

# LIVE HEALTHY! NEWSLETTER

May 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 FOODMD PROGRAM!

Our Food MD program is designed to support patients from Ryan Health, Settlement Health, EHHOP, and Community Health Network through nutrition workshops and access to fresh produce!



## MAY IS MENTAL HEALTH AWARENESS MONTH!

### 3 Nutrition Tips to Support Mental Health

1



#### PRIORITIZE WHOLE FOODS

The foods we eat impact how our bodies function and feel. Prioritizing whole grains, fruits, vegetables, healthy fats, and lean proteins can improve not only our physical health, but our mental health.

2



#### EAT REGULARLY

Eating regularly can help regulate your blood sugar, keeping it from dropping too low or spiking too high. The brain's primary source of energy is glucose and dramatic fluctuations can lead to mood swings and other symptoms such as irritability and fatigue. Choose carb sources that are going to keep you satisfied for longer such as whole grains (brown rice and oats), legumes, and starchy vegetables.

3



#### SHARE MEALS WITH LOVED ONES

Sharing meals with others has many psychological and social benefits. It provides a chance to slow down, reflect, and enjoy meaningful connections with those around us. Engaging in conversation while eating encourages a more relaxed pace, preventing rushed eating and supporting better digestion.

### MAY 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:



Mushroom Tacos  
May 20th @ 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.