



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

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

**Winter Hours: December
& January 2-4pm
(closed Dec 23 & 30)**



**brought to you by:
Kiwassa Neighbourhood House**

How do I pay at the market?

You can pay by cash, debit, credit (tap or swipe) as well as Google or Apple pay.

What is the Market Greens Rx program?

The Market Greens Rx program is an additional subsidy program that 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 receive a membership card which will contain a subsidy of \$10-25 per week for 15 weeks that can be used to buy fresh fruit and vegetables at **Kiwassa's Pandora Community Food Market**.



\$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+

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.

How to get started?

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

