



Helping Families Caught in the “Food Gap” Get Access to Healthy Food

Healthy Options helps struggling families access fresh, nourishing food.

Imagine if you were...

- Struggling to pay your family's bills for the month.
- Cutting your food budget to make ends meet.
- Shopping for food and instead of buying fresh fruits and vegetables you needed to buy canned food because it costs a little less.

This scenario is reality for **26% of families** in Adams County*.

Experts call it the food gap. It affects families who earn too much for food stamps, but too little to shop nutritiously.

One of the many stories about how Healthy Options helps neighbors in need.

Blanca Herrera, a resident of Adams County since 2004, faced challenges in maintaining a healthy diet due to financial constraints. However, her life took a positive turn when she was referred to the Healthy Options Program.

“Healthy Options has been a game-changer for me,” explains Blanca. “Previously, I struggled to afford enough fruits and vegetables, which impacted my health. But now, thanks to this program, I can afford nutritious foods and see a significant improvement in my well-being. Not only has it benefited me, but it has also allowed me to set a healthy example for my family.”

Grateful for the program's support, Blanca pays it forward by volunteering as a Healthy Options group leader to assist other participants in accessing healthy foods.

“I’m immensely thankful for this program,” says Blanca. “By volunteering, I aim to ensure that others in our community can experience its benefits too. It’s truly a fantastic initiative.”



Blanca Herrera
Adams County resident

It's a difficult situation for families to face.

Not having the funds to purchase fresh, nutritious food, many families end up eating a diet of highly processed, unhealthy food. This can lead to health issues like obesity, diabetes and malnutrition. Healthy Options, managed by Healthy Adams County, is funded by donor dollars raised through the Gettysburg Hospital Foundation to help individuals and families gain access to nutritious food.

Through **Healthy Options**, participants receive vouchers for fresh fruits, vegetables, breads and meats at Adams County Farmers Market and Kennie's Market. The program targets families who do not qualify for the Supplemental Nutrition Assistance Program (SNAP), more commonly known as food stamps. They receive \$50 in vouchers each month to use at the markets. Healthy Options also educates, participants learn to grow and prepare their own food through a series of gardening classes, farm tours and healthy cooking classes.

There are also programs to help families who use SNAP access more fresh food. The **Double Dollars** program doubles SNAP recipients' fresh purchases up to \$30 spent on their Access Card and doubles the WIC and Senior Farmer's Market Nutrition Program vouchers.

The **Fruit and Veggie Bucks** program through Kennie's Market gives SNAP recipients an opportunity to sign up for a 50% discount on the 5 highest-priced fruits and vegetables that they can purchase daily.

When the program first started in 2011, Healthy Options served 25 families. Since then the program has grown. In 2024, we are addressing food insecurity by helping:

- **671 families** through the **Healthy Options program**
- **713 individuals and families** receiving SNAP assistance through the **Fruit and Veggie Bucks program**
- **850 SNAP and WIC recipients** and their families through the **Double Dollars program**
- **For a total of 2,234 served in Adams County**

Here's How Your Gift Makes an Impact

Healthy Options provides fresh fruits and veggies on the dinner table and inspires participants to eat healthy, stay active and connect with peers and support services in Adams County.

When you give to the Gettysburg Hospital Foundation, you fund programs like Healthy Options that provide:



Healthy and nutritious foods to individuals and families that fall in the food gap.



Education for participants on gardening and creating sustainable food sources, including local farm tours.



Cooking classes so families and participants know how to use the produce they get at the market and learn how to preserve the food beyond the growing season.



Physical fitness activities for participants to stay healthy and exercise.



Mentorship and fellowship opportunities for participants to learn from one another and get connected to a community devoted to staying healthy.

Healthy Options fulfills WellSpan Health's vision of inspiring health for patients and communities on their journey of life.

Your gift is contributing to a healthier community!

For information about other vital community programs in Adams County, contact Kristin Vought at (717) 337-4154 or kvought@wellspan.org.

12691 INTELLIPRINT 3/24