

TITLE: Harvest Box Program Improves Fruit and Vegetable Consumption in Low-Income, High-Obesity Risk Hispanic Families

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STUDENT SUBMISSION: No

TOPIC/TARGET AUDIENCE: We try to reach policy makers, program developers and evaluators, researchers.

ABSTRACT: BACKGROUND: To increase consumption of fruits and vegetable among low-income, high-obesity risk, Hispanic families we developed Harvest Box Program, a 12-week long weekly farm stand program.

AIM: Evaluate the efficacy of Harvest Box Program (HBP) to improve fruit and vegetable consumption in low-income, high-obesity risk Hispanic families.

METHODS: Families were referred to the program by physicians and community health navigators. Students orchestrated weekly Farm Stand events for families to choose fruits and vegetables for their boxes, taste recipe samples and take home recipes and informational sheets about foods provided each week. Participants completed weekly surveys.

SUMMARY: Most participants (88%) consumed most or all of their fruits and vegetables in their boxes. Over the 12-week program, nearly all participants (94%) tried new recipes, and 75% reported that they either greatly increased (42%) or somewhat increased (33%) their fruit and vegetable consumption as a result of the program.

IMPLICATION: Harvest Box Program, a 12-week long weekly farm stand program, which provides not only fresh fruits and vegetables but also hands-on food and nutrition information on how to prepare healthy meals from them, including taste testing, can improve fruit and vegetable consumption in low-income, high-obesity risk Hispanic families.

OBJECTIVE(S): Name essential components of the Harvest Box Program that improved fruit and vegetable consumption in low-income, high-obesity risk Hispanic families.
