



# Growing Good Health

## 4 Things to Know

Healthy employees have always been a priority for Vanderbilt University Medical Center — regardless of their income — which is why we are offering select employees a chance to enroll in a CSA. CSA stands for community supported agriculture and works like a subscription program for vegetables and fruits.



# 1

To participate, employees must make less than \$40,000 per year, be fully benefits eligible, and be willing to pick up their weekly or biweekly share. Employees who do not meet the income requirement can enroll in a CSA at a 15 percent discount.



# 2

Participants can join one of three CSA farms: Caney Fork Farms, Delvin Farms, and Athena's Harvest. Select from many pickup locations, including one at VUMC.



# 3

Participants are asked to complete a confidential survey before and after the CSA season for the program partner, Rooted Community Health initiative.



# 4

While VUMC will cover the cost of the CSA, participants are responsible for paying the tax, which may be up to \$120 for a half share, divided over three pay periods or up to \$215 for a full share, divided over three pay periods.

For more information, visit [vumc.org/cbmes/growing-good-health](http://vumc.org/cbmes/growing-good-health)