

# HEALTHY FAMILIES HEALTHY FUTURES



*"Instead of choosing soda, candy or chips, my daughters choose bananas, apples or oranges when they go to the store!" (FVRx Participant)*

**Navajo Fruits and Vegetable  
Prescription Program (FVRx)**





## BENEFITS of FVRx

- > Receive \$1/day per family member towards fruits and veggies
- > Enjoy food demos and new recipes
- > Fun family activities and games
- > Healthy habits for your family

## AM I ELIGIBLE?

- > Families with children ages 3 to 6
- > Women who are pregnant or gave birth in the last 3 years
- > All income levels welcome
- > Program does not interfere with any current benefits



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**Call Today! Phone #:**

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