



Find Out More

For more information about the Market Greens Rx program near you please contact:

Food Programs

Kiwassa Neighbourhood House

604.254.5401 ext.253

food@kiwassa.ca

Market Greens program was developed by



community food centres

CANADA good food is just the beginning

Phone: 416.531.8826

Email: marketgreens@cfccanada.ca

Web: www.cfccanada.ca

Market Greens is made possible by the generous funding of

THE ARRELL FAMILY

FOUNDATION



feed opportunity

Maple Leaf Centre for Action on Food Security



Public Health
Agency of Canada

Agence de la santé
publique du Canada

MARKET Greens

Well-priced, fresh fruits and vegetables for healthy eating



**Pandora Park
Community Food Market**

Kiwassa
neighbourhood house

What is the Market Greens Rx program?

The Market Greens Rx program was created to make it easier for people with diet-related health challenges to access fresh fruits and vegetables.

Participants in the Market Greens Rx program will get a membership card to shop year-round at **Kiwassa's Pandora Community Food Market** plus \$10-25 per week for 15 weeks that can be used to buy fresh fruit and vegetables at the market.



About the market

Kiwassa Neighbourhood House's Pandora Community Food Market offers fresh local foods including veggies and fruits at affordable prices for the whole community. You'll also be able to pick up recipes or tips on healthy eating for you and your family.

Pandora Community Food Market
Wednesdays 2-5pm
@ Pandora Park
(Corner of Franklin & Nanaimo)
brought to you by:
Kiwassa Neighbourhood House

How do I pay at the market?

You can use your membership card to pay for fruit and veggies each week for 15 weeks:

\$10/week for households of 1
\$12/week for households of 2
\$15/week for households of 3
\$20/week for households of 4
\$25/week for households of 5+

You can also top-up your purchases with cash, debit, or credit (including contactless!).

Who is eligible for the Rx program?

To be eligible for the Rx program, participants must be:

- Managing a health condition such as: type II diabetes, hypertension, insulin resistance, impaired glucose tolerance, coronary heart disease, stroke, non-alcoholic fatty liver disease, obesity, or abnormal lipids,
AND
- Experiencing regular gaps in accessing healthy, fresh foods,
AND
- Referred by a health provider (for enrollment form contact Kiwassa).

How to get started?

Contact **Food Programs** at **Kiwassa Neighbourhood House**
604-254-5401 ext. 253 or
food@kiwassa.ca.

