

# Healthy Worksites Spotlight

## Champions for Change and Adventist Health White Memorial Partner to Increase Access to Fresh Fruits and Vegetables



Since 2015, Adventist Health White Memorial (AHWM) has partnered with Healthy Worksites, a program of the Champions for Change initiative that provides onsite nutrition and physical activity education and assistance to help business owners and human resources staff create healthier environments for their employees. AHWM is located in Boyle Heights, a low-income Latino neighborhood just minutes away from Downtown Los Angeles. After conducting interest surveys with the employees, results showed that 90% of the surveyed employees were willing to shop at a Farmers' Market to purchase fresh fruits and vegetables. Such results helped the AHWM Employee Wellness Taskforce move forward with the implementation of their very own Farmers' Market. After almost a year of planning, the LivingWell Fair with Farmers' Market officially opened to the community on October 26, 2017!



*“Having an on-site Farmers' Market is an evidence-based strategy for improved employee health, from the Centers for Disease Control. It is so rewarding to see the employees embrace this offering by purchasing fresh fruits and veggies!”*  
– Gina Cipriani, Employee Wellness Coordinator



AHWM also wanted to increase access to healthier food options to the surrounding community by offering free health education classes, health screenings and assistance to enroll in programs such as CalFresh. According to Alan Sanchez, Manager of Community Outreach and Community Information Center, “our community is considered a food dessert- having an onsite farmers market provides our community opportunities to access fresh produce

and at the same time offer needed education on healthy habits.” Not only do they sell fresh and vibrant fruits and vegetables, but they also sell prepared foods and artisanal goods. The LivingWell Fair with Farmers' Market welcomes everyone, and is up and running every Thursday from 10AM to 2:30PM.

