

This project has been funded
in part by a grant from
Central California Alliance
for Health.



Central California Alliance for Health (the Alliance) is the Medi-Cal health care plan for Santa Cruz, Monterey and Merced County counties. The Alliance's Medi-Cal Capacity Grant Program (MCGP) provides grants to organizations to increase the availability, quality, and access of health care and supportive services for members in Merced, Monterey and Santa Cruz counties. The program's goals are to improve, increase and expand provider capacity and member access to health care services.

For more information about the Medi-Cal Capacity Grant Program, please visit:

<http://www.ccah-alliance.org/grantprogram.html>

Contact us for more
information and to
find out if you're
eligible.

Program Lead: Dorothy Tenney, PhD
E| dtenney@pacificcancer.org
P| 831.375.4105 ext. 1065

[INSERT MAP FOR PCC]

5 Harris Court
Building T, Suite 201
Monterey, CA 93940
P | 831.375.4105
F | 831.372.5722
W | pacificcancer.org

PINE PROGRAM

Plant-based Instant Pot
Nutrition Education Program



*Getting enough healthy food
can be challenging.
We may be able to help.*


Pacific Cancer Care
Advanced Treatment. Personalized Care.

Pacific Cancer Care is proud to offer a new program to reduce food insecurity among our patients.

What is food insecurity?

Food insecurity is defined as being without reliable access to a sufficient quantity of affordable, nutritious food.

Access to healthy foods that are easy to prepare is especially important for cancer patients, so PCC created the Plant-based Instant Pot Nutrition Education (PINE) Program.

What is the PINE Program?

An 8-week course to reduce food insecurity by providing participants with an Instant Pot, produce boxes, nutrition education, and plant-based cooking demonstrations.

Why plant-based?

Plant foods like fruits, vegetables, beans, and whole grains are rich in vitamins, minerals, fiber and beneficial compounds called phytonutrients.

Program Outline

- 8 weekly sessions at PCC
 - The first group will start in February 2021, subsequent groups will be enrolled throughout 2021.
 - Sessions will take place from 6 - 7:30 PM.
- Each session will consist of a:
 - Nutrition education topic
 - Plant-based Instant Pot cooking demonstration
 - Taste test
- Each participant will be provided with:
 - 1 free Instant Pot
 - Weekly produce boxes for the duration of the program
 - Limited staple goods
 - Nutrition education summaries
 - Plant-based Instant Pot recipes

Eligibility

You may be eligible if you answer “often true” or “sometimes true” to one or both of the following questions:

- Within the past 12 months I worried whether my food would run out before I got money to buy more.
- Within the past 12 months the food I bought just didn't last and I didn't have money to get more.

