

LIVE HEALTHY! NEWSLETTER

February 2024 | Vol. 3

NEW Farmshare location!



We are opening a new farmshare distribution site this month! We are welcoming new farmshare members who can pick up at the Bronx Pantry located at 1290 Hoe Ave, Bronx, NY 10459

Recipe of the Month

Quinoa, Avocado & Chickpea Salad over Mixed Greens

Try this HEART HEALTHY and protein rich salad any time throughout your day! The avocado provides healthy fats for our heart and greens are a great source of fiber!



SODIUM FACTS AND TIPS FOR HEART HEALTH MONTH

Facts about sodium

American Heart Association recommends 2300mg/day or less of sodium



High sodium intake increases the risk of high blood pressure

71% of sodium intake comes from processed foods



Tips to reduce sodium intake

Eat more FRESH foods!



LOOK out for packaging that say "reduced sodium" or "low sodium"

REPLACE salt with spices and herbs in your favorite meals!



What fruits and vegetables are in season for February?



Get fresh produce like these in your farmshare packages on Tuesday, February 13th and February 27th!

COOK with us in Recipe Club

Learn how to make:



Shashuka
Tuesday,
February 6
@ 12:30pm!

Chickpea Salad Sandwich
Tuesday,
February 20
@12:30pm!



Explore our BRAND NEW website!



Become a Live Healthy! member



Contact Us!
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Bronx: 788 Southern Blvd