



**Making A Difference
Foundation**



FreshRx

HEALTHY FOOD. BRIGHTER DAYS.

Good Food Supports a Healthier You.

The Fresh Rx program helps you access fresh, nutritious food that fits your health needs, preferences, and culture – and we deliver it directly to your home.



How Fresh Rx Works



CHOOSE

Select foods you and your family will enjoy.



ORDER

Choose from available fresh and nutritious foods.



DELIVER

We deliver your groceries directly to your home.

Foods That Support Your Health



Diabetes management



Heart health



Healthy blood pressure



Overall nutrition

Interested in Fresh Rx?

Contact us to learn more about eligibility or to get a referral.



253-212-2778



<http://www.themadf.org>



**Real Food.
Real Choice.
A Healthier
Tomorrow.**