

## **TEXAS FARM TO WORK PROGRAM DELIVERS**

*Public and private employees can buy local, fresh produce at work, once a week*

### **Public Health Problem**

- Less than a quarter of Texas adults eat even the minimum recommended daily servings of fruits and vegetables for good health and chronic disease prevention.
- Making healthy foods easier to get can lead to healthier eating habits for adults and children.
- A key public health obesity prevention strategy recommends improving access to healthy foods among all community members, including those in worksites.

### **Program**

- The Texas Department of State Health Services Nutrition, Physical Activity and Obesity Prevention Program, funded by the Centers for Disease Control and Prevention, worked with the department's Building Healthy Texans Employee Wellness Program and the Sustainable Food Center to create Farm to Work, an employee wellness program that provides the opportunity for employees to purchase a basket of fresh, local produce delivered at their worksite every week.
- Coordination with farmers is handled by the Sustainable Food Center, a non-profit organization that promotes healthy communities through healthy eating. Orders are prepaid through a secure server so no money is handled onsite.
- To encourage additional worksites to implement Farm to Work projects, a Farm to Work Toolkit contains all the sample documents and other resources needed to successfully implement the project developed at the Texas Department of State Health Services.

### **Impact**

- Employees at ten Austin-area worksites and their families now have a convenient, consistent way to eat healthier.
- In just one year, nearly seventeen hundred employees participated, 82,000 pounds of fresh, local produce was delivered, and Central Texas farmers saw over \$160,000 in gross sales.
- Employees save money on healthy produce - an informal comparison of the cost of the Farm to Work basket to local grocery store produce showed the grocery store produce total was more expensive than the Farm to Work produce basket.
- Employees can order on their schedule - this is not a subscription program - so it's easy for them to participate and the farmer is able to supply produce almost year round.
- Farm to Work has already spread to ten total worksites including other state agencies and private worksites in the Austin area and has the potential to be extended throughout the state.

### **Contact**

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