



## Answers to Important Questions

### What are the requirements to stay in the program?

This program is designed to help you learn healthy cooking and eating habits. In order to maintain your eligibility, be sure to complete the following program requirements:

- Pick up your weekly food packages.
- Check in with the clinic team on your program progress every month.
- Participate in at least one wellness class a month, nutrition or exercise.

### What if I want to switch doctors?

If you would like to see a doctor who is not part of MLK Community Healthcare, you can still be in the program. Ask your doctor to give you a copy of your health results on a regular basis. You should bring that information to MLK Community Healthcare when you come to pick up more food vouchers. The clinic team will use this information to help them track your progress in the program.

### What if I can't pick up my food on the day that I requested?

That's OK! Just give us a call at **424-338-8798** to let us know that you would like to pick another day that works best for you between 8:00 am and 5:00 pm, Monday through Friday.

## Ask About the Program Today

Do you have questions about the Recipe for Health Food Program? Contact the MLK Community Healthcare at **424-529-6755**.



**MLK Community Healthcare**

1680 E. 120th Street, Los Angeles, CA 90059

2251 W. Rosecrans Ave, Suite 18 Compton, CA 90222

MLKCHG.org



# Recipe for Health

## FOOD PROGRAM



Getting Healthy  
Never Tasted So Good



MLK Community Healthcare



# How the Pro

**M**LK Community Healthcare is excited to offer the Recipe for Health Food Program. It is based on the idea that food is an important medicine that can help heal the body. The program includes a weekly supply of fresh fruits and vegetables, as well as tools and tips that help you learn how to eat to improve your health. When you are part of the program, our team is here to support you as you develop healthy eating habits that you can use for the rest of your life.

## Who Can Join the Recipe for Health Program?

When you meet with your doctor and discuss your health issues, your doctor may recommend that you participate in the Recipe for Health Food Program. One of our clinic staff will then ask you some questions to see if you are a good fit for the program.

### You can join the program if you:

**Are 18 years old or older**

**Have one of the following chronic medical conditions:**

- **Prediabetes (Having Higher Blood Sugar than Normal)**
- **Diabetes (High Blood Sugar)**
- **Hypertension (High Blood Pressure)**
- **Heart Disease**
- **Obesity (Body Mass Index of 30 and above) and/or**

**Have a medical condition that needs a special diet and/or are not generally eating healthful foods.**

### 1 Complete a food assessment at the MLK Community Medical Group.

Our clinic staff will ask you questions about your current eating habits. There are no right or wrong answers. They want to understand you better so they can be your best partners.



### 2 Receive food vouchers and a wellness calendar.

Your doctor will choose a food package that is the best fit for you. Each food voucher is good for one week of food. The clinic staff will give you a wellness calendar that includes classes and grocery store tours to help you buy and prepare healthy food.

### 3 Schedule a time to pick up your food package from the MLK Community Hospital.

You can choose to come to the hospital any time between 8:00 am and 5:00 pm. The staff will work with your schedule. When you call, please give the food service representative a general idea of when you will be picking up your food.

Call **424-338-8798** between the hours of 8:00 am and 5:00 pm to make an appointment.



# Program Works

## 4 Bring your food voucher when you come to pick up your food.



When you arrive at the hospital, 1680 E. 120th St., Los Angeles, CA 90059, let the security officer at the front desk know that you are there to pick up your food package. Show the officer your food voucher. He or she will confirm your appointment and will call the food service representative to meet you with your food package. The representative will be happy to answer any questions you might have.

## 5 Enjoy your weekly food package. Make an appointment to pick up your food for the next week.

Keep using the food vouchers, and enjoy the fun and healthy recipes given to you in the food package.



## 6 Don't stop there! Make sure you attend a wellness class.

To help you shop and prepare healthy, easy meals, we have a variety of classes that you can select from, such as a Grocery Store Tour, Cooking Class, or Nutrition Education

Class. You must complete one wellness class each month in order to stay in the program and receive more food vouchers. **Don't forget to get a card from the instructor so you get credit for your class.** You will give that card to your doctor on your next visit.



## 7 Check in with your doctor, and get more food vouchers.

**Your doctor and the clinic team want to help you stay on track.** A clinic team member will check in with you to make sure you are getting the most you can out of the program. He or she will also answer questions you might have. The team member will confirm your appointment with your doctor, who will check on your health. At your appointment you will get four more weekly food vouchers to use that month.