

# LIVE HEALTHY! NEWSLETTER

October 2024 | Vol: 3

## ANNUAL COOKBOOK COMING SOON...



Our yearly cookbook is in the works! If you want a preview of our featured recipes, join us on Recipe Club every other Tuesday!

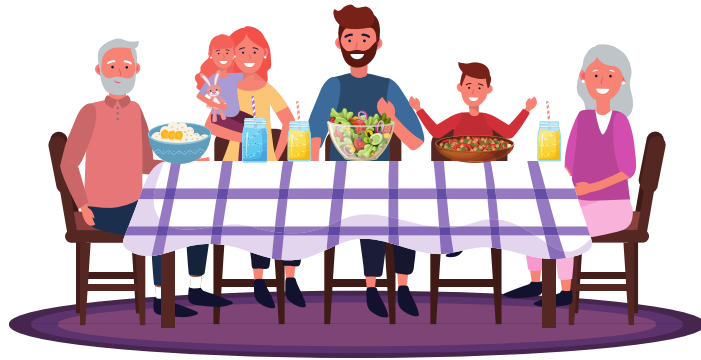
## Ask about our FoodMD Program!

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!



## LET'S GATHER FOR MEALTIME

Family mealtime is the opportunity for everyone to spend quality time while enjoying nutritious foods. It is also the chance to model good behaviors and introduce new dishes! Below are a couple of vegetarian ideas to enjoy around the table:



**1 Chicken Noodle Soup:** Swap chicken for chickpeas in soups.



**2 Chicken Curry:** Swap chicken for tofu in curries or stews.



**3 Meatloaf:** Swap ground beef for lentils.



**4 Spaghetti Sauce:** Swap ground meat for mushrooms in a sauce to stretch meals.



**5 Tacos:** Swap ground meat for cauliflower to save money.



**6 Burgers:** Instead of hamburgers, make burger patties with mashed black beans.

## What is in season for OCTOBER?



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:

Dominican  
Moro de  
Gandules  
Tuesday,  
October 1  
@12:30pm!



Plantain  
Soup  
Tuesday,  
October 15  
@12:30pm!



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Contact Us!  
Telephone: (646) 891-7670  
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