

LIVE HEALTHY! NEWSLETTER

January 2024 | Vol. 3

Farmshare is back!



After a short pause, we will have our first farmshare distribution of the year on Tuesday, January 30th! Looking forward to seeing you all!

Recipe of the Month

Sheet-pan salmon with sweet potatoes & broccoli

Salmon is a great source of protein! A serving of 3oz contains 17g of proteins and high amount of healthy fats. Do not forget our sweet potato and broccoli provide fiber to feel full longer!



Explore our [BRAND NEW website!](#)

HOME EXERCISES TO MEET OUR NEW YEAR GOALS

Outdoor exercise on chilly days can be discouraging to meet our health goals! Here are ideas for home exercises to keep you on track during the winter:



Lets have FUN exercising! Put on music, get your heart rate up, and dance like no one is watching!

GRAB a CHAIR and practice squats, arm dips, and standing on one leg for balance

FIND a beginners YOGA youtube video to learn at home

What fruits and vegetables are in season for January?



Get fresh produce like these in your farmshare packages on Tuesday, January 30th!

COOK with us in Recipe Club

Learn how to make:



Spinach Tofu Wrap
Tuesday,
January 23
@ 12:30pm!



Become a [Live Healthy! member](#)



Contact Us!
Telephone: (917) 982-2564
Manhattan: 8 E 109th St
Bronx: 788 Southern Blvd