NWBronx

Food Justice Coalition

Healthy Eating Corner Newsletter

October Food Pantries Schedules

Mondays: St. Stephens: 3:00 - 4:30 EVERY WEEK

Tuesdays: KHCC: 11:00 - 1:30 EVERY WEEK

Thursdays: KHCC: 11:00 - 1:30 EVERY WEEK

Kingsbridge Heights Community Center (KHCC): 3101 Kingsbridge Terrace

St. Stephens United Methodist Church: 146 W. 228th St.

*In need of food or other services such as SNAP or social work services? Click below to go to our **Resources** page!*

Resources page

Upcoming

Healthy Cooking with Maudene

Wednesday, October 13 at 6:00 pm on Zoom

There are many reasons why fall is the most popular season of the year. There is an abundance of wonderful fresh produce in the markets.

In this cooking demo, we will prepare a delicious and simple gumbo that you can make with fresh or

frozen ingredients. This dish will include all of the “5-a-Day the Color Way” (fruits or vegetables that are RED, WHITE, BLUE, GREEN, and YELLOW).

There will also be a simple, made-from-scratch pie crust that includes heart-healthy ingredients. We will fill that with seasonal apples and you’ll want to try it yourself right away!

Register for Healthy Cooking with Maudene

Recipe Corner

Roasted Butternut Squash with Cider Vinaigrette

If you are eating seasonally you will know that the winter squashes are now what's available at your local farmer's market. Winter squash is easier to cook than you would think. In this butternut squash recipe just peel and roast on a baking sheet until done. The cider vinaigrette adds a nice addition to the dish. (Make extra for your next salad or roasted chicken!)

Click here to download the recipe.

Roasted Brussel Sprouts with Garlic

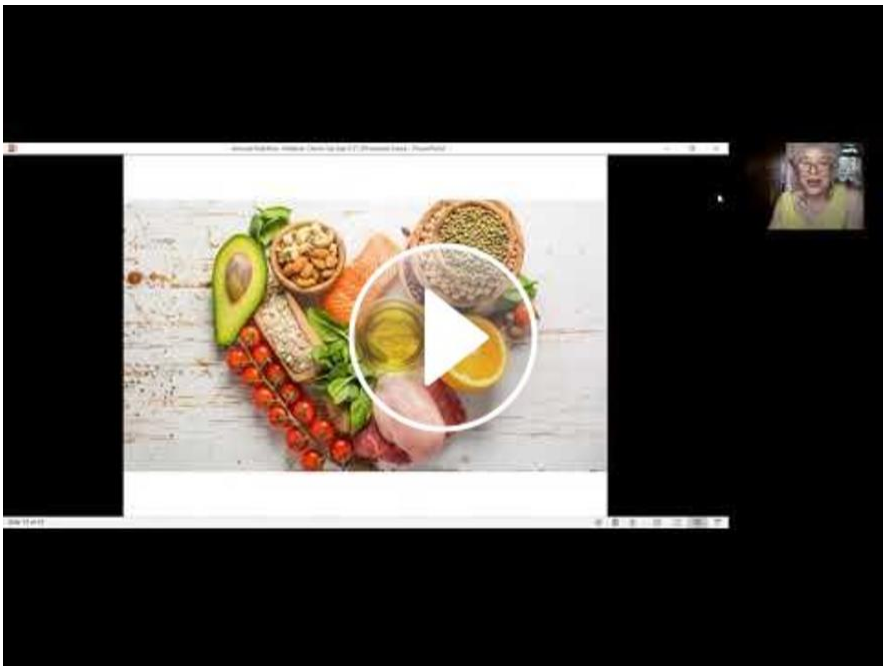
Roasting vegetables seems to be the theme of the month. It's a simple way to get an amazingly deep flavor out of those fall vegetables such as Brussel sprouts which get sweeter when roasted. The added garlic has antiviral and antibacterial properties that will help during cold and flu season. To get the recipe click here.

Health Tips

5-a-Day the Color Way to Stay Healthy & Fit

There are many reasons why fall is the most popular season of the year. Fall can be the best time to get to those healthy behaviors that we all plan to get around to …. Remember "5-a-Day the Color Way?" – every day remind yourself to eat fruits and vegetables that are RED, WHITE, BLUE or PURPLE, GREEN, and Orange or YELLOW [to get your complete] these nutrients are proven to protect us from diabetes, heart disease, and some forms of cancer.

To read the entire article go to the Healthy Eating Corner wepage.



ANNUAL NUTRITION & MEDICAL CHECK-UP workshop

In September, Maudene Nelson, NW Bronx Food Justice Coalition Dietician, discussed a variety of health issues, what foods can help, or get in the way of, your health, and what questions you should ask your doctor at your next visit.

Click here to download the presentation.

Walk & Shop

The goal of the NW Bronx Food Justice Coalition is to encourage people to take their health into their own hands through healthy eating and exercise.

In September Nutritionist Deborah Johnson hosted two Walk and Shop events with members from St. Stephens United Methodist Church and the Marble Hill Community Garden, a NYCHA garden on Broadway. Both groups started from St. Stephens and walked 1 mile to shop at the Inwood Farmer's Market. At the market, they were given canvas shopping bags that they quickly, and happily filled with farm-fresh produce purchased with Health Bucks that they were given.

Health Bucks are $2 coupons for SNAP recipients to be spent on fresh fruits and vegetables at local farmers' markets. Each recipient is allowed up to $10/day. Click here to get more information on Health Bucks.

If you like what you see here please share with a friend or family member.

Sign up for the Healthy Eating Corner newsletter

For more recipes, videos and healthy eating tips, go to our webpage.

Webpage

The Northwest Bronx Food Justice Coalition is sponsored by RSS and funded in part by the Bon Secours Mercy Health Foundation. In partnership with Kingsbridge Heights Community Center, Outer Seed Shadow, St. Stephens United Methodist Church, Marble Hill Senior Center, the Schervier Apartments, Riverdale Neighborhood House, and the Riverdale-Y.

NW Bronx Food Justice Coalition website: https://rssny.org/nwbronxfoodjustice/

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