

LIVE HEALTHY! NEWSLETTER

June 2022 | Vol. 2

Greenmarket Season

The Greenmarket Season is around the corner!

Starting in **July**, we will have Farmer's Market tours in East Harlem and the South Bronx, offered in 3 languages.



Healthbucks will be available!

Contact a Live Healthy! staff member if you are interested in participating.

Recipe of the Month

Cool as a Cucumber

Whole Grain Wrap

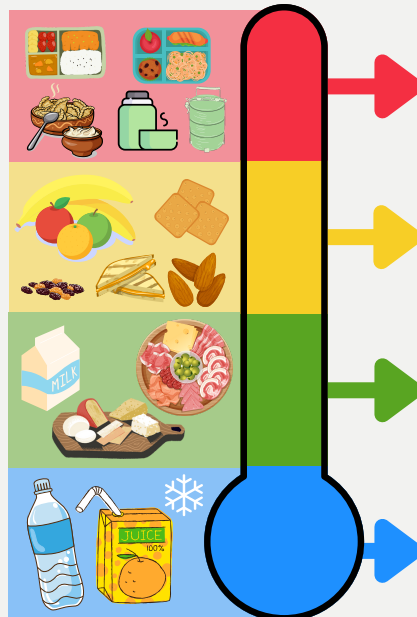
This simple lunch wrap is great for picnics or on the go.

Check it out on our **BRAND NEW** website (below)!



SUMMER LUNCH FOOD SAFETY

The weather is warming up! Follow these food safety tips for packed lunches and picnics.



Keep Hot Foods Hot, or Reheat Well.

If a microwave is available, reheat until the food is steaming hot throughout. Or store hot foods in an insulated thermos.

Foods Safe at Room Temperature.

Foods like peanut butter sandwiches, popcorn, bread, crackers, fresh fruit in the peel, dried fruits and nuts.

Keep Cold Foods Cold.

Keep perishable foods, like meat and dairy, cold in an insulated lunchbox or container. Or, store in a school or office fridge if available.

Make Your Own Freezer Packs.

Freeze bottles of water and 100% juice to use as freezer packs for storing cold food, and then it becomes a refreshing cold drink when it melts.

What is in season?



Avocados, dill and more!

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

This month in Recipe Club

Learn how to make:

Dark Chocolate Avocado Truffles

Tuesday, June 7
@ 12:30pm!



Yuca with Mojo Sauce

Tuesday, June 21
@ 12:30pm!



Explore our
**BRAND
NEW**
website!



Become a
**Live
Healthy!**
member



Join our
**Farmshare
Program**



Contact Us!

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