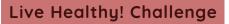
# LIVE HEALTHY! **NEWSLETTER**

February 2022 | Vol. 2



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: 2 Product Labels:

160mg sodium

per serving.

has 1280mg sodium in total.

**Nutrition Facts** 8 servings per container Serving size 2/3 cup (55g) This product has Amount per serving Calories When multiplied by 8 servings, it Total Fat 8g Saturated Fat 1g 5% Trans Fat 0g Cholesterol 0mg 0% Sodium 160mg

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.

Total Carbohydrate 37g

### What is in season?



Kale, grape radish, mint and more!

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



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.

# This month in Recipe Club

Learn how to make:



Pear Oatmeal **Bars** 

Tuesday, Feb. 1 @ 12:30pm!

Vegetarian Chili

Tuesday, Feb. 15 @ 12:30pm!





kplore our Live Healthy! Recipes website today!



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Join our Farmshare Program



**Contact Us!** Telephone: (917) 982-2564

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