



FOOD IS MEDICINE

A data-driven approach to prevent and treat diet-related chronic diseases, improve individual and community health, support the local economy, and decrease healthcare costs.

LEAP takes a whole-system approach to Food is Medicine that extends the impact of donor dollars.



HARVEST BUCKS

LEAP programs reduce food insecurity locally by helping people with limited resources and other constraints to stretch their food budgets and improve their access to fresh produce.

Prevention



SW PRODUCE RX

LEAP partners* with medical, research, and community organizations to implement SW Produce Rx that provides 6 months of nutrition education and prescriptions for fresh produce.

Treatment



LOCAL FOOD FIRST

LEAP facilitates Food is Medicine programs to purchase food grown by local farmers and to provide market opportunities for local farmers and businesses, which supports the local economy.

Community Integration

Increased Fruits & Vegetables

“The match program [has] helped us greatly to afford having more fresh local produce for meals at home.”

“This program multiplies the good, for my family's health, for our budget, and for our community.”

Improved Health Outcomes

Participants of SWPRx with type 2 diabetes reduced HbA1c by 0.60 percentage points on average.

67% of SWPRx participants with type 2 diabetes experienced a reduction in HbA1c.

Added Community & Wellbeing

“LEAP has made it possible for us to explore new foods, build lasting friendships, and strengthen our connection to our local food system.”

67% SWPRx participants reported higher levels of wellbeing and life satisfaction.

**SWPRx Partners include Carilion Clinic, Virginia Fresh Match, Feeding Southwest Virginia, and Radford University.*

Donate Today!



leapforlocalfood.org



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YOUR GIFT MAKES A DIFFERENCE.

FOR EVERY \$20 YOU GIVE, SOMEONE WHO NEEDS IT WILL HAVE \$40 TO SPEND ON FRESH, LOCAL FOOD.

IT'S THAT SIMPLE.