

LIVE HEALTHY! NEWSLETTER

September 2024 | Vol. 3

JOIN OUR FARMERS MARKET TOURS!



For this month, our Live Healthy! nutritionists will lead farmers market tours! Do not miss out on this opportunity to earn coupons! Check our activities calendar on our website for scheduled tours!

Ask about our FoodMD program!

Our Food MD program is designed to support patients from Ryan Health, Settlement Health, EHHOP, and Community Health Network through nutrition workshops and access to fresh produce!



GRAINS IN OUR FAVORITE LATIN DISHES!

Grains are an important food group to incorporate into our diet and can be found in a couple of traditional dishes! Below are examples of breakfast dishes from different countries that include grains! As a reminder, by substituting a couple of the ingredients with whole grain products, we are increasing our fiber, vitamin B, and other nutrients into our diet!

Enfrijoladas



This Mexican recipe is made with tortillas dipped in pureed beans. Use your favorite type of beans, but traditionally it is made with pinto or black beans.

Gallo Pinto



Gallo Pinto is a Costa Rican plate that consists of rice and beans! The combination of both ingredients creates the perfect protein we need for our bodies!

Arepas



This Colombian dish is perfect to get our grains because it uses corn masa! Also, you can add your own cheese, vegetable, or protein filling!

Mote Pillo



This Ecuadorian breakfast meal mainly consists of hominy, which is considered part of the grains food group!



What is in season for September?



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

COOK with us in Recipe Club

Learn how to make:



Fudgy Beet Brownies
Tuesday,
September 17
@12:30pm!



[Explore our website!](#)



Become a [Live Healthy!](#) member



Contact Us!

Telephone: (646) 891-7670
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