



## Harbor Health Services increases access to fresh produce for their employees and community

Harbor Health Services, Inc. (HHSI) operates four community health centers, with 350 employees, in Boston, the South Shore, and Cape Cod communities.

### Healthy priorities

Using the Working on Wellness needs and interest survey, HHSI found that **only 18% of respondents ate the recommended servings of fruits and vegetables each day**. As part of their comprehensive worksite wellness plan, improving access to fresh, affordable produce became one of their top goals.

### Strategic steps

Through the action planning process, the HHSI wellness committee identified Fresh Truck as a community partner that could help build a workplace **environment that promotes healthy eating**. HHSI invited the mobile fruit and vegetable market to visit three HHSI locations each week, and employees received coupons as incentive to shop there. HHSI also offers **workshops on storing and preparing fresh produce** — led by one of their own employees, a registered dietitian.

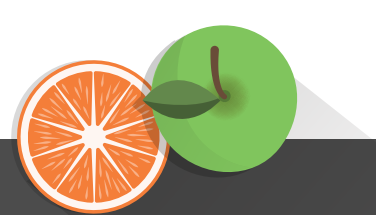
HHSI invited **local businesses and residents to participate in the Fresh Truck initiative** so that the broader community would have increased access to fresh produce. HHSI is now working with local public housing developments to explore bringing produce to their neighborhoods.

### The results

Nearly 75% of HHSI produce shoppers said the truck was the reason they were eating more fruits and vegetables. Employees reported an improvement in the workplace environment supporting healthy eating. They also felt they were modeling healthy behaviors to their clients.

**“My family is eating more fruits and vegetables since I started shopping at Fresh Truck. I look forward to trying something new each week.”**

**— Harbor Health Services employee**



156 Massachusetts employers have developed comprehensive worksite wellness initiatives, impacting over 70,000 employees. Many of those employees, including lower-wage workers, did not have access to wellness programs before Working on Wellness.

Worksite wellness improves employee health and morale. That boosts productivity and can lead to reduced health care costs.

**Working on Wellness is good for employees, employers, and Massachusetts!**