Help give back to your community by volunteering for the Produce for Better Health (PBH) Program. PBH is a new CICOA program that will provide two boxes monthly of fresh fruits and vegetables to current CICOA congregate meal clients. In return for the produce, the clients must report their weight and blood pressure once per month.

Volunteer requirements include:

- **NO MEDICAL BACKGROUND NEEDED.**
- Must be available two times per month on a set recurring schedule to be present for distribution of produce boxes at the meal site during lunch hours (example: the 1st and 3rd Thursdays of the month from 10a-12p).
- Ability to lift a 14-pound box of produce.
- Willing to assist clients in placing produce boxes into their cars or carts, if needed.
- Assist clients with monthly weight and blood pressure measurements (equipment & training provided).
- Assist clients in completing the enrollment application paperwork.
- Ability to scan and email completed paperwork (staff may be able to assist).
- Willing to identify a subsequent volunteer should you have to step down from your volunteer duties with the PBH program.

Questions?
Call 463-800-6977 to speak with Allie, Registered Dietitian & Program Coordinator at CICOA.