

## Food as Medicine: Free Monthly Mobile Produce Market

Lynn Community Health Center has entered into a partnership with the Greater Boston Food Bank to bring fresh fruits and vegetables to our community through a free monthly produce distribution.

### Why?

- 1 in 5 Lynn residents are food insecure  
*Food insecure households are at higher risk of chronic disease (obesity/HTN/Diabetes)*
- 76% of Lynn Public School students are eligible for free/reduced lunch (130%/185% FPL)  
*Hunger affects ability for children to learn*
- Lynn is one of 10 cities in MA with the biggest grocery access problems (Globe 5/2/17)



### When and Where?

Typically\* the **1st Saturday of each month from 9:00 a.m. – 10:00 a.m. in the Element Care Parking Lot across the street from LCHC's 269 Union Street location.**

*\*When the first Saturday falls on a holiday weekend, the Market will be rescheduled for later in the month. See full FY18 Schedule on the next page)*

### How does it work?

- The Greater Boston Food Bank truck delivers pallets of produce
- Volunteers unpack the produce, package it in family sized portions, and distribute to families.
- Average amount of produces each month = about 25 pounds
- Households must register to receive food (one time only). There is no income requirement.
- Anyone, including LCHC staff and volunteers, can register to get food.

### **VOLUNTEERS NEEDED!**

- About 600 families come to each market!
- **We need about 50 volunteers each month to distribute the food!**
- Volunteers arrive 1 hour before the market opens to help set up for a three-hour commitment:  
    **8:00-9:00 .....Setup**  
    **9:00-10:00 .....Market is open**  
    **10:00-11:00 .....Cleanup**
- Volunteers can sign up for one month or every month! Please visit our Signup Genius by clicking on the button below!

**Help fight food insecurity in our community:  
Volunteer for the LCHC Mobile Market Food Distribution!**

**Click here to volunteer for October,  
November, and December 2017!**



# MOBILE MARKET

**A free, farmer's market-style distribution of fresh fruits & vegetables**

*In partnership with*



## **WHERE:**

Lynn Community Health Center  
Element Care Parking Lot  
9 Buffum St., Lynn

## **TIME:**

9:00-10:00AM

## **DATES:**

(2017)

September 30 (8:00-9:00 AM)  
October 14  
November 4  
December 2

(2018)

January 6  
February 3  
March 3  
April 7  
May 5  
June 2  
July 7  
August 4  
September 15

## **FOR INFORMATION, CALL:**

781-581-3900

**Please bring reusable grocery bags, baskets, or a cart to carry your food.**



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**FEEDING AMERICA**