

LIVE HEALTHY! NEWSLETTER

August 2026 | Vol. 5

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 FOODMD PROGRAM

Our Food MD program is designed to support patients from Ryan Health/ Mobile, Settlement Health, EHHOP, and Community Health Network through nutrition workshops and access to fresh produce! Want to learn more? Text "Food MD" to 332-242-5858 for more information!



Keeping Families Cool, Active, and Healthy

Hydration Matters



- Staying hydrated helps keep your body cool, improves energy, and supports overall health.
- Water is best. Water-rich foods (like fruits and veggies) also work to hydrate you.

Stay Active in Summer Tips



- Exercise early morning or evening.
- Wear light-colored, breathable clothes.
- Wear sunscreen and a hat.
- Listen to your body and watch for signs of heat-related illness, such as dizziness, nausea, or muscle cramps, to prevent heatstroke.

Have a "Try Day" with your Family



- Taste a different fruit or vegetable every Friday.
- Explore farmers markets for unique local finds.
- Look for veggie and fruit sides at summer meal sites.
- Keep a bowl of fresh fruit on the table for quick snacking.

AUGUST WHAT IS IN SEASON?



Get fresh produce like these in your FoodMD packages.

COOK WITH US! RECIPE CLUB

Learn how to make:



Vegetable Noodle Soup
August 18th at 11am

www.livehealthycooks.com



Explore our
website!



Join
Live Healthy!



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