

LIVE HEALTHY! NEWSLETTER

February 2025 | Vol. 4

FARM SHARE IS BACK!



Interested in learning more about the program and how to sign up? Ask one of our staff members or scan the QR code below for details.

ASK ABOUT OUR FOOD MD 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!



FOR THE HEART: FEBRUARY'S GUIDE TO HEART HEALTH

FOCUS ON FOODS HIGH IN FIBER!

1



Fruits, vegetables, and whole grains are all rich in fiber. Fiber rich foods can help lower blood cholesterol, keep you fuller for longer, and decrease your risk for heart disease. Breakfast is the perfect opportunity to add fiber to your day with a bowl of oatmeal topped with your favorite fruits, fresh or frozen. Try out [this](#) simple Live Healthy! overnight oats recipe for your next breakfast! After all, it is Hot Breakfast Month.

2



CHOOSE UNSATURATED FATS

Fat is an essential nutrient in our diet. It's a source of energy and helps our bodies absorb key vitamins from food. When choosing fat sources prioritize unsaturated fats, which can be found in avocados, olives, olive oil, fish, nuts, and seeds. Unsaturated fats may improve blood cholesterol levels and polyunsaturated fats found in foods such as fatty fish have anti-inflammatory properties.

3



MAKE MOVEMENT FUN

Physical activity is a vital part of health, especially heart health. But it doesn't have to be boring or complicated. The movement that is right for you is the one that you enjoy and look forward to. Live Healthy challenges you to find a form of movement you enjoy this February. Whether it's playing music and dancing while cleaning, going for a walk, running, joining a workout class, stretching, or playing with your kids, it's all going to support heart health. Aim for 150 minutes of movement that gets your heart rate up each week.

FEBRUARY WHAT IS IN SEASON?



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! RECIPE CLUB

Recipe Club is BACK!!
Learn how to make:



Sheet pan breakfast
February 4th
@ 12:30 pm

Sweet potato, corn, and black bean hash
February 18th
@ 12:30 pm



Explore our website!



Join Live Healthy!



SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program (SNAP)

This institution is an equal opportunity provider



Contact Us!
Telephone: (646) 891-7640
Manhattan: 8 E 109th St
Bronx: 788 Southern Blvd
Bronx: 1290 Hoe Ave.