

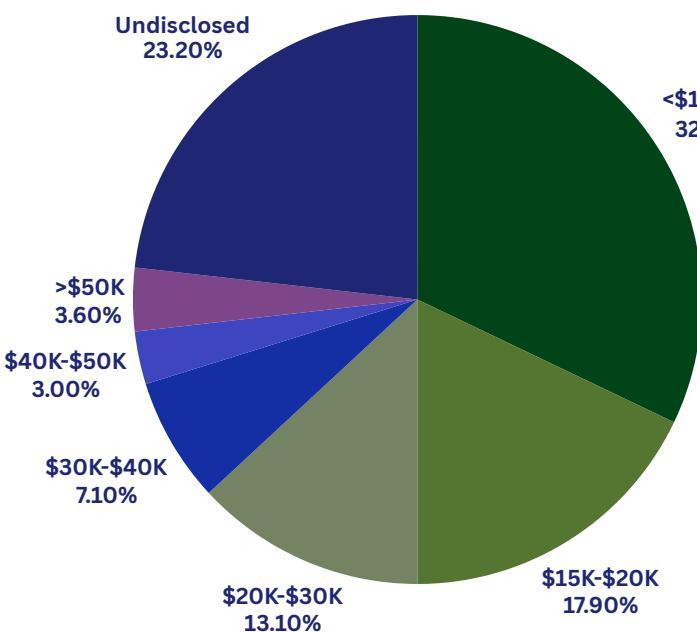
2025 Health Care Share Report

CVMC, SASH, People's Health and Wellness

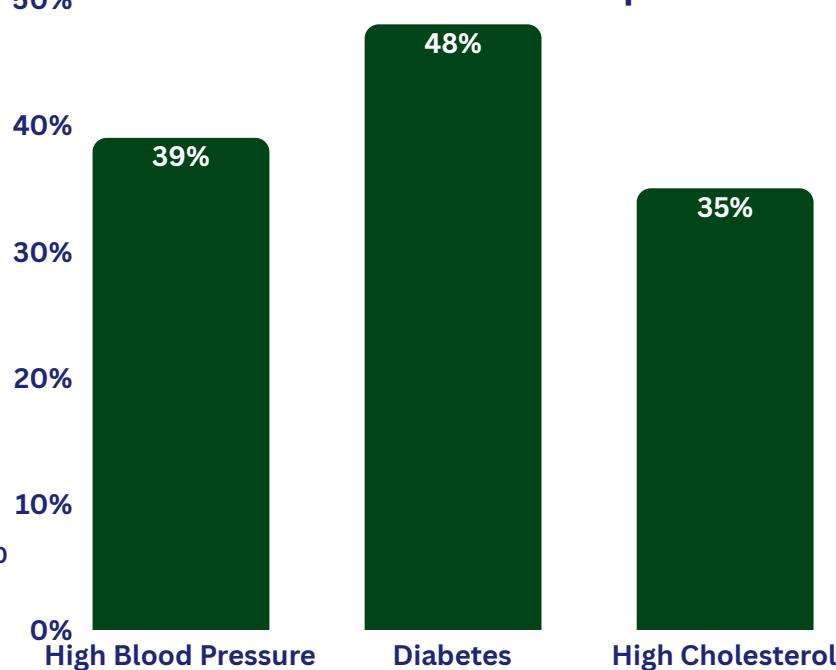
Participant Information

- **168** households received Health Care Shares in 2025
- **313** individuals made up the households surveyed
- **16%** of households had children under 18; **55%** included adults aged 65+

Health Care Share Participant Income



Diet-Related Illnesses Amongst Health Care Share Participants



- **76%** of participants were returners, with **52%** having participated for 3+ years
- **5%** of participants were veterans or active military members
- **65%** of participants screened positive for food insecurity
- **62%** of participants rely on food assistance programs such as SNAP, WIC, or Veggie Van Go



2025 Program Outcomes

Total number of shares distributed: 3,192

Total pounds of food distributed: small: 14,000+

Total number of chickens distributed: 336

Total number of VYCC Corps Members that supported the Health Care Share: 69



92% of participants said that they would definitely want to participate in the Health Care Share again



85% stated that they cook and eat **more fresh vegetables** than they did before participating

75% have greater **health and nutritional knowledge** after participating

78% are more confident in their ability to **cook healthy foods**

2025 Health Care Share Participant Testimonials

“I always feel healthier during the months that I receive the health share. My energy is better. My outlook is better. My digestive system works so better during those months”

“We eat better and have more vegetables when we receive the share. It has really helped us economically this year because of the increased prices at the grocery store”

“Being single and alone this service helps me eat better and take better care of myself.”

“The HCS gave me peace of mind knowing that I would have fresh produce available to me.”

“I was able to feed a family of six all summer. I was able to eat healthier and could use my food stamp money on things for my children who have food allergies”

“I am so grateful to have the fresh vegetables. What a gift and is so helpful for me to eat right! And the chickens I got this year are a wonderful additive! Just so good for my health. Great positive impact in my life!”