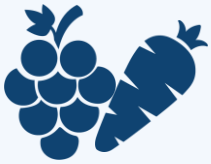
# GOOD FOOD at home Sacramento

Partnership for a Healthier America's Good Food at Home program is designed to increase access to good food – food that is affordable, sustainable, nutritious, high-quality, and culturally connected – and help families build healthy habits of fruit and vegetable consumption. Since 2020, Good Food at Home has provided fruits and vegetables to families in over 40 cities. From June 2025 to January 2026, participants received $80 per month (called Fresh Funds) to buy fresh, frozen, or canned fruits and vegetables through Instacart. Altarum, a nonprofit health research organization, measured program impact and satisfaction by surveying participants and analyzing sales data. Across the three cities participating in Good Food at Home 2025, 25% of participants reported an increase in nutrition security from before to after the program. This infographic highlights findings from Sacramento, California.

## Sacramento families were supported with fresh, frozen, and canned produce



**350**
**Families served**



**182,132**
**Servings of fresh, frozen, and canned fruits and vegetables purchased**

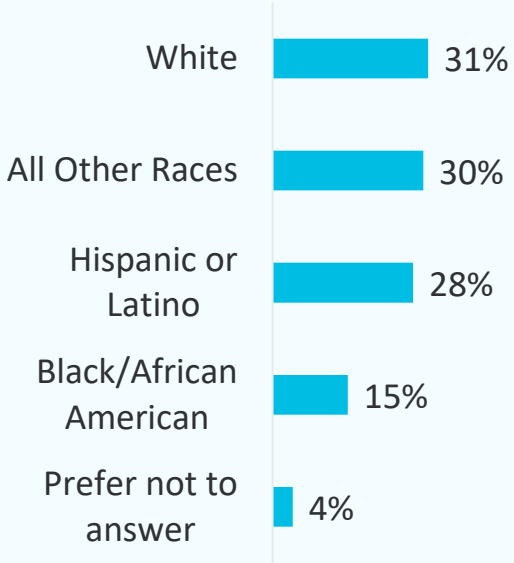
"The experience was so wonderful. Thank you for helping me and my family eat healthier options."

*- Sacramento Good Food at Home Participant*

## Families in need benefited from the program

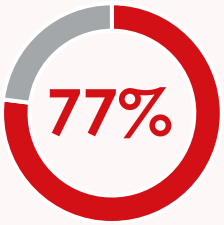
**81%**
of households were below 130% of the federal poverty level

Participants were from multiple racial and ethnic groups




*Note: Participants could select more than 1 category*

## Fresh Funds helped families stretch their food budgets

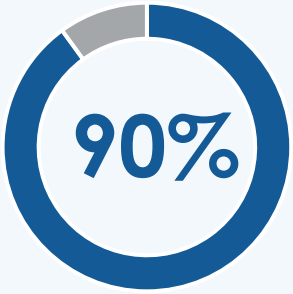



of participants made **at least 1 purchase** with their Fresh Funds



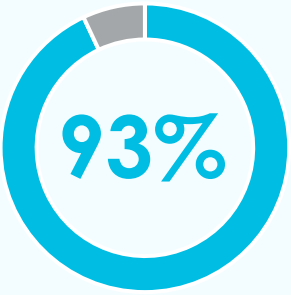
**$128,076**
in Fresh Funds were used to purchase
**29,649**
Fresh, frozen, and canned fruit and vegetable items across
**3,215**
online orders

## Satisfaction with the program and the Instacart platform was high



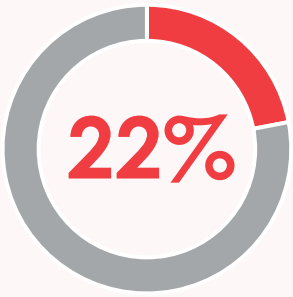

of survey respondents were **satisfied** with the **online shopping experience.**

## Healthy eating habits were established by families in need



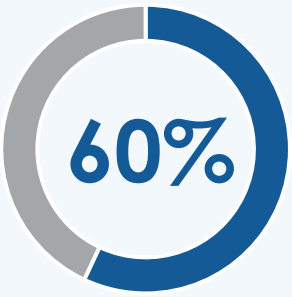

of survey respondents reported that Fresh Funds allowed them to **purchase more fruits and vegetables** than they can normally afford.

## Nutrition security was increased among participants




of survey respondents reported an **improvement in nutrition security** from before to after the program.

## Fruit and vegetable consumption was increased among participants




of survey respondents **increased how often they ate fruits and vegetables** from before to after the program.

## The Sacramento community helped bring this program to local families.

"Fresh funds really helped me being able to afford healthy fruits and vegetables for my family. It took a lot of stress off me having to go to the store and I was able to try new things. Thank you for providing such a great service I hope to continue in the future."

*- Sacramento Good Food at Home Participant*

**Program Organizers and Community Partners included:**
Partnership for a Healthier America, Health Education Council, Instacart, and Altarum