



Want to eat healthier food?

You may be eligible for the **SUPeRFOOD Research Study**. The study wants to learn how to help people participate in a Food is Medicine program. Food is Medicine programs provide people with healthy meals or healthy groceries to improve heart health. For this study, researchers at UCSF are working with a program in San Francisco called Project Open Hand.

What will you be asked to do?

Volunteers will be assigned to participate in 1 of 4 groups receiving text-messages, sessions with navigators, neither, or both. Volunteers will also participate in two online study visits over 3 months.

Want to learn more?

Call: (415) 514-8850

E-mail: SUPeRFOOD@ucsf.edu

Website: superfood.eurekaplatform.org/superfood

Note if asked, the study key is "superfood"

Who can join?

Adults who live in San Francisco and are in cardiac rehabilitation. You can earn up to \$150.

SCAN ME!

