

# LIVE HEALTHY! NEWSLETTER

May 2023 | Vol. 3

## How does each color benefit our health?



**RED:** Rich in antioxidants that are good for our hearts!

**YELLOW/ORANGE:** High vitamin C content that boost our immune system

**GREEN:** Offer Vitamin, A, C, K, and antioxidants that protect eye, bone, and heart health!

**PURPLE/BLUE:** Contains antioxidants that support healthy aging and memory.

## Recipe of the Month

### Southwestern Chicken Salad

May is SALAD MONTH!

This southwestern chicken salad has a variety of colors such as yellow, reds, and greens! Prepare this protein rich recipe in your own kitchen!



## MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

1

ADD color to your salads! Mango, cranberries, carrots, corns, and other colors go well in a salad!

2

MIX into the recipe instead of serving as a side! Dishes like stir fry are packed with a variety of vegetables!

3

ADD to yogurt! Blueberries, strawberries, and pineapples are some suggestions for yogurt toppings!

4

COOK with vegetable noodles! Zucchini, or sweet potato noodles are a good substitute for flour noodles in an Italian pasta dish!



Fruits and vegetables are full of essential nutrients to keep our bodies healthy! It is important to consume a variety of produce to get most of the nutrients that we need. Here are some tips to add more fruits and vegetables into your meals

## What fruits and vegetables are in season for May?



Get fresh produce like these in your farmshare packages distributed on May 9 and May 23!

## This month in Recipe Club

Learn how to make:



### Arugula Mango Salad

Tuesday, May 2  
@ 12:30pm!



### Tofu Salad

Tuesday, May 16  
@ 12:30pm!



### Spring Asparagus Salad

Tuesday, May 30  
@12:30pm!



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