Eatin’ for LIFE!

What’s in season

<table>
<thead>
<tr>
<th>Spring</th>
<th>Summer</th>
<th>Fall</th>
<th>Winter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>Parsnips</td>
<td>Apricots</td>
<td>Avocado</td>
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<tr>
<td>Artichokes</td>
<td>Peas</td>
<td>Berries</td>
<td>Peas</td>
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<tr>
<td>Asparagus</td>
<td>Pineapple</td>
<td>Cantaloupe</td>
<td>Pears</td>
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<tr>
<td>Avocado</td>
<td>Radishes</td>
<td>Celery</td>
<td>Peppers</td>
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<tr>
<td>Bananas</td>
<td>Rhubarb</td>
<td>Cherries</td>
<td>Pumpkin</td>
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<tr>
<td>Broccoli</td>
<td>Spinach</td>
<td>Corn</td>
<td>Radishes</td>
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<tr>
<td>Collard Greens</td>
<td>Strawberries</td>
<td>Cucumber</td>
<td>Potato</td>
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<tr>
<td>Chives</td>
<td>Swiss Chard</td>
<td>Eggplant</td>
<td>Rutabagas</td>
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<tr>
<td>Fava Beans</td>
<td>Turnips</td>
<td>Figs</td>
<td>Spinach</td>
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<tr>
<td>Green Beans</td>
<td></td>
<td>Grapes</td>
<td>Green Beans</td>
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<tr>
<td>Leeks</td>
<td></td>
<td>Green Beans</td>
<td>Kale</td>
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<tr>
<td>Lettuce</td>
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<td>Honeydew</td>
<td>Lettuce</td>
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<td></td>
<td></td>
<td>Kiwi</td>
<td>Mango</td>
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</tbody>
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Available year round: Apples, Onions, Garlic, Cabbage, Carrots

In the neighborhood

Sankofa Fresh Stop Market
5029 St. Claude Ave., Saturdays 9am-1pm

Sankofa Mobile Market
Villa St. Maurice, 500 St. Maurice Ave., Fridays 10-11am
- SNAP recipients that spend up to $10 get $10 of fruits and veggies at the markets

Sankofa Fresh Food Pantry (for SNAP recipients)
5200 Dauphine St., 504-872-9214, sankofanola.org

Some 9th Ward corner stores sell fresh produce items.
Contact your local corner store and ask them to stock more healthy food, like fresh produce!

At the grocery store

Shop the outside aisles

Delivery and drop-off

Hollygrove Farm and Market
Home Delivery Service
- Accepts SNAP. Accepts Veggie Rx (from Daughters of Charity Clinics and Fertel Clinic). 20% off promotion for Community Supported Agriculture (CSA) boxes for 9th Ward residents and all purchases made with SNAP. 504-483-7037, hollygrovemarket.com/home-delivery-service

Top Box Foods
Drop-off and Pickup Service
- SNAP accepted.
Drop-off location: 3037 Dauphine St. 504-934-1646, www.topboxfoods-nola.com

Fresh produce tips

Fresh is best
Buy fresh fruit and veggies whenever possible. Frozen fruit and veggies are a 2nd option. With canned fruit and veggies, watch for added sugar and salt.

To refrigerate or not?
For produce purchased at room temperature, store at room temperature. For produce purchased cold, keep in the fridge. To prevent early spoiling, don’t overcrowd the produce drawer in the fridge.

Eat seasonal
Look for seasonal produce. During peak season, produce items are cheapest and have the best flavor. It’s OK to buy in bulk and freeze for later.

For more healthy eating tips and recipes, download a free copy of Eat Dat! cookbook at http://bit.ly/EatDatRecipes

Walkin’ for LIFE!

Why walk?  Getting started

Being active protects your health and saves lives!

- Physical activity helps to lower risk of high blood pressure and stroke.
- Physical activity improves fitness, mental health, and brain function.
- Only 1/2 of adults get enough physical activity to prevent disease.
- 1 in 10 premature deaths could be prevented by getting enough physical activity.

It’s easier than you think!

- Join a team
  There are several walking groups in the 9th Ward to join.

- Start your own group
  Start walking with your family and/or a group of friends. We can help! Contact us at the info below.

- Find a route
  Want a walking route to get started? Contact us at the info below or go to http://bit.ly/WalkingMapFlyer

Thanks to the 9th Ward walking clubs that are Walkin’ for LIFE!

GirlsTrek
Lower 9th Ward Stick & Steppers
Soul Steppers

Follow Movin’ for LIFE or contact us for more information and events:

web: movin4life.org
phone: 504-988-4188
email: info@movin4life.org

Movin’ for LIFE (Lasting Improvements for Fitness and Energy) is a community-engaged health promotion program of the Tulane Prevention Research Center. The Tulane PRC is a member of the Health Promotion and Disease Prevention Research Centers Program, supported by the Centers for Disease Control and Prevention, under cooperative agreement #U48-DP-005050.