

LIVE HEALTHY! NEWSLETTER

January 2025 | Vol. 4

FARM SHARE WILL BE BACK SOON!



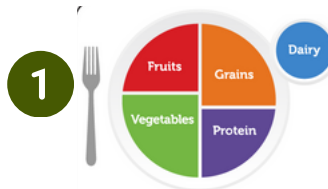
The Live Healthy! team is looking forward to resuming Farm Share at the end of this month. If you have any questions, feel free to talk to one of our Live Healthy staff!

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!



A QUICK START TO HEALTHY EATING THIS YEAR!



1

BALANCE: Five Food Groups

If you have veggies, dairy and protein at one meal, include fruit and grains in the next to cover all 5 food groups over the course of a day.



2

BOOST: Fruits and Vegetables

Stock up on frozen vegetables without added sauces or butter. Frozen vegetables are as good for you as fresh and may cost less.



3

PREPARE: Meal prep!

Outline meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks, too!

JANUARY WHAT IS IN SEASON?



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! RECIPE CLUB

Recipe Club is on pause this month!
Check out our website to view our recipes and more!



LIVE HEALTHY!
COOKS

www.livehealthycooks.com



Explore our
website!



Join
Live Healthy!



SNAP-Ed is funded by USDA's
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