

fruits & vegetables for better health

The **Southern California Nutrition Incentive Program**, also known as **¡Más Fresco! More Fresh** rewards **CalFresh** participants for purchasing fruits and vegetables by providing financial incentives that can be used to purchase additional fruits and vegetables. This program makes it easier and more affordable to purchase and consume plenty of fruits and vegetables each day.

Eating fruits and vegetables lowers the chances of getting heart disease, diabetes, high cholesterol, and some types of cancer. It also helps people maintain a healthy weight. The more fruits and vegetables you eat, the healthier you will be!

For additional information about the Southern California Nutrition Incentive Program, including how to enroll in the program, please call, email, or visit our website:

PHONE
888-282-2711

EMAIL
morefresh@ucsd.edu

WEBSITE
ucsdcommunityhealth.org/work/morefresh

¡más fresco!
MORE FRESH



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United States
Department of
Agriculture

UC San Diego
SCHOOL OF MEDICINE

southern california nutrition incentive program

Serving the
Counties of:
Los Angeles
Orange
San Diego

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The **Southern California Nutrition Incentive Program** is a partnership between the **University of California San Diego (UCSD) Center for Community Health, United States Department of Agriculture (USDA)**, and **Northgate González Market**. The primary goal of this research program is to increase the purchase and consumption of fruits and vegetables among **CalFresh** participants by providing financial incentives at the point-of-purchase, and to evaluate the effect of financial incentives on the purchase and consumption of fruits and vegetables among **CalFresh** participants.

The **Southern California Nutrition Incentive Program** provides financial incentives to **CalFresh** participants when they purchase fresh fruits and vegetables with **CalFresh** benefits on their **Electronic Benefit Transfer (EBT)** card at participating **Northgate González Markets** in Los Angeles, Orange and San Diego Counties.

CalFresh participants who enroll in this research program will earn one dollar for every **CalFresh** benefit dollar spent on fresh fruits and vegetables. The financial incentive dollars earned can then be used

to purchase additional fresh fruits and vegetables. In this way, the program helps to increase the purchasing power and consumption of fruits and vegetables among **CalFresh** participants.

Program participants can earn either \$10, \$20, or up to \$40 per month for 12 months, depending on which group they are randomly assigned to. After 12 months a new group of **CalFresh** participants will have the opportunity to enroll in the program and receive financial incentives for 12 months. In addition to providing financial incentives, the program includes ongoing fruit and vegetable discount pricing promotions. In-store nutrition education is also provided, including healthy food shelf-labeling, cooking classes, and store tours to increase healthy eating knowledge and self-efficacy among **CalFresh** participants.