

LIVE HEALTHY! NEWSLETTER

September 2022 | Vol. 2

Greenmarket Season

Join our Farmer's Market tours in East Harlem and the South Bronx, and our Nutrition Workshops online, all offered in 3 languages.



Healthbucks will be available!

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

Recipe of the Month

Mini Quiche Cups

This delicious on-the-go recipe can be customized to whatever protein and vegetables you have at home.

Try chorizo and peppers for a Latin take, or Chinese sausage and scallion for a Chinese take!



BETTER BREAKFAST MONTH

Boost your breakfast in 3 easy ways. Start your day healthy & strong!

1



Try to find breakfasts you can take on the go, so you don't forget to eat in the morning.

Steamed buns are a convenient, delicious option that are packed with protein and veggies.

2



Add fruit and protein to make your breakfast well-rounded, satisfying and healthy.

So, instead of just sugary cereal and milk or plain oatmeal, add cut fruit or berries and mixed nuts.

3



Think about what you drink too! Don't just drink coffee, make sure you eat something.

Reduce cream and sugar in your coffee and tea, and try adding a banana smoothie to your breakfast.

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:



Mediterranean Okra & Tomatoes Stew

Tuesday, Sept. 13 @ 12:30pm!

Pasta Manicotti

Tuesday, Sept. 27 @ 12:30pm!



Explore our
BRAND NEW
website!



Become a
Live Healthy!
member



Join our
Farmshare Program



Contact Us!

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