

# Farmhouse TO Your House

A Novo Nordisk-Sponsored Program

**Healthy Food, Healthy Family!**





## Why Join Farmhouse to Your House? A Healthier You!

There is nothing more satisfying than sitting down to a delicious meal. When you add more fruits and vegetables, it's good for you and the entire family!

Of course, if you don't have easy access to fresh, healthy foods, it's harder to make healthy choices. Novo Nordisk, Mississippi Diabetes Prevention Programs, Foot Print Farms, and Nick Wallace Culinary and Creativity Kitchen have come together to help you and your family eat healthier.

Once signed up, your Diabetes Prevention Program–certified Life Coach will talk to you about classes and what you'll be learning over the next year, where to pick up your fruits and vegetables, and how you and your family can make positive changes to live healthier lives.

### Our mission is simple:

- Increase understanding of what it takes to be healthier
- Give families better access to fresh produce from local farms
- Reduce obesity, diabetes, and prediabetes in the community

# Who can sign up?

You must be enrolled and actively participating in a Diabetes Prevention Program to be eligible for the Farmhouse to Your House Program.

# What is a Diabetes Prevention Program?

Diabetes Prevention Programs, or DPPs, help people currently at risk for diabetes take charge of their health and well-being. DPPs teach how to change your life through healthy eating, exercise, and problem-solving skills.

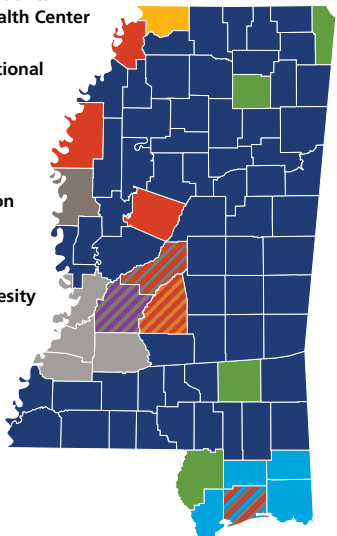
The programs are for 1 year and include:

- Meetings once a week for the first 4 months, every other week for next the 2 months, and once a month for the last 6 months
- Classes taught by trained DPP Life Coaches
- Group support
- Additional healthy opportunities

To find out if a DPP is right for you, talk to your doctor or healthcare provider. You must be at least 18 years of age or older and overweight, with no previous diagnosis of diabetes (other than diabetes diagnosed during pregnancy).

# Current DPPs in Your Area

- **Balm in Gilead/Southeast Diabetes Faith Initiative** (4 locations)
- **Black Women’s Health Imperative/ Claiborne County Family Health Center** (4 locations)
- **Delta Alliance for Congregational Health (DACH)** (6 locations)
- **Flowood Family YMCA**
- **HabitNu** (4 locations)
- **Magnolia Medical Foundation**
- **Olive Branch Family Medical Center**
- **The National Diabetes & Obesity Research Institute (NDORI) – MS Gulf Coast** (5 locations)



## How does it work?

- During the program, you will receive 26 boxes of fresh, locally grown fruits, vegetables, and herbs direct from the farm.
- You will have classes where DPP Life Coaches will teach you about the benefits of adding more fruits and vegetables to your diet and making healthy lifestyle changes. Class will be once a week for the first 16 weeks, every other week for the next 2 months, and once a month for the last 6 months.
- Please ask your DPP Life Coach about class schedules, box pickups, and costs.

## What's in the box?



A variety of fresh fruits, vegetables, and herbs are sorted into boxes by local farms and distributed at DPP locations. Each box will contain 6 to 8 different types of seasonal produce, enough to feed a family of 4. Depending on what's in season, each box may contain one or more of the following:

### Vegetables

- Bell peppers
- Collard greens
- Cucumbers
- Kale
- Okra

### Fruits

- Apples
- Cantaloupe
- Peaches
- Strawberries
- Watermelon

### Herbs

- Basil
- Garlic
- Ginger
- Mint
- Sage

## Partners Working Together for You!

### Nick Wallace Culinary and Creativity Kitchen

was founded by celebrity and Executive Chef, Nick Wallace. Chef Wallace was voted one of the best chefs in America in 2017 and has appeared in *Southern Living Magazine* and on multiple Food Network programs. He has served as chef for some of the country's largest and most prominent museums and hotels in Mississippi. Chef Wallace works closely with local farmers to ensure that only foods free of preservatives go straight from the farm to your table.

[nickwallaceculinary.com](http://nickwallaceculinary.com)



**Foot Print Farms**, located in Jackson, Mississippi, is the largest urban farm in the state. Established in 2010, Foot Print Farms focuses on training young farmers and is a certified mobile farmer's market.

[footprintfarmsms.com](http://footprintfarmsms.com)

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Every season, additional local farmers and suppliers are joining in to make it easier for you and your family to have access to affordable, fresh produce for healthy meals.

# Registration Form

To sign up, fill out this form and give it to your DPP Life Coach or call the number on the back for more information to start eating healthy!

\*Required fields.

*Please type answers below.*

**First Name\*** \_\_\_\_\_

**Last Name\*** \_\_\_\_\_

**Address\***

Street \_\_\_\_\_

Apt # \_\_\_\_\_

City \_\_\_\_\_

County \_\_\_\_\_

State \_\_\_\_\_ ZIP Code \_\_\_\_\_

**Phone Number\*** \_\_\_\_\_

Cell Number \_\_\_\_\_

**Email\*** \_\_\_\_\_

**Education\***

Less than high school  High school

2-year degree  4-year college degree

Advanced degree, more than 4 years of college  
(MBA, PhD, MD, etc.)

Place of Worship \_\_\_\_\_

**Number of Family Members in Your Household\*** \_\_\_\_\_

**Age Range of Family Members in Your Household\***

\_\_\_\_\_ to \_\_\_\_\_ years old



## Did you eat any VEGETABLES yesterday?

Vegetables include salads; boiled, baked, and mashed potatoes; and all cooked and uncooked vegetables.

*Do not count French fries or chips.*

- No
- Yes, 1 time
- Yes, 2 times
- Yes, 3 or more times

## Did you eat any FRUITS yesterday?

*Do not count fruit juice.*

- No
- Yes, 1 time
- Yes, 2 times
- Yes, 3 or more times

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**For more information, visit**  
**[farmhousetoyourhouse.com](http://farmhousetoyourhouse.com)**

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By registering for this program, you agree that Novo Nordisk may receive a copy of the information contained in this registration. To complete your registration, we ask that you take a moment to read the information provided below to better understand how Novo Nordisk uses the information that you provide to us. When you finish reading, please check the "I Agree" box and confirm your age.

Novo Nordisk respects the importance of your privacy and understands that your health is a very personal and sensitive subject. Novo Nordisk wants you to understand how it will use the information provided by you on this registration page. By checking "I Agree" below, you are indicating that you want to learn more about this service and receive promotional or non-promotional updates via email or mail from Novo Nordisk or its partners about products, support services, or other special opportunities that Novo Nordisk or its partners believe might be of interest to you. You also understand that you may opt out from receiving any future communications from Novo Nordisk or its partners by calling 1-877-744-2579 or by sending us a letter containing your full contact information (eg, name, email address, phone) to Novo Nordisk, 800 Scudders Mill Road, Plainsboro, New Jersey 08536. To better understand how Novo Nordisk values your privacy and what other information may be collected from you while you use this service, you may request a copy of the Novo Nordisk Privacy Statement from Novo Nordisk by calling or mailing a request to Novo Nordisk.

- I agree and confirm that I am 18 years of age or older.

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## TO BE COMPLETED BY DPP PERSONNEL ONLY

DPP Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Title: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

## HELP **LOWER** YOUR RISK OF TYPE 2 DIABETES WITH DIET<sup>1</sup>

Very Healthy Diet

↓ **34%**



Vegetables, nuts,  
beans, fruit, and  
whole grains

Healthy Diet

↓ **20%**



Vegetables, nuts,  
beans, fruit, and  
whole grains with  
small amounts of  
lean meats, fish,  
eggs, and dairy

AN UNHEALTHY DIET  
CAN **RAISE** YOUR RISK

↑ **16%**



Sweetened drinks,  
fruit juices, candy,  
desserts, and  
refined grains

The more you know about what you're eating, the better your choices can be. Many people are surprised to learn that just one fast food meal can raise blood pressure and blood sugar levels.

Eating less fast food meals every week can have a positive impact on you and your family's weight and health.<sup>2</sup>

**For more information, please contact your local diabetes prevention organization.**

**For more information, visit**  
[farmhousetoyourhouse.com](http://farmhousetoyourhouse.com)

References: 1. Satija A, Bhupathiraju SN, Rimm EB, et al. Plant-based dietary patterns and incidence of type 2 diabetes in US men and women: results from three prospective cohort studies. *PLoS Med.* 2016;13(6):e1002039. 2. Pereira MA, Kartashov AI, Ebbeling CB, et al. Fast-food habits, weight gain, and insulin resistance (the CARDIA study): 15-year prospective analysis. *Lancet.* 2005;365(9453):36-42.

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