
Produce Prescription (PRx)

Fruit and vegetable benefits for patients with stable diabetes and/or social risk

Goal: maintain diabetic control and build healthy eating habits by increasing access to fruits and vegetables with little or no added salt, sugar, or fat

Clinical intent

- Maintain or improve diabetic control by increasing consumption of fruits and vegetables
- Encourage healthy dietary habits in patients with lower medical complexity who can access retailers and prepare produce at home

When to consider

- Stable diabetes with low to moderate social risk and medical complexity who would benefit from increased consumption of produce
- Patients stepping down from MTG or MTM when diabetic control improves and food insecurity is better managed

Program Essentials

- Fruits and vegetables: fresh, frozen, jarred, or canned
- Targeting food insecurity, diet quality, HbA1c, blood pressure
- Partnerships with retailers or community-supported agriculture (CSA) programs

Design

Dose	Duration	Distribution
\$50-150/month in fruits and vegetables	3-6 months with reassessment as needed	Voucher, credit, or electronic debit card to purchase produce at participating vendors

Referral & workflow

- Identify eligible patients based on diabetes and social risk screening
- Confirm patients have transportation, kitchen access, and support needed to shop for and prepare produce
- Reassess at 3-6 months, step up to MTG if diabetes or food insecurity worsens; or step down to nutrition education alone if stabilized

