



# The Fruit & Vegetable Prescription Program (FVRx)

Do you need to eat better to improve your health?

Join SNAP-Ed NY's **FREE 6-month** nutrition education program. **Attend classes twice a month.**

Save time and money by learning tips for healthy eating, cooking with fruits and vegetables, and ways to be physically active.

**Receive \$192** to purchase fresh fruits and veggies.

**Location: Livingston Cornell Cooperative Extension  
3 Murray Hill Drive, Mt Morris, NY 14510**

**Day & Time: Wednesdays 1:00-2:00 pm**

**Dates: March 19, April 1,5, May 7,21, June 4,18, July 2,9,  
August 6, 20, 27, 2025**

\*Must be 18 years or older to register.\*

**REGISTER IS REQUIRED!**

**Call or text Kelly to Register. For more info about the class contact Colleen Therrien**

Contact info, date of birth and health center will be requested and kept confidential

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**Nothern Finger Lakes Region**

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