**Appendix – Supplementary Tables**

**Supplementary Table 1. FRESH Food Box Components**

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| **Food Item** | **Quantity** |
| Dried Pinto Beans | 1 lb bag |
| Dried Lentils | 1 lb bag |
| Canned Kidney Beans | 2 15.5 oz cans |
| Canned chickpeas | 1 15.5 oz can |
| Rolled Oats | 64 oz package |
| Whole-Wheat Spaghetti Pasta | 2 lb package |
| Spaghetti Pasta Sauce | 2 15 oz jars |
| Canned Black Beans | 2 15.25oz cans |
| Canned Tuna | 2 5oz cans |
| Canned Green Beans (no salt added) | 3 14.5oz cans |
| Canned Diced Tomatoes (no salt added) | 2 14.5oz cans |
| Canned Mixed Vegetables | 3 14.5oz cans |
| Canola Oil | 1 large, 48 fl oz container |
| Spices (oregano, pepper, garlic powder) | 1 small plastic jar of each (0.75 oz) |
| Whole-grain Bread | 1 loaf |
| Brown Rice | 2 lb bag |

**Supplementary Table 2. Recipes Included in Bi-Weekly Food Distribution**

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| **Recipe\*** |
| 1. Basic Brown Rice |
| 1. Beautiful Pot of Beans |
| 1. Black Bean Confetti Salad |
| 1. Colorful Pasta Salad |
| 1. Hearty Lentil Soup |
| 1. Pasta and Bean Soup with Kale |
| 1. Fiesta Rice |
| 1. Tomato Kidney Bean Recipe |
| 1. Seabreeze Salad |
| 1. Crunchy Roasted Chickpeas |
| 1. Ratatouille |
| 1. Gazpacho |

\*Recipes were compiled in partnership with the Community Food Bank of Southern Arizona and the Garden Kitchen, a nutrition education program supported by the University of Arizona Cooperative Extension

**Supplementary Table 3. Educational Topics Included in Bi-Weekly Food Distribution**

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| **Type 2 Diabetes Self-Management Education Topic** |
| 1. Portion Control Flyer |
| 1. Factors Affecting Blood Glucose |
| 1. Diabetes and Stress |
| 1. Getting the Most out of Health Care Visits |
| 1. Taking Care of T2D |
| 1. What is Diabetes? |
| 1. What is A1c? |
| 1. Handout with Food Preparation Video Links\* |

\*All educational handouts were downloaded from the American Diabetes Association Patient Education Library, with the exception of food preparation videos that were created by the Garden Kitchen, a nutrition education program supported by the University of Arizona Cooperative Extension

**Supplementary Table 4. Semi-Structured Interview Questions Asked to FRESH Intervention Participants**

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| **Question Set 1: Referring to the FRESH Food Box** |
| 1. Tell me how you used the foods at home, if at all. 2. Which foods did you NOT use, if any?    1. Tell me more about why you didn’t use [food items].    2. What did you do with the [food item] you didn’t use?    3. *If any foods were not discussed:* You haven’t mentioned anything about [food item], can you tell me more about how you used this item at home, if at all? 3. What else would you need to have in order to prepare and enjoy these foods, if anything? |
| **Question Set 2: Referring to the Education and Recipes** |
| 1. Tell me how you used the recipes, if at all.    1. How did these recipes fit into how you usually prepare your foods? 2. Tell me how you used the educational materials, if at all.    1. How did the recommendations from the handouts fit into your daily life? 3. Tell me what materials were most useful to you.    1. What made these materials useful to you? 4. Tell me what materials were least useful to you.    1. How can these materials be made more useful to you? |
| **Question Set 3: Other Feedback & Challenges in relation to Type 2 Diabetes Management.** |
| 1. How did access to a registered dietitian affect your ability to manage type 2 diabetes, if at all? 2. What other resources or help do you need to manage your type 2 diabetes, if anything? 3. What suggestions do you have for improving the FRESH program you received? |