



NWBronx

**Food Justice Coalition**

**Healthy Eating Corner Newsletter**

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## **December Food Pantries Schedules**

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

- Closed Mon. December 27

**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](#)

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## **Upcoming**

### **Food and your Mental Health with Deborah**

Tue. December 7 at 1:00 pm (in-person & online)

We all face challenges that can be stressful,  
overwhelming, and cause strong emotions at



various times in our lives. A very large body of evidence now exists that suggests that diet is as important to mental health as it is to physical health. A healthy diet can be protective and an unhealthy diet is a risk factor for anxiety and depression. Join Nutritionist Deborah Johnson as she provides healthful nutrition tips to help support your mental health.

[Register for Food and your Mental Health](#)



## **Memory Loss and Forgetfulness with Petronella**

Tue. December 14 at 1:00 pm (in-person & online)

Many older adults find they become more forgetful and may worry about their memory and cognitive abilities. It is normal to forget things once in a while as we age such as where you put those keys. However, getting lost in places you know well or asking the same questions over and over again, denotes a more serious cognitive issue.

This presentation will help you to understand the difference between mild forgetfulness and more serious memory problems such as Alzheimer's disease

[Register for Memory Loss and Forgetfulness](#)



## **Holiday Comfort Foods with Maudene:**

Wed. December 29 at 6:00 pm (online)

Another eventful year is coming to an end and we wrap ourselves in memories and nostalgia, and, anticipate the coming new year...

As a dietitian, I'm reminded of past celebrations and the comfort foods associated with them. So, I thought this would be a great time to present some of our favorite foods, simplified or made-over. Today's recipes are:

- **Homemade Turkey Sausage**
- **Simple Vegetable & Tortellini Soup**
- **Roasted Carrots with Lemon**
- **Black Bean Brownies**

[Register for Healthy Cooking](#)

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## Recipe Corner

### December Recipes: Soup

Winter weather is here, we are in the middle of the holiday season, and what better way to feed your body and soul than with a nice warm bowl of soup. Make a batch to eat over the course of the week or freeze the extra and have something to look forward to another day.

Click below to download the soup recipes.



[Peanut Soup](#)



[Carrot Ginger Soup](#)

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## Health Tips



## Nutrition & Memory

All of us want to maintain a great memory. It's normal to forget things once in a while. Who hasn't had trouble recalling the word we want to use? With more serious memory problems it becomes hard to do everyday things like finding your way home or getting

confused about time, people and places. This may be "cognitive decline" or dementia. Simply put, dementia is a general term for the impaired ability to remember, think, or make decisions. Alzheimer's disease is the most common type of dementia. Though dementia mostly affects older adults, it is not a part of normal aging.

The **good news** is that there is a lot of great evidence (from research and surveys) that **nutrition** – frequently making certain food choices -- is associated with protecting the brain and keeping a good memory...

[Click here](#) to read the rest of the article and find out how to make healthy food choices that will protect your brain.



## 9 Brain Boosters to Prevent Memory Loss

By WebMD

Memory loss can be a natural part of aging but that doesn't mean there aren't things you can do

to slow it down. In this article, you will find some easy tips on how to help maintain your memory.

[Click here](#) to read the article.



## 7 Brain Exercises to Strengthen Your Mind

From Very Well Mind

Exercise is good for the body but did you know there are plenty of ways to exercise your brain? [In this article from Very Well Mind](#)

you will find a list of different ways to keep your mind active and healthy.

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

Webpage

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*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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