

LIVE HEALTHY! NEWSLETTER

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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!



Shop Smart at the Farmers Market

Buy Seasonal & Save

Seasonal produce is fresher and more affordable- buy extra and freeze it for later.



Pick Fresh Produce

Pick bright, firm produce. Avoid bruised items, check for freshness, and buy delicate items in small amounts.



Store for Longevity

Keep leafy greens, berries, and herbs in the fridge. Store tomatoes, peaches, and potatoes at room temperature. Use airtight containers for cut produce to keep it fresh longer.



JULY WHAT IS IN SEASON?



Get fresh produce like these in your FoodMD packages.

COOK WITH US! RECIPE CLUB

Recipe Club is on pause this month! Check out our website for more delicious and nutritious recipes



www.livehealthycooks.com



Explore our
website!



Join
Live Healthy!



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