



FOOD FOR HEALING

Healing begins
with what we eat.

Food for Healing is a produce prescription program that offers free fresh fruits and vegetables to Native families in Lake County. Through culturally-rooted wellness, we use food as medicine to:

- Support diabetes and chronic disease management
- Learn how to incorporate fruits and vegetables into your meals
- Reconnect with ancestral food traditions
- Create delicious fresh produce dishes

PARTICIPANT BENEFITS:

- Free produce boxes twice a month
- Monthly check-in with Food Farmacist
- Free recipes, tastings, and samplings
- Work toward improving A1c, blood pressure, lipids, and weight

Nourish your body. Honor your culture. Reclaim your wellness.

September 4 & 18, 2026

9am-3pm | Every 1st and 3rd Friday of the Month

HPUL Tribal Hall - 9460 Main St.,
Upper Lake, CA 95453

TO SIGN UP, CONTACT:

Fabien Baurez at (707) 263-8382, ext.1435
or fbaurez@lcthc.org

Participants will go through eligibility process.



Lake County Tribal Health

Modern Medicine  Personalized Care

707-263-8382
1-800-750-7181

925 Bevins Ct., Lakeport
www.lcthc.com



2026 Produce Distribution Schedule:

Friday Jul 17th 2026 11:00AM-2:00PM

Friday Aug 7th 2026 11:00AM-2:00PM

Friday Aug 21st 2026 11:00AM-2:00PM

Friday Sep 4th 2026 11:00AM-2:00PM

Friday Sep 18th 2026 11:00AM-2:00PM

Friday Oct 2nd 2026 11:00AM-2:00PM

Friday Oct 16th 2026 11:00AM-2:00PM (Location To Be Determined)

Friday Nov 6th 2026 11:00AM-2:00PM

Friday Nov 20th 2026 11:00AM-2:00P

Friday Dec 4th 2026 11:00AM-2:00PM

Friday Dec 18th 2026 11:00AM-2:00PM

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