

LIVE HEALTHY! NEWSLETTER

February 2022 | Vol. 2

Live Healthy! Challenge

This month's focus is
FARMSHARE!

Visit our Farmshare on
February 8th or 22nd.



Recipe of the Month

Chapatis Flatbread

Breads often have unexpectedly high amounts of salt. Try this low salt and whole wheat bread that can easily be made at home.



HEART HEALTH MONTH: WATCH YOUR SODIUM & BE A SMART SHOPPER

1 Nutrition Facts Labels:

This product has 160mg sodium per serving. When multiplied by 8 servings, it has 1280mg sodium in total.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%

Look at the nutrition facts label to see how much sodium is in the food product per serving. Multiply that number by the number of servings to get the total sodium content.

2 Product Labels:



LESS SALT

LOW SODIUM

REDUCED SODIUM

Check food product labels for low salt or reduced sodium. Compare similar products and varieties, then select the product that is lower in sodium content.

What is in season?



Kale, grape radish, mint and more!

Get fresh, organic, seasonal produce like these in our Farmshare package!

This month in Recipe Club

Learn how to make:

Pear Oatmeal Bars

Tuesday, Feb. 1
@ 12:30pm!



Vegetarian Chili

Tuesday, Feb. 15
@ 12:30pm!



Explore our Live Healthy! Recipes website today!



Become a Live Healthy! member



Join our Farmshare Program



Contact Us!

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