



Community Health and Empowerment
through Education and Research

HEALTHY FOOD ACCESS PROGRAM

TO QUALIFY

For: Individuals with DIABETES Type 2

Live in one of the following zip codes:

20783, 20787, 20901, 20902, 20903, 20904, 20910 and 20912

PROGRAM DETAILS

- Participants will receive a free box of produce for 12 weeks
- Participants will receive one-on-one support from a community health worker
- Participants will take part in one class per month about healthy eating and healthy cooking.
- We will help participants enroll in nutrition support programs and services (SNAP/WIC and/or Manna) and we will connect participants with community resources that promote healthy living such as walking clubs, yoga, zumba, etc.

OUR PARTNERS



primary care coalition



healthy
montgomery
Transforming Communities Initiative



Crossroads
Farmers
Market



MobileMed
Mobile Medical Care, Inc.



CAPITAL AREA
FOOD BANK

ABOUT CHEER

CHEER is a community-based organization in Takoma Park that seeks to provide people with the knowledge and ability to create healthy, thriving communities. If you have any questions about this program or you would like a referral form, please contact our office at **301-589-3633** or send an email to Lucia Zegarra at **lucia@communitycheer.org**. *To refer a patient, please send us a referral form via fax **240.670.7417***

8545 Piney Branch Road, Suite H, Silver Spring, MD 20901 | **Phone:** 301.589.3633 | **Fax:** 240.670.7417
<https://www.communitycheer.org/healthyfoodaccessprogram>