

# GOOD FOOD at home

Good Food at Home is a 3-month program to increase access to good food and help families build healthy habits of fruit & vegetable consumption.



## How does the program work?

For 3 months (November 2024 – January 2025), you will **receive \$80 per month** in Fresh Funds to purchase any fresh & frozen fruits and vegetables that you like on Instacart. Your Fresh Funds can also be used to **cover taxes, delivery and service fees, and tips.**

You can shop at **any grocery store** on Instacart's platform & choose **store pickup or delivery.**

You will also receive a **complimentary Instacart+ membership** for 4 months, which provides:

- FREE delivery for orders over \$35
- Free pick up at most stores
- Reduced service fees
- 5% credit back on eligible pickup orders from select retailers

You will have the option to opt in to Bright by Text text messages with nutrition tips, recipes and more throughout the program.

## How do I sign up?

Register to participate at [www.ahealthieramerica.org/MDHungerSolutions](http://www.ahealthieramerica.org/MDHungerSolutions)  
You **MUST** provide the following information when you sign up:

- Full name
- Phone number
- Valid email address



Create an Instacart account if you don't already have one.

On November 1, you will receive an email from Partnership for a Healthier America (PHA) to activate your Fresh Funds credits to buy produce at Instacart.com.

# What qualifications do I need to participate?

- You must have **at least 1 child under the age of 18** in your household
- Only **one person per family/household** can sign up to participate. Please do not share this flyer with those outside of your household.

You must also have:

- access to a **smart phone or computer** to place orders at Instacart.com
- a valid **email address** that you use regularly
- a **debit card, credit card or PayPal account**



## Who do I contact with questions?

**Local partner contact:**  
JD Robinson 410-205-9127

**Instacart Fresh Funds support line:**  
1.844.981.3433

[www.ahealthieramerica.org/aboutfreshfunds](http://www.ahealthieramerica.org/aboutfreshfunds)

