

LIVE HEALTHY! NEWSLETTER

November 2024 | Vol. 3

OUR COOKBOOK IS COMING SOON...



Our annual cookbook will be ready with recipes we have featured in the last couple of our Recipe Clubs! They will be available at all NYCP locations soon!

Ask about our FoodMD Program!

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



HOLIDAY RECIPES TO SHARE AROUND THE TABLE

Now that farmers market season is ending, shop for your produce at local grocery stores to continue preparing healthy and delicious recipes. Here are couple of flavorful ideas to share for the upcoming holidays:

1



Prepare a beet salad to pair along with your favorite protein! To cut down on saturated fats, replace mayonnaise with a dressing that is a mix of vinegar, olive oil, honey, mustard, salt, and pepper

2



Serve this sweet potato and chickpea soup as an appetizer or first course at the table! Add lentils if you are looking for extra fiber and protein.

3



Cant forget about the mac and cheese for the table! Use whole wheat or protein pasta to boost up nutrients! To cut down on saturated fats, use reduced fat milk and cheese!

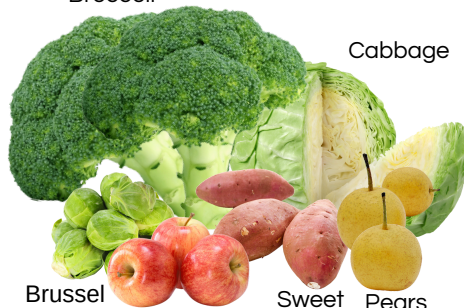
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Oatmeal raisin cookies are perfect to satisfy the sweet tooth! Add chopped apples as a toping to increase fiber and for a fun fall flavor

What is in season for NOVEMBER?

Broccoli



Cabbage

Brussel
Sprouts

Apples

Sweet
Potatoes

Pears

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:



Cabbage with Turkey
Tuesday,
November 12
@12:30pm!



Explore our
website!



Become a
Live
Healthy!
member



Contact Us!

Telephone: (646) 891-7670
Manhattan: 8 E 109th St
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