

WE ARE

**A 501 (c) (3) NONPROFIT THAT WORKS TO IMPROVE HEALTHCARE SERVICES AND OUTCOMES BY TEACHING...
PATIENTS How to Make Informed Decisions and Manage Their Conditions,
CAREGIVERS How to Support and Advocate for Loved Ones, and
CLINICIANS How to Communicate in Ways That Help Patients**

TIP(s) OF THE MONTH

**Mostly, but not exclusively, building on topics covered in the most recent issue of the
Healthcare Communication Review • www.healthcp.org/nexttopics.html**

March, 2011 • ON LOCALLY GROWN, FRESH FOODS

1. Community Supported Agriculture (CSA)

By purchasing shares, becoming a member, or subscribing to one or more of the 12,000-plus CSA farms in the US, people commit to buying foods grown at these farms. By so doing, they share in the risks and benefits of the enterprise. By 'insuring' the risk and guaranteeing a market, they help these farmers stay in the business of farming. At the same time, assure their own access to weekly bags or boxes of fresh, local foods.

**For More information about CSAs and to Locate Those Nearest to You, Visit
<http://www.nal.usda.gov/afsic/pubs/csa/csa.shtml>**

**For a Detailed History of CSAs in the USA
<http://newfarm.rodaleinstitute.org/features/0104/csa-history/part1.shtml>**

2. Fresh food for people living in poor and urban neighborhoods

Efforts are being made to bring fresh, low-cost foods to people in urban areas where a lack of nearby supermarkets often forces people to get their foods from convenience stores. Where they exist, programs vary. Some bring locally grown produce into urban areas. Some try to encourage the building of supermarkets in urban areas. Others focus on food pantries. Healthy food initiatives are also being proposed on a national level.

For More Information

See <http://access.foundationsource.com/cause/urban-food-access>,

To see how you can help, visit <http://news.change.org/stories/tell-congress-to-fund-healthy-food-initiatives>
And <http://feedingamerica.org/get-help.aspx>.

3. Preserving fresh foods yourself

Modern-day homemakers can learn how to take advantage of abundant crops of fresh, seasonal fruits and vegetables by purchasing them in bulk from local farm markets and preserving them. Don't know how? Mrs. Wheelbarrow (AKA Cathy Barrow) can help! It was not too long ago that Barrow was enticed by fresh foods at a local farm market and decided to try her own hand at canning and preserving them. Today she is a food blogger and teacher of canning and other culinary tips.

**To see and/or hear an NPR story about Mrs. Wheelbarrow, visit
<http://www.npr.org/templates/story/story.php?storyId=129402166>**

To see her website, visit <http://www.mrswheelbarrow.com/>

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