

# LIVE HEALTHY! NEWSLETTER

July 2025 | Vol. 4

## IT'S TIME FOR FOR GREENMARKET!



During our Greenmarket Season, nutrition education workshops, Recipe Club, and Farmers' Market Tours are provided to feature in-season vegetables.

## ASK ABOUT OUR FOOD MD PROGRAM

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



## 3 Tips for Building a Balanced Plate on the Go this Summer

1



### THINK "3-IN-1": PROTEIN, FIBER, AND COLOR

Aim to include a source of protein (like grilled chicken, beans, tuna, eggs, or tofu), a fiber-rich carb (such as whole grains, fruits, or starchy veggies), and at least one colorful vegetable or fruit. This combo keeps you fuller longer and gives you lasting energy, perfect for long summer days.

2



### PREP AND PACK SMART

Making a little extra food at dinner? Pack leftovers for tomorrow's lunch! Simple meals like rice and beans, veggie pasta, or tuna salad can be made in bigger batches and enjoyed cold or at room temp the next day. Use a small cooler bag with an ice pack to keep things fresh and safe in the heat.

3



### USE WHAT YOU HAVE

You don't need fancy ingredients to eat well. Look at what's already in your pantry or fridge and mix and match! A can of beans, some frozen veggies, and rice can turn into a quick stir-fry or grain bowl. Canned tuna + whole grain bread + carrot sticks = an easy, balanced lunch.

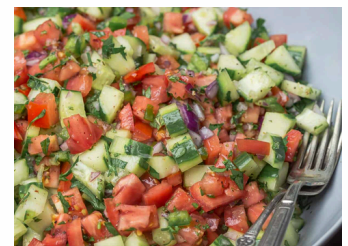
## JULY WHAT IS IN SEASON?



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:



Shirazi Salad Wrap  
July 8th  
@ 12:30 pm



Explore our  
website!



Join  
Live Healthy!



SNAP-Ed is funded by USDA's  
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Contact Us!  
Telephone: (646) 891-7640  
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