

LIVE HEALTHY! NEWSLETTER

December 2024 | Vol. 3

LIVE HEALTHY! ACTIVITIES WILL BE ON PAUSE



For the next couple of weeks, all Live Healthy! activities will be on pause. Stay tuned for our return date!

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!



STRETCHING YOUR HOLIDAY FOOD BUDGET THIS HOLIDAY SEASON

This month brings many joyous holiday celebrations, but when you're on a tight budget, it can also bring challenges in preparing nutritious and tasty meals.

Plan ahead. Check to see what you have at home first, plan your meals, and then make a list of what you need – this saves time and money!



Make it yourself. While buying a ready-to-go dish is easy, it will cost less and can be healthier if you make it. You control the amount of salt, sugar and fat.



Be flexible about your meat choice. The meat dish can be nearly 40% of the cost of a small gathering, a whole roast chicken or lean pork roast is a tasty but less expensive option.



What is in season for DECEMBER?

Winter Squash



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

COOK with us in Recipe Club

Recipe Club is on pause this month! Check out our website to view past recordings of Recipe Club.



**LIVE HEALTHY!
COOKS**

www.livehealthycooks.com



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website!



Join
Live Healthy!



SNAP-Ed is funded by USDA's
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