Welcome to Health Care Share!

Welcome to Week One of Health Care Share! We are excited to begin this summer program, and hope that you enjoy all the fresh produce, recipes, and health tips. Each Thursday for the next twelve weeks (July 27th to October 12th), you will pick up your share between 3 PM and 6 PM. To make sure that you do not miss out on your fresh vegetables, please do not be late! If you have any questions or concerns throughout the next twelve weeks, or if there is a week when you are unable to pick up your share, please contact Julie Riffon at 802-334-3241.

If you have health tips or recipes that you think other Health Care Share members would enjoy, let us know! We are excited to learn, eat, and become healthier together!

What’s on your plate? Tips for a Healthy Meal

Fruits and Vegetables
- Eat lots of fruits and veggies throughout the day. This should make up about half of your diet every day!
  - Fruits make a great snack or dessert!
  - Choose a variety of colorful veggies. Veggies can be steamed, sautéed, or eaten raw!

Protein
- Seafood, beans, eggs, meats and poultry are great sources of protein.

Grains
- Limit desserts and snacks such as cakes, cookies, and pastries.
- Try whole grain snacks, such as oatmeal and popcorn.

Dairy
- Choose fat-free or low fat yogurt and milk whenever possible.
News and Information

• Supplemental Nutrition Assistance Program (SNAP) application
  o Available online at www.dcf.vermont.gov
  o Available by phone at 1-800-479-6151

• Interested in some quick, easy recipes? Check out the following sites!
  o www.everydaychef.org
  o www.choosemyplate.com

• Eating healthy is only part of living healthy! Talk to the Health Care Share Team, or your Primary Care Physician, to get information about programs to help you get active and moving in your community!

Healthy Substitutions

• Use lettuce leaves instead of tortilla wraps when making a wrap. It’s healthier, and adds a nice little crunch!
• Put nuts, like almonds or walnuts, on your salad instead of croutons.
• When you’re craving potato chips, make kale chips or microwave some popcorn instead!
• Drink seltzer water instead of soda.

Recipe: Honey Butter Roasted Carrots

Ingredients:
• Two bunches (1 lbs) of peeled carrots with tops left on
• 2 tablespoons melted butter (or olive oil)
• 2 cloves garlic, minced
• Salt and black pepper, to taste
• 2 tablespoons honey or maple syrup
• 2 teaspoons finely chopped parsley leaves (optional)

Instructions:
• Preheat oven to 400°F
• In a large bowl, mix all ingredients
• Spread carrots out on a baking sheet
• Cook in oven for 25 minutes, or until carrot is fork-tender

Eat these carrots as a snack, a side dish, or on top of a salad!

Tips for fresh vegetables

Cleaning
• Your vegetables are fresh from the field! Some may need an extra rinse when you get home before you eat.

Storage
• Store veggies in plastic bags in the refrigerator. Poke holes in the bags for ventilation.
• Freeze your veggies this summer so you can eat them in the winter!

Preparation
• Cook large batches of vegetables at once and store the leftovers in the refrigerator for healthy snacks throughout the week.