

LIVE HEALTHY! NEWSLETTER

August 2022 | Vol. 2

Greenmarket Season

The Greenmarket Season is here!

We 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






Sardine, Tomato & Cucumber Toasts

A creative, healthy and balanced snack recipe. Check it out on our **BRAND NEW** website (below)!



BUILD HEALTHY SNACKS

Choose at least 2 items from different categories below to make a balanced snack.

CARBS Provides Energy	+ Carbs & Protein	PROTEIN Stay Full	+ Protein & Fat	FAT Satisfying
fresh/dried fruit	quinoa	low fat cheese	mixed nuts	coconut
veggies	mashed beans	low fat yogurt	nut butter	avocado
crackers	edamame	milk	seed butter	guacamole
oats	chickpeas	nondairy milk	hummus	olives
popcorn	lentils	low sodium turkey	yogurt	flaxseed
sweet potato	sprouted grains	low sodium ham	cheese	egg yolks
rice cakes	tofu	protein shake	hard boiled eggs	olive oil
wholegrain cereal	spinach	canned fish	salmon	walnut oil
				

Some delicious examples include: peanut butter & banana on whole wheat bread, veggie sticks & hummus, berries & low fat yogurt.

What is in season?



Nectarines, asparagus & more!

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

This month in Recipe Club

Learn how to make:



Blueberry Orange Popsicles

Tuesday, Aug. 2
@ 12:30pm!

Coconut Chia Pudding Minted Couscous with Watermelon

Tuesday, Aug. 16 @ 12:30pm! Tuesday, Aug. 30 @ 12:30pm!



Explore our
**BRAND
NEW**
website!



Become a
**Live
Healthy!**
member



Join our
**Farmshare
Program**



Contact Us!

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