



**Get 24 boxes of farm-fresh fruits and vegetables delivered to your home!**

**Enroll online at [www.masfrescoplusproduce.org](http://www.masfrescoplusproduce.org)**



Scan the QR code with your phone to visit the website to enroll

**Who is eligible to participate?**

- 18 years of age or older
- Referred by a San Diego County community-based organization
- One participant per household
- Live in San Diego County
- Have not previously participated in the iMás Fresco! Plus program

**How do I use the locally grown fruits and vegetables included in my produce box?**



**Recipes and information about healthy eating:**  
<https://eatfresh.org/find-a-recipe>



**How to store and cook with different types of fruits and vegetables:**  
<https://ucsdcommunityhealth.org/work/eat-ca/>

Scan the QR code with your phone or type the above in a web browser to visit the website

**Questions?**

**Contact iMás Fresco! Plus Support**

**Phone: (888) 315-6602**

**E-mail: [masfrescoplus@health.ucsd.edu](mailto:masfrescoplus@health.ucsd.edu)**

**UC San Diego**  
ALTMAN CLINICAL & TRANSLATIONAL RESEARCH INSTITUTE

**Center for  
Community Health**