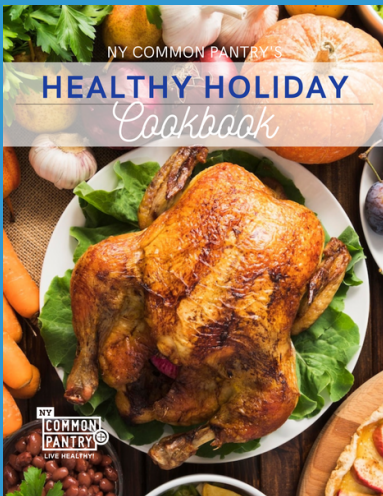


LIVE HEALTHY! NEWSLETTER

December 2022 | Vol. 2

Holiday Cookbook!

Our Holiday Cookbook is out, available in English, Spanish and Chinese! Pick up a copy and visit our website (below)!



Recipe of the Month

Turkey-Stuffed Acorn Squash

This delicious recipe was featured in the cookbook, and is a healthy alternative to roast turkey!



ACTIVE HOLIDAY TIPS & TRADITIONS

Try these tips to make this holiday season more active for you and your family. Keep it up and make them into active holiday traditions!

1



Try Winter Sports!

This might include snowshoeing, sledding, ice skating, skiing, making snowballs or winter nature hiking.

2



Turn off the Screens!

Limiting screen time means limiting inactive time. This is especially important for children as they are out of school.

3



Make Swaps to Traditions!

Instead of driving around the neighborhood to view holiday lights and decorations, take a walk instead.

What is in season?



Butternut squash, quince & more!

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

This month in Recipe Club

Recipe Club is on pause this month!

Check out our website to view past recordings of Recipe Club.



Explore our
**BRAND
NEW
website!**



Become a
**Live
Healthy!
member**



Join our
**Farmshare
Program**



Contact Us!

Telephone: (917) 982-2564
Manhattan: 8 E 109th St
Bronx: 423 E 138th St 2nd Fl

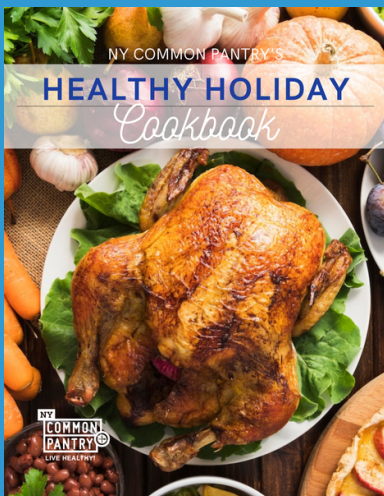
LIVE HEALTHY! 月刊

2022 年 12 月 | Vol. 2

健康节日食谱!

我们的健康节日食谱出来了。提供英文、西班牙文和中文版本!

拿起一份健康节日食谱并访问我们的网站 (如下)!



本月食谱

火鸡酿橡子南瓜

这个美味的食谱出现在我们的健康节日食谱中, 是烤火鸡的健康替代品!



在这个假期保持活跃的提示

试试这些提示, 让这个假期对您和您的家人更加活跃。坚持下去, 让它们成为活跃的节日传统!

1



尝试冬季运动!

这可能包括雪鞋行走、雪橇、滑冰、滑雪、制作雪球或在大自然中远足等。

2



关闭电子屏幕!

限制屏幕时间意味着限制非活动时间。这对于失学的孩子来说尤其重要。

3



改变节日传统!

与其在附近开车去看节日灯饰和装饰品, 不如步行去看看节日灯饰和装饰品。

这个季节有什么农产品?



胡桃南瓜, 榲桲等!

在我们的 农场果蔬计划 套餐中获取此类新鲜的农产品!

本月的烹饪俱乐部

食谱俱乐部本月暂停!

退房或网站查看食谱俱乐部过去的录音。



探索我们的
全新的
网站!



成为
Live
Healthy!
会员



加入
我们的
农场果蔬
计划



联系我们!

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