

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 (Boston Globe 5/2/17)



When and Where?

Typically* the **1st Saturday of each month from 9:00 a.m. – 10:00 a.m.** at our main site at 269 Union Street.

**When the first Saturday falls on a holiday weekend, the Market will be rescheduled for later in the month.*

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 400 families come to each market!
- **We need about 30 volunteers each month to distribute the food!**
- Volunteers arrive 1 hour before the market opens to help set up for a three-hour commitment:
 - 8:00-9:00Setup**
 - 9:00-10:00Market is open**
 - 10:00-11:00Cleanup**
- Volunteers can sign up for one month or every month! Please visit our Signup Genius: <https://www.signupgenius.com/go/508094daca22a3fd0-mobile3> or contact Cindy Steger-Wilson, cstegerwilson@lchcnet.org