



# Recipe for Health



The **Recipe For Health Kids** program offers all kids, regardless of health history, the opportunity to lead a healthy lifestyle from a young age. The program includes a weekly supply of fresh fruits and vegetables, as well as tips and tools that help kids learn how to improve their health.

We aim to reach kids before they develop a health condition and teach kids with a health condition healthy habits that they can carry into adulthood.



## Who Can Join the Program?



Kids ages 5-17 can join the program if the parents or guardians of the children are patients at the MLK Community Medical Group.

## F.R.E.S.H Menu of Benefits

- Fresh, colorful, and seasonal produce every week
- Resources to track health
- Educational food activity sessions every month
- Supporting lifestyles through fun, kid-friendly items
- Health recognition at the end of the program



## Ask About the Program Today



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



MLK Community Healthcare