

LIVE HEALTHY! NEWSLETTER

April 2024 | Vol. 3

Ask about our FoodMD Program!



Are you a patient of Community Health Network-South Bronx, Ryan Health, or East Harlem Health Outreach Partnership (EHHOP)? If so, ask about our FoodMD program for more information to participate in virtual workshops and free access to fruits and vegetables!

Recipe of the Month

Sopes topped with Tomato-Avocado Salad

Sopes are similar to Mexican corn tortillas but are thicker! You can add toppings such as beans, protein, cheese, and other favorite ingredients! For this recipe, we decided to make it more colorful with fruits and vegetables



HELPING OUR PLANET THROUGH OUR DIET



APRIL IS EARTH MONTH! Did you know that livestock farming contributes to green house gas emissions? By replacing animal products with plant based protein in a couple of our meals, we are taking care of our environment and heart health.

Plant-Based Proteins



Black Beans
1/2 cup
Protein: 8g



Tofu
1/2 cup
Protein: 10g



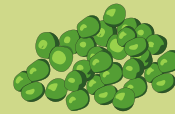
Edamame
1/2 cup
Protein: 9g



Chickpeas
1/2 cup
Protein: 7g

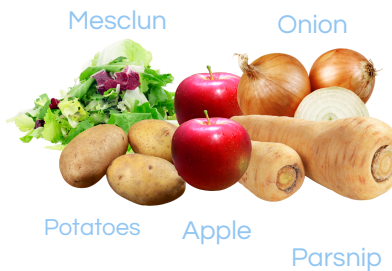


Lentils
1/2cup
Protein: 9g



Green Peas
1/2 cup
Protein: 5g

What is in season for April?



Get fresh produce like these in your farmshare packages at our three locations at 8 E 109th, 788 Southern Blvd, and 1290 Hoe Ave!

COOK with us in Recipe Club

Learn how to make:



Fava Bean Soup
Tuesday,
April 2 @12:30pm!



Queso Fresco
Tuesday,
April 16 @12:30pm!



Peanut Butter Frozen Yogurt
Tuesday,
April 30 @12:30pm!



Explore our [BRAND NEW website!](#)



Become a [Live Healthy!](#) member



Contact Us!

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