"Instead of choosing soda, candy or chips, my daughters choose bananas, apples or oranges when they go to the store!" (FVRx Participant)
BENEFITS of FVRx

> Receive $1/day per family member towards fruits and veggies
> Enjoy food demos and new recipes
> Fun family activities and games
> Healthy habits for your family

AM I ELIGIBLE?

> Families with children ages 3 to 6
> Women who are pregnant or gave birth in the last 3 years
> All income levels welcome
> Program does not interfere with any current benefits

Navajo Fruits and Vegetable Prescription Program (FVRx)

Call Today! Phone #: 

Made possible with funding from the Centers for Disease Control and Prevention.