



VERMONT  
YOUTH  
CONSERVATION  
CORPS

HEALTH  
CARE SHARE



## At the root of good health is good, fresh food.

The Health Care Share (HCS) is a farm-to-hospital public health program that connects Vermont families with fresh, healthy food and nutrition education at their doctor's office. Youth are employed through Vermont Youth Conservation Corps (VYCC) to produce and deliver the food to more than 400 families across the state. Through the VYCC's partnership with Central Vermont Medical Center (CVMC), more than 150 families in Washington County are provided with food fresh from the Farm at VYCC in Richmond each year.

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## Health Care Share

Health care providers identify patient families experiencing food insecurity, diet-related illness, or other distinct health risks and prescribe a more nutritious diet with a 15-week Health Care Share. Participants pick up each share, which contains 12 to 15 pounds of vegetables and herbs along with a weekly newsletter, at their doctor's office.

## Youth Employment

Our crews work hard to grow, glean, pack, and deliver vegetables for the Health Care Share. Corps Members are paid minimum wage for their work, take home a Health Care Share each week, and get employment training, personal food and finance education, and hands-on experience working on a farm!

## Feeding Communities

Hunger Free Vermont reports that 10% of all Vermonters are food insecure, lacking regular access to nutritious foods. With a Health Care Share, these families can access local nutritious food at their doctor's office through a prescription from a partnering medical center.

## Support Your Community

Find out how you can fund Health Care Shares for Vermont communities at [VYCC.org](http://VYCC.org)!



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