

LIVE HEALTHY! NEWSLETTER

August 2025 | Vol. 4

IT'S TIME FOR FOR GREENMARKET!



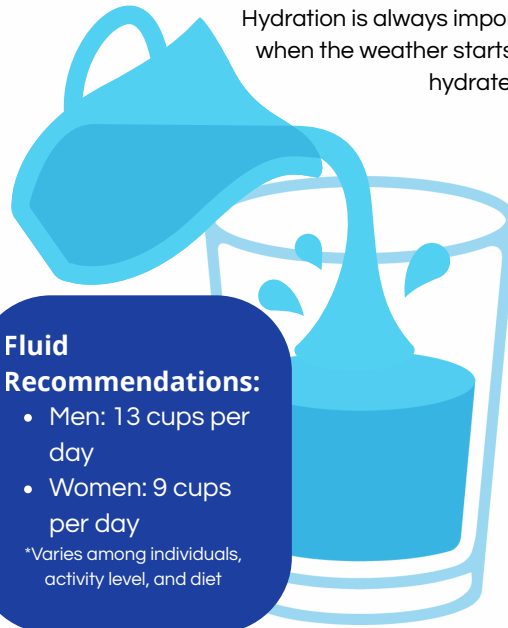
During our Greenmarket Season, nutrition education workshops, Recipe Club, and Farmers' Market Tours are provided to feature in-season vegetables.

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!



Hydration Hacks for the Summer



Hydration is always important, but it's especially vital during the summer when the weather starts to get warmer. Here are a few tips to staying hydrated during the warmer months:

Fluid Recommendations:

- Men: 13 cups per day
- Women: 9 cups per day

*Varies among individuals, activity level, and diet

- 1 Make water more fun by infusing it with fruits such as cucumber, lemon, or strawberries, or with sugar-free flavor packets.
- 2 Build it into your routine. Drink a glass of water right when you wake up, before and after every meal, and after you brush your teeth
- 3 About 20% of our daily liquid intake comes from food. Prioritize water-rich foods like lettuce, leafy greens, cucumbers, bell peppers, summer squash, celery, berries, and melons.

AUGUST 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:



Green Bean Avocado Salad
August 19th
@ 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.