



# Veggie Rx

## About the Veggie Rx Program

Penn State Health, Penn State College of Medicine, and GIANT offer free, self-enrollment classes for people interested in learning about preventative care for chronic health conditions through diet, physical activity, and mental health. Class size is limited. Participants of the Veggie Rx Program will receive food vouchers weekly that can be used at Giant to receive fruits and vegetables.

## Veggie RX Class Topics

- Meal Planning & Cooking Confidence
- Heart Health
- Physical & Mental Health
- Community Connection & Support
- Nutrition & Healthy Eating Habits
- Grocery Store Tips
- Building Positive Meal Habits & Attitudes at Home

## Upcoming Veggie Rx Classes

**Location:** Northern Dauphin Human Services- 295 State Drive in Elizabethville, 17023

### Cohort 1 (In-person) Class Dates

- Class #1: April 17, 11-12pm
- Class #2: May 1, 11-12pm
- Class #3: May 15, 11-12pm
- Class #4: May 29, 11-12 pm
- Class #5: June 12, 11-12 pm
- Class #6: June 26, 11-12pm

### Cohort 2 (Virtual) Class Dates

- Class #1: April 24, 5-6pm
- Class #2: May 8, 5-6pm
- Class #3: May 22, 5-6pm
- Class #4: June 5, 5-6pm
- Class #5: June 19, 5-6pm
- Class #6: July 3, 5-6 pm

## How to Register for Veggie Rx

- To Register for Veggie Rx classes, please reach out to Bonnie Kent-Northern Dauphin Human Services:
  - 717-905-2700, Ext. 0
  - [bkent@dauphincounty.gov](mailto:bkent@dauphincounty.gov)
- Any questions about the Veggie Rx program can be emailed to: [communityhealthprogramming@pennstatehealth.psu.edu](mailto:communityhealthprogramming@pennstatehealth.psu.edu)

