FOOD IS MEDICINE

On Navajo Nation, food insecurity for 75% of the population means that 1 in 5 adults has diabetes and 1 in 2 children are overweight or obese. To address this, COPE is partnering with local healthcare facilities, training teams, and retailers to transform the food security landscape.

We train doctors, nurses, and Community Health Workers to enroll participants in our innovative Navajo Fruit & Vegetable Prescription (FVRx) program. Participating families attend monthly health classes and are prescribed vouchers which can be redeemed at one of over 25 nearby stores for fruits, vegetables, and healthy traditional foods.

COPE partners with these local stores, providing training and support to procure, stock, and market more fruits and vegetables—a win for their community and for their bottom line.

Together, we are making healthy food accessible and affordable in every Navajo community.
The lessons, along with various recipes, are fun to try. We have added some of the recipes to our regular meal plan. Using a calendar to track physical activities also made us more mindful of the importance of everyday exercise... but the most beneficial part of the FVRx Program is that even with the rising cost of groceries, we are fortunate to have fresh vegetables and fruits from local stores.

—FVRx participating mother

WHAT CAN YOU DO?

• Buy local, support your community stores

• Learn more about COPE and our partners at copeprogram.org/foodaccess

• Support COPE at copeprogram.org/donate