



Fresh For Life produce prescription program for Abbeville County

Diabetes management through healthy food and nutrition education

Are you 18 years or older and currently living with diabetes? The **Fresh For Life** program can help you manage your diabetes using healthy foods and nutrition education.

Eligibility and what to expect

- Twice monthly produce boxes with fresh fruits, vegetables and recipes
- Four individual health and nutrition coaching sessions with a registered dietitian
- Once monthly food and cooking demonstrations
- Resources to help you continue a healthy diet and lifestyle
- Monitoring of clinical measures (including A1C) to track your progress!
- This program is **free of charge**, and you will be compensated for your time; total incentive **value is \$245**
- Eligibility based on qualifying A1C value and income threshold (for example, you are SNAP eligible).

Please ask your provider or contact us for more information!

Provider number: 864-6562528, or
[Project Manager : mbj@clemson.edu](mailto:mbj@clemson.edu)

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