

LIVE HEALTHY! NEWSLETTER

April 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.

CELEBRATING TRUMAN FARMS!



Truman Farms is a certified organic farm located in the beautiful Hudson Valley region of New York. It's owned and operated by John Morgan and his family, with the help and support of Chelo Hernandez, Mirna Arteaga, Jonathan Caceres, and Mark "Coach" Smallwood. Guided by faith, this local farm is dedicated to honoring the land, promoting biodiversity, and supporting the local economy. They are also passionate about partnering with organizations like New York Common Pantry that work to bring Fresh Produce to communities in need.

APRIL IS EARTH MONTH! How Can We Protect the Earth Through Food?



Did you know that 30-40% of food is wasted in the US?

I had no idea! What can we do?



Don't worry! Here are 4 ways we as individuals can decrease our food waste:

- 1 Plan your trips to the grocery store and your meals ahead of time to avoid over-purchasing.
- 2 Use the FIFO method - First In, First Out. This means that you eat the oldest food in your fridge before the newest food to avoid spoilage.
- 3 Get creative with leftover produce that would normally get thrown away by incorporating them into stocks, soups, or stir-fries.
- 4 Freeze excess produce before it goes bad so it will last longer and can be used at a later date.



APRIL 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:



Corn Chowder with Crispy Chickpeas
April 15th
@ 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.