



**Kiwassa's
Community Food
Market
@ Pandora Park
(Look for the blue tents!)**
**Every Wednesday
2 - 4 PM**



For More Info:
**Kiwassa
Neighbourhood House
Food Program**
604.254.5401 ext.253
food@kiwassa.ca
www.kiwassa.ca

The Market Greens program was
developed by



community food centres
CANADA good food is just the beginning

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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



Kiwassa
neighbourhood house

**Community Food Market
@ Pandora Park**

About the market

The **Kiwassa Neighbourhood House** Community Food Market @ Pandora Park offers fresh fruits and vegetables at affordable prices for the whole community. Everyone is welcome.

We share recipes, tips, and other info towards strengthening neighbourhood health and food security. Learn more about our other food and gardening activities, or the many programs and services available at Kiwassa by visiting **kiwassa.ca**

Kiwassa subsidizes market expenses (staff, materials, etc.) through grants and fundraising. We are able to offer accessible, affordable produce through the generosity of our volunteers and by keeping our overhead low.

For those who can, we gladly accept donations at the till or via our website.



What is the Market Greens Rx program?

The Market Greens Prescription is a program that helps people with diet-related health challenges access fresh fruits and vegetables.



Who is eligible for the Rx program?

To be eligible participants must be:

- ☐ Managing a cardio-metabolic health condition: **type II diabetes, stroke, hypertension, insulin resistance, impaired glucose tolerance, obesity, non-alcoholic fatty liver disease, coronary heart disease, high or abnormal lipids, high or abnormal cholesterol, or have a familial history** of one of the above,
AND
- ☐ **Experiencing regular gaps in accessing healthy, fresh food,**
AND
- ☐ Agree to answer up to 3 anonymous surveys re: diet and health.

How does it work?

- Potential candidates are referred by their health care practitioner, or self-identify as managing or having a family history of one of the noted health conditions.
- A short intake appointment is arranged to determine eligibility.
- Those eligible are enrolled and given a voucher card that can be used to pay for fresh fruits and vegetables at our market.
- Participants have up to 20 weeks to use their card. There will be 2-3 anonymous surveys to complete.

What happens after the 20 weeks?

Just like everyone else you are welcome to continue shopping at the market for accessible, affordable produce. We accept cash, debit, credit (tap & swipe) plus Google & Apple pay.

