

# LIVE HEALTHY! NEWSLETTER

May 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

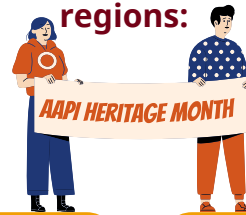
### Air-fried Veggie Spring Rolls

Love these vegetable spring rolls as appetizers? Learn how to make them in the air fryer for your next gathering!



## LET'S CELEBRATE AAPI MONTH!

May is Asian American and Pacific Islander month! Let's celebrate this month by cooking a couple of recipes loaded in nutrients! The following are popular dishes from different regions:



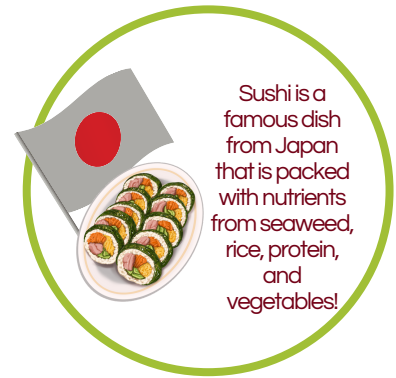
Pancit Bihon is a dish from the Philippines that has noodles and your favorite veggies and protein!



Veggie Spring rolls originated from China and are perfect to eat your vegetables!



An Indian Chickpea Curry is a perfect way to get your protein intake from a plant source!



Sushi is a famous dish from Japan that is packed with nutrients from seaweed, rice, protein, and vegetables!

### What is in season for May?



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:



Beef and Mushroom Fried Rice  
Tuesday,  
May 14 @12:30pm!

Pancit  
Tuesday,  
May 28 @12:30pm!



Explore our  
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Contact Us!  
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