

# LIVE HEALTHY! NEWSLETTER

March 2022 | Vol. 2

## Live Healthy! Challenge

This month's focus is  
**Learn Nutrition &  
Build Your Skills!**  
Join our Recipe Club and  
Nutrition Workshops  
(see below!)



## Recipe of the Month

### Spice Blends

Spice blends from around the world can add lots of flavor without too much sodium. Make a big batch so you have it on hand when you cook.



## NATIONAL NUTRITION MONTH: CELEBRATE A WORLD OF FLAVORS

Trying foods and recipes from various cultures is one way to include different flavors into your healthy eating routine. Many cuisines offer dishes which include foods from each food group, so it's possible to plan meals that are nutritious and full of flavor. This month, try a new cultural food!

### 1 Vary Your Breakfast:



Try congee, a Chinese rice porridge, that can be served with cooked chicken, meat, fish or egg and vegetables.

### 2 Think Healthy & Seasonally:



Try a tuna salad made with Greek yogurt, onion, celery and whole wheat pasta.

### 3 Choose Healthy Snacks:



Try whole grain tortilla chips with guacamole or a salsa made with veggies or fruit.

## What is in season?



Collard greens, shiitake and more!

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

## This month in Recipe Club

Learn how to make:

### Eggplant Lasagna



Tuesday, Mar. 1st  
@ 12:30pm!

### Zucchini, Carrot Parsnip Bread

Tuesday, Mar. 15  
@ 12:30pm!



Explore our  
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Healthy!  
Recipes  
website  
today!



Become a  
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Join our  
Farmshare  
Program



## Contact Us!

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