

Eat Well

a *fresh* approach

Virtua Health's mission is to help you be well, get well, stay well.

The new *Eat Well* initiative furthers that goal by supporting nutrition as the foundation of a healthy lifestyle. By creating reliable and affordable sources for nutritious food, Virtua intends to create communities of wellness that demonstrate the impact a balanced diet can have on the health of an individual, a family, and entire neighborhoods.



Mobile Grocery Store

The newest addition to Virtua's Eat Well initiative, the Mobile Grocery Store is a year-round program that visits neighborhoods in Burlington and Camden counties that do not have easy access to healthy food options.



Mobile Farmers Market

The Eat Well Mobile Farmers Market visits sites in Burlington and Camden counties year-round, increasing access to nutritious fresh produce in underserved communities.



Food Pharmacy

Formerly known as the Virtua Food Pantry program, the Eat Well Food Pharmacy locations in Camden and Mount Holly offer enrolled patients nutrition education, social support services, and access to free produce and nonperishables.



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YOU MAY ALSO LIKE



Healthy Eating is the Foundation to a Healthy Life

Watch how a converted NJ Transit bus brings affordable, fresh foods to communities that do not have easy access to grocery stores.



Virtua Health Creates Mobile Grocery Store - FOX News 29 Philadelphia

Virtua Health retrofitted a NJ Transit bus into the Eat Well Mobile Grocery Store to help families in need in Camden and Burlington Counties.



Mobile Grocery Store will Help Provide Healthy Food - 6 ABC

Food insecurity has grown during this pandemic. Virtua Health has rolled out a first-of-its-kind mobile grocery store to improve food access in Camden and Burlington counties.



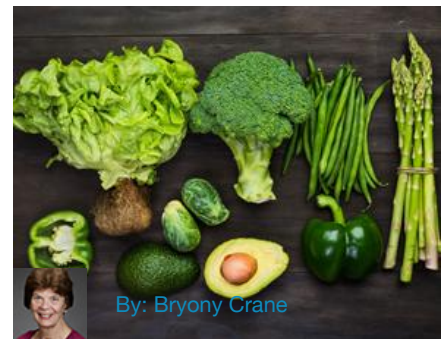
When the Grocery Store Comes to You - NJ 101.5

Virtua Health is meeting the needs of communities in Camden and Burlington counties with a food "farmacy" and mobile farmers market, and now brings a mobile grocery store to area residents.



Mobile Grocery Store - FOX 29 News Philadelphia

"A Supermarket on Wheels" - Fox 29 News gives a first-hand look at the remarkable transformation of the Eat Well Mobile Grocery Store.



Why Eating Green is Good for Your Health and the Earth

Eating green isn't just about adding kale to your diet. It's a lifestyle change committed to eating plant-based foods that are healthier for you and the environment.