

LIVE HEALTHY! NEWSLETTER

March 2025 | Vol. 4

JOIN US FOR FARM SHARE



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!



HOW DOES FOOD CONNECT US?

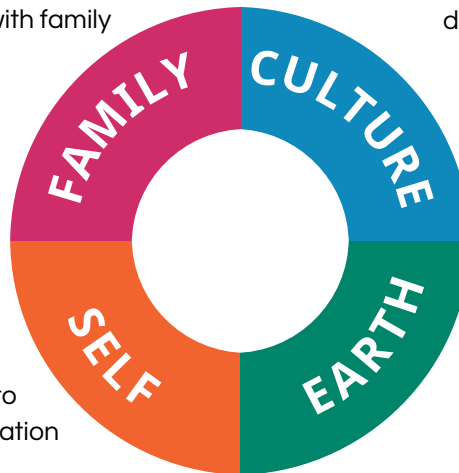
1

Food has the power to bring people together and foster connections with family and friends



2

Food is a way to express and share different cultures



3

Nourishing ourselves with nutritious food is a way to show appreciation for our bodies.



4

Food can ground us and connect us to the earth.



MARCH 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

Learn how to make:



Spaghetti with tofu and tomatoes
March 4th
@ 12:30 pm



Chocolate and fruit oatmeal
March 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.