsafterworkthekidsarehungrywhattodo?



Moving from *Drive-through* to
Farm to Go



Engaging with Farmers

- ▶ Talking to farmers changed the concept
- ▶ Low-cost mini “Farm Share” (CSA) (\$10/week)
- ▶ Targeting working families and low-moderate income households through municipal summer camps, municipal offices
- ▶ Provided Farm Shares to 90 employees, 20 camp families
- ▶ Provided free produce bags to 80 lower income families



Farm-To-Go

BACK FOR 2017!
EASY
FRESH
LOCAL
PRODUCE

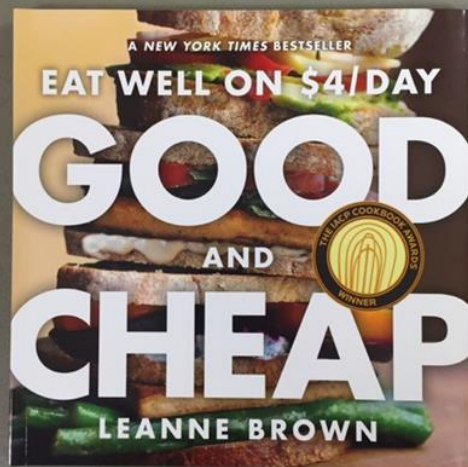
Sign-up for our *Farm-To-Go* program this summer! Make it easy for your family to eat healthy fruits and vegetables direct from a local farm.

Fresh produce delivered for convenient pick-up at Montgomery Township Health Department, six Thursdays, from July 6 to August 10th

- Weekly, for six weeks, each participating employee will receive a bag of fresh produce with seasonal vegetables from **Rariso Farm** of Skillman (\$10 value/week).
- Cost = \$50. Payable by 6/2/17
- Participate for five weeks and **get week six for FREE!**
- This program is *only* open to employees of Montgomery Township.
- Maximum of 15 employees can participate, on a first-come-first-serve basis, in this program.
- Each employee is responsible to pick-up their bag on delivery day. Unclaimed produce will be donated.
- Produce type delivered is determined by weekly harvest.

Reinforcing the Nutrition Message

- ▶ Education to Food Pantry clients
- ▶ Veggie Bingo for the Campers
- ▶ Recipe stuffers for the employees
- ▶ “Good and Cheap” Cookbook distribution



5 Tips to Launch Your Employee Wellness Program:

- ▶ **Find a Champion** –The most fun and enthusiastic person in the building, to get things moving
- ▶ **Set a Policy**—Small incentives reap big results
- ▶ **Make it social**– Form a team, start a club—*People do what their friends do*
- ▶ **Talk to a Farmer**– Community Supported Agriculture is trending—Many farmers will deliver to your workplace.
- ▶ **Bring in a local instructor for after-work fitness** --a great way to work out at the end of the day

