



Get a box of farm-fresh fruits and vegetables delivered to your home weekly for about 6 months (24 deliveries total)!

Enroll online at www.masfrescoplusfarms.org



Scan the QR code with your phone to visit the website to enroll

Who is eligible to participate?

- 18 years of age or older
- Referred by a San Diego County community-based organization
- One participant per household
- Live in San Diego County
- Have not previously participated in the iMás Fresco! Plus program

How do I use the locally grown fruits and vegetables included in my produce box?



Recipes and information about healthy eating:
<https://eatfresh.org/find-a-recipe>



How to store and cook with different types of fruits and vegetables:
<https://ucsdcommunityhealth.org/work/eat-ca/>

Scan the QR code with your phone or type the above in a web browser to visit the website

Questions?

Contact iMás Fresco! Plus Support

Phone: (888) 315-6602

E-mail: masfrescoplus@health.ucsd.edu

UC San Diego

ALTMAN CLINICAL & TRANSLATIONAL RESEARCH INSTITUTE

**Center for
Community Health**