

Community Supported Agriculture Program

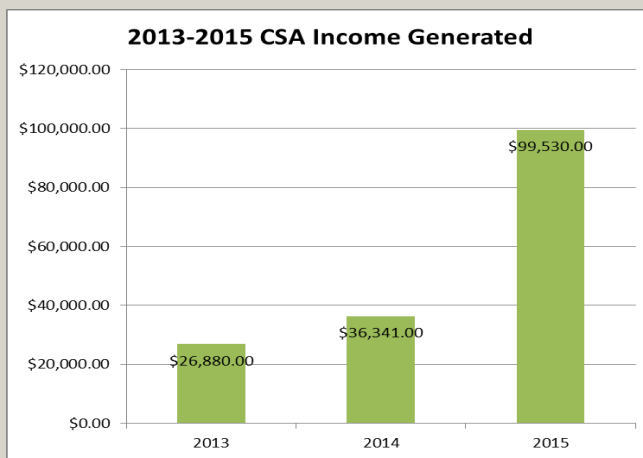
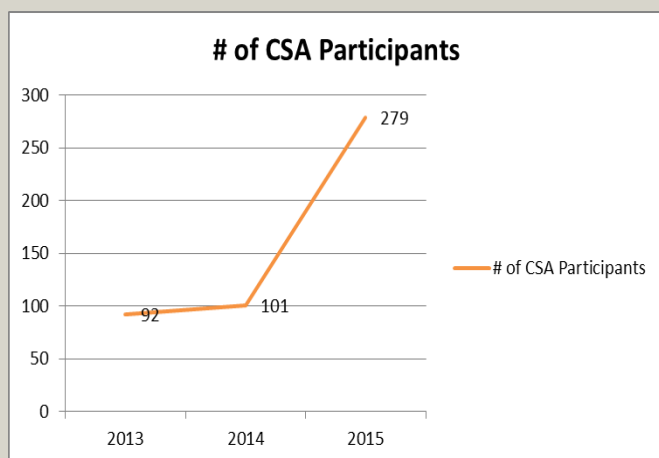
SUMMARY

Research shows that regularly eating a well-balanced diet and maintaining a healthy weight can help reduce risk for many health conditions including high blood pressure, high cholesterol, high triglycerides, diabetes and certain cancers. According to the CDC, 76% of the US population did not meet fruit intake recommendations, and 87% did not meet vegetable intake recommendations. The CDC also states that “substantial new efforts are needed to build consumer demand for fruits and vegetables through competitive pricing, placement, and promotion in child care, schools, grocery stores, communities, and worksites.” The Network’s 2014 Caring Starts with You health risk assessment data indicates that only 13.3% of the 8,500+ participating employees and spouses consume at least 5 servings of fruits and vegetables a day.

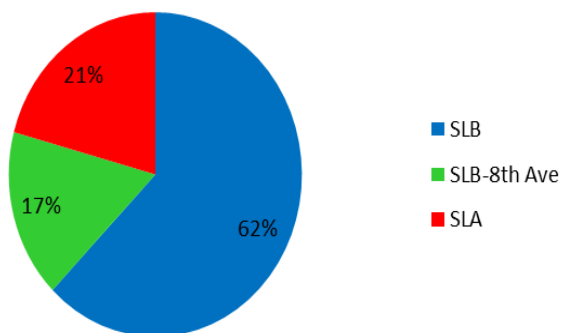
Increasing access to locally grown, organic produce through the expansion of the Community Supported Agriculture (CSA) program became an area of focus for SLUHN’s Employee Wellness Department in 2014/2015. Partnerships with local farmers throughout the Network’s region enabled the CSA program to be offered network-wide in 2015. The program grew from one farmer delivering weekly to three locations to six farmers delivering weekly to 7 locations throughout the network.

HIGHLIGHTS & SUCCESSES

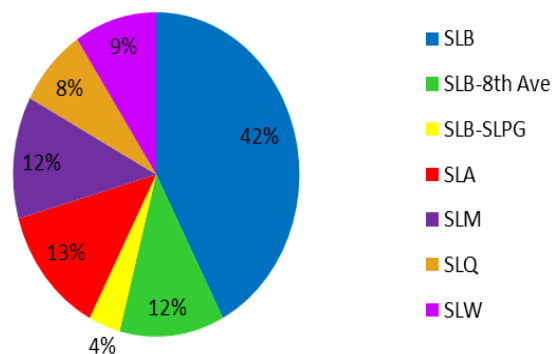
1. Increased CSA participation 175% in 2015
2. Provided organic fruits and vegetables to 279 employees across 5 campuses in PA and NJ
3. Nearly \$100,000 into the pockets of 6 local farmers



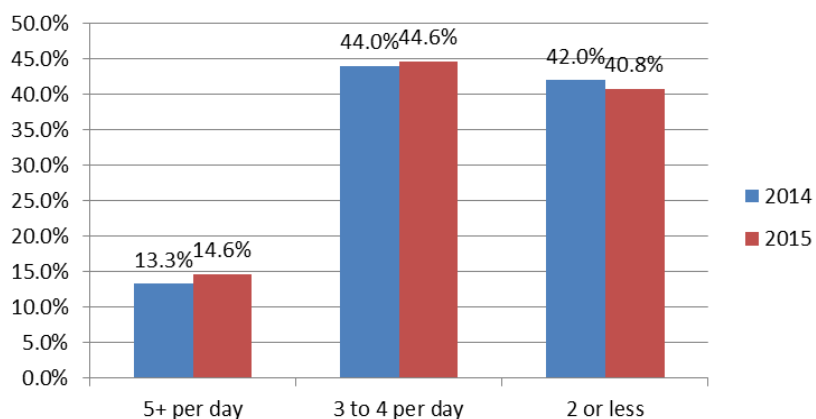
CSA Participation by Campus 2014



CSA Participation by Campus 2015



Daily Fruits & Vegetables 2014 - 2015



CHALLENGES

1. Logistics - managing multiple farmers, delivery sites and delivery days
2. Building manageable communication workflows with farmers and participants, from registration through evaluation
3. Ongoing education and expectation management with farmers and participants who were new to the program

NEXT STEPS

1. Continued annual participation growth at established CSA campuses
2. Additional CSA distribution sites to serve employees at new SLUHN locations - i.e., St. Luke's Center in 2016, Monroe in 2017
3. Identify and orient additional farmers to support the growing program
4. Community pilot program