



**Nutrition and Aging
Resource Center**

**East Harlem Village:
Fostering Cross-Sector
Partnerships and Raising
Community Voices to
Address Food Insecurity and
Social Isolation Among Older
Adults in NYC**

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Appendix A: Combined Flyers



2-PART WORKSHOP CONVERSATIONS

with farmer and food justice activist Karen Washington

Join Public Health Solutions' East Harlem Village and Carter Burden Network for two upcoming workshops with Karen Washington.



JOIN US!

Intersection between racial justice and farming

Friday, January 14TH at 1:00PM EST

Meeting Link: <https://bit.ly/3f6teKG>

Dial-in: +1 929 205 6099

Meeting ID: 864 6697 5368

Passcode: 228496

How growing your own food can transform our food system

Friday, January 21ST at 1:00PM EST

Meeting Link: <https://bit.ly/3f6teKG>

Dial-in: +1 929 205 6099

Meeting ID: 864 6697 5368

Passcode: 228496

CONTACT

For more information, please contact Sally Ann Velez-Guzman at svelez-guzman@healthsolutions.org or **646-581-0537**.

**Tuesdays, November 16th-
December 21st , 2021**

10:45 AM ET

EAST HARLEM VILLAGE LEGACY COOKBOOK



What are
some of your
go-to recipes
for parties or
gatherings?

**LIFE
STORY
CLUB**

**JOIN US IN THIS SPECIAL LIFE STORY CLUB SERIES
WHERE WE COME TOGETHER TO CREATE OUR OWN
LEGACY COOKBOOKS! THE GROUP WILL MEET OVER ZOOM
TO SHARE LIFE STORIES AROUND TREASURED FAMILY
RECIPES AND TRADITIONS. EVERYONE WILL BE ABLE TO
ADD THEIR STORY AND RECIPE TO THEIR VERY OWN
LEGACY COOKBOOK.**

**Join in-person at the Covello Senior Center, in the
Computer Room. Limit 6 people, please sign up.
Or, join us online through Zoom (limit 9 people on Zoom.)**

**Please contact Sally Ann Guzman, 646-581-0537 or Sonia
Diaz, 212-423-9965, ext.422**

**Cada Miercoles,
17 de Noviembre- 22 de Diciembre , 2021
10:45 AM ET**

EAST HARLEM VILLAGE RECETAS DE FAMILIA



What are
some of your
go-to recipes
for parties or
gatherings?

**LIFE
STORY
CLUB**

¡Únase a nosotros en esta serie especial del Club de Historias de Vida para crear nuestra propia legacía de libros de cocina! El grupo se reunirá en persona y en Zoom para compartir recuerdos y recetas familiares. Todos podrán añadir historias y recetas a su propio libro de cocina de su legacía.

Acompáñenos en persona en el Centro Covello para Personas Mayores, en el salón de tecnología. Límite de 6 personas, favor de registrarse.

O acompáñenos por Zoom (Límite de 9 personas)

**Comuníquese con Sally Ann Guzman, 646-581-0537 o Sonia Diaz,
212-423-9965, ext.422**

Guided Community Conversations



Christina Contreras
Chief Executive Officer
NYC Health + Hospitals /
Metropolitan

Thursday
June 30, 2022
10:00 AM – 11:00 AM

Join the Zoom Meeting

<https://us06web.zoom.us/j/86094164044?pwd=T2plWitoS2o2bWRvUmhMYy9hQWt0UT09>

Meeting ID: 860 9416 4044

Passcode: 620529

Dial by your location

+1 929 436 2866 US (New York)

Meeting ID: 860 9416 4044

Passcode: 620529



A project by Public Health Solutions
and Carter Burden Network

*A discussion of the
Community Health Needs
in
East Harlem*

This project was supported, in part by grant number 90INNU0018-03-00, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C.



Metropolitan

OWN YOUR FUNK PRESENTS:

Farm Tour & Dairy Truths!

LIVE FROM [CONSIDER BARDWELL FARM](#), VERMONT

Join Certified Cheese Professional, Kyra James for a VIRTUAL learning experience! Enjoy LIVE SCENES FROM THE FARM through an interactive tour highlighting one of Vermont's most awarded cheesemakers. PLUS! With 10+ years of food education experience Kyra welcomes your QUESTIONS + CONCERNS during our Q&A session featuring a few MISCONCEPTION TRUTHS.

WHEN: WEDNESDAY, APRIL 27th 2022

TIME: 1:00PM - 2:00PM



OWN YOUR FUNK is excited to partner with + host MORE educational experiences (and tastings!) with the East Harlem Village community. Get excited & Be curious!



This project was supported, in part by grant number 90INNU0018-03-00, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C.



A project by Public Health Solutions
and Carter Burden Network

As part of our Black History Month observance **The East Harlem Village**

would like to introduce you to the Johnson Family

A major function of Black History Month is to spotlight the resilience and ingenuity of the African-American community despite many obstacles.

This is the story of a family who had a sick child and figured out a way to help their child and start a successful business, now known as **Zach & Zoe Sweet Bee Farm**



Join Zoom Meeting

<https://zoom.us/j/94767573770?pwd=em4xcGs4SEtleIRpSTBBcDJDdDdEdz09>



Meeting ID: 947 6757 3770

Passcode: 841953

OR call in by phone

+1 929 205 6099



Thursday – February 24, 2022
1:00PM – 2:00 PM

This project was supported, in part by grant number 90INNU0018-03-00, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C.



A project by Public Health Solutions
and Carter Burden Network

Modeled after traditional indigenous villages, East Harlem Village for older adults offers its members a curated and well-knitted web of services and support using existing programs from neighborhood non-profits, so that each member lives well and ages safely and successfully in their own homes. In addition, members have the opportunity to organize, advocate for, and create other programs and economic activities that make the whole neighborhood a better place to live. Contact number: 646-306-1364.

The East Harlem Village

salutes pioneers and leaders during

Black History Month - 2022



One example of the excellence and resilience of the African-American community is the little known story of **Dr. Solomon Carter Fuller**. A physician, teacher, and scientist. Among his many accomplishments, he was one of five foreign doctors selected by Dr. Alois Alzheimer in 1904 to do research in Munich, Germany on the nature of what we now know as Alzheimer's Disease. He made many contributions to the fields of Neurology and Psychiatry despite not being mentioned in most historical accounts of the period.

Classes about Healthy Eating

Take 30-minutes to learn how to improve your health through FOOD

Join Zoom Meeting

<https://us02web.zoom.us/j/81279208354?pwd=cVp4WTJvekg1LzRMS2NpajdqK3Y5Zz09>

Meeting ID: 812 7920 8354

Passcode: 728165

Call by phone

+1 929 205 6099

Attend in-person at Covello

This project was supported, in part by grant number 90INNU0018-03-00, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C.

East Harlem Village Nutrition Class - English

Wed. – April 6, 2022	1:00 PM - 1:30 PM
Wed - April 13, 2022	1:00 PM - 1:30 PM
Wed - April 20 2022	1:00 PM - 1:30 PM
Wed - Aril 27, 2022	1:00 PM - 1:30 PM
Wed - May 4 2022	1:00 PM - 1:30 PM

Every Class you attend, you receive \$14 (value) in coupons for fruits and vegetables



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burden
network
leading the way in aging services

Clases sobre Alimentación Saludable

Tómese 30 minutos para aprender cómo mejorar su salud a través de los ALIMENTOS

**Cada vez que asiste ,
recibe \$14 (valor)
en cupones para
frutas y verduras**

Unete Zoom Meeting

[https://us02web.zoom.us/j/81279208354?
pwd=cVp4WTJvekg1LzRMS2NpajdqK3Y
5Zz09](https://us02web.zoom.us/j/81279208354?pwd=cVp4WTJvekg1LzRMS2NpajdqK3Y5Zz09)

Meeting ID: 812 7920 8354
Passcode: 728165

Llame a telefono

+1 929 205 6099

East Harlem Village

Clases de nutrición - Español

Miercoles- Abril 6, 2022	1:45 PM - 2:15 PM
Miercoles- Abril 13, 2022	1:45 PM - 2:15 PM
Miercoles- Abril 20, 2022	1:45 PM - 2:15 PM
Miercoles- Abril 27, 2022	1:45 PM - 2:15 PM
Miercoles- Mayo 4, 2022	1:45 PM - 2:15 PM



únete en vivo en Covello

This project was supported, in part by grant number 90INNU0018-03-00, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C.

Classes about Healthy Eating

Every Class you attend,
you receive coupons
for fruits and vegetables

Take 30-minutes to learn how to improve your health through FOOD

Join Zoom Meeting

<https://us02web.zoom.us/j/83227240662?pwd=Y0dUWVVRMm2FpUjY5bnN3bUNTnkVUZz09>

Meeting ID: 832 2724 0662
Passcode: 927149

Join by Telephone

+1 929 205 6099 US (New York)

East Harlem Village Nutrition Class - English

Wed. – October 12 , 2022	1:00 PM - 1:30 PM
Wed -- October 19, 2022	1:00 PM - 1:30 PM
Wed – October 26, 2022	1:00 PM - 1:30 PM
Wed. – November 2, 2022	1:00 PM - 1:30 PM
Wed. – November 9, , 2022	1:00 PM - 1:30 PM
Wed. – November 16, 2022	1:00 PM - 1:30 PM



Attend in-person at
Covello Older Adult Center
Lehman Village Older Adult Center
Roosevelt Island Older Adult Center

This project was supported, in part by grant number 90INNU0018-03-00, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C.

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Clases sobre Alimentación Saludable

Tómese 30 minutos para aprender cómo mejorar su salud a través de los ALIMENTOS

Cada vez que asiste ,
recibe cupones para
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Unete Zoom Meeting

<https://us02web.zoom.us/j/83227240662?pwd=Y0dUWVVRMm2FpUjY5bnN3bUNTdkVZz09>

Meeting ID: 832 2724 0662

Passcode: 927149

Llame a telefono

+1 929 205 6099 US (New York)

únete en vivo en Covello Older Adult Center

Lehman Village Older Adult Center

Roosevelt Island Older Adult Center

East Harlem Village

Clases de nutrición - Español

Miercoles- Octubre	12, 2022	1:00 PM - 2:15 PM
Miercoles- Octubre	19, 2022	1:00 PM - 2:15 PM
Miercoles- Octubre	26, 2022	1:00 PM – 2:15 PM
Miercoles- Noviembre	2, 2022	1:00 PM – 2:15 PM
Miercoles- Noviembre	9, 2022	1:00 PM – 2:15 PM
Miercoles– Noviembre	16, 2022	1:00 PM – 2:15 PM

This project was supported, in part by grant number 90INNU0018-03-00, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C.

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burden
network
leading the way in aging services

Classes about Healthy Eating

Every Class you attend,
you receive coupons
for fruits and vegetables

Our Last Nutrition Class of the Series



Attend in-person

GrowNYC Union Square Greenmarket
Farmers' market in New York City

Located in:

[Union Square Park](#)

Address: Union Square W &, E 17th St,
New York, NY 10003

Phone: [\(212\) 788-7900](tel:(212)788-7900)

*** Meet Marco at the Market ***

East Harlem Village

Wed. – December 7, 2022 1:00 PM – 2:00 PM

(Rain date : Fri.- December 9, 2022 at 1 PM)

This project was supported, in part by grant number 90INNU0018-03-00,
from the Administration for Community Living, U.S. Department of Health
and Human Services, Washington, D.C.

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burden
network
leading the way in aging services

Appendix B: Example Newsletters

East Harlem Village Monthly Newsletter (Partner)

If you are interested in learning more about our activities, please contact us at **646-581-0537**

Village Updates

GetConnected Tablet Pilot launched in August. 49 seniors received their **Samsung tablet** in mail, comes with **unlimited internet**, free access to SelfHelp **virtual senior center**, **customized 1:1 training session** and **group classes** provided by CanDoo Tech.

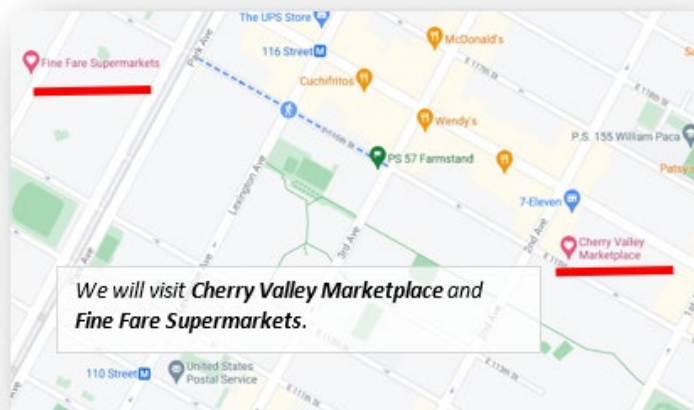
Bi-weekly Pantry Food Delivery (partner with New York Common Pantry, Invisible Hands, and C7 Delivery) has expanded from 7 spots to **unlimited spots**.

Individual Nutrition Counseling in English and Spanish are now available, in partnership with DFTA.



Upcoming Event

Grocery Store Tour in the neighborhood. Our **Registered Dietitian Nutritionist** will walk with a group with **up to 3 seniors per tour**, to show them how to **pick healthy food items** and **provide other nutrition tips**. Seniors will be provided **Health Bucks** after the tour and has the option to visit a nearby Farmers Market with the nutritionist.



Partner Updates



We are excited to share that **Clio has recently joined our Village network!**

Clio is a nonprofit serving older adults across New York City. The foundation of their group's programming are **mutually-beneficial** and **culturally sensitive volunteer-senior pairings**. Clio pair trained volunteers from across the country with individual seniors. Volunteers provide seniors a weekly phone call, biweekly letters, and occasional care packages (funded by the organization). <https://clioconnect.org/>



Invisible Hands Deliver are a non-profit group of organizers and volunteers delivering groceries, prescriptions, and other necessities to those most vulnerable during COVID, as well as the elderly, immunocompromised, sick, and people with disabilities. Invisible Hands continues **to recruit volunteers**. Help them spread the words and support the communities! <https://invisiblehandsdeliver.org/spread-the-word>

*Interested in learning more about our activities? Please contact us at **646-581-0537**
To share your organization updates with EHV network partners, please email Ailin Liu,
aliu@healthsolutions.org*

East Harlem Village Monthly Newsletter (Partner)

If you are interested in learning more about our activities, please contact us at **646-581-0537** or **aliu@healthsolutions.org**

Village Updates

Enrollment: Last quarter (July – September 2021), **45 seniors** were newly enrolled in the East Harlem Village.

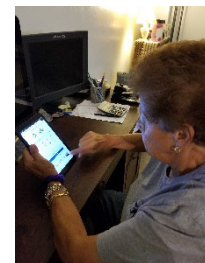
Grocery Store Tours in the East Harlem neighborhood have successfully launched and are currently happening **weekly, every Thursday at 10am**. Our **Registered Dietitian Nutritionist** walks with a group with up to 3 seniors per tour, to show them how to pick healthy food items and provide other nutrition tips. Seniors are provided **Health Bucks** after the tour and will have the option to visit a nearby Farmers Market with the Nutritionist.



(Left) At Cherry Valley Marketplace, 1968 2nd Ave, New York, NY 10029

(Right) At Harvest Home Farmers Market, 104th Street, between 3rd and 4th Ave.

GetConnected Tablet Pilot: As of October 1, 2021, 39% (n=19) of all participants have completed their 90-minute sessions, and 43% (n=9) of all Spanish-speaking participants completed their extra 60-minute sessions. Three (3) users have requested Quick Support Sessions with 4 QSS completed.



Partner Updates



After reorganization and minor renovation, the Carter Burden **Lehman Village Senior Program** is now fully staffed and is now **open 5 days per week**.

The Lehman Village Senior Program is a satellite of the Covello Program located in a NYC Housing Authority building. The program provides **socialization, recreation and education** through daily activities including **art programs** taught by the teaching artists and consultants from Covello and **health and wellness activities**. **Location:** 1641 Madison Avenue (at 109th Street) New York, NY 10029. **Main Phone:** (646) 370-5642 **Secondary Phone:** (212)-423-9665



Clio is hosting a self-care event on **November 7 at 2PM** - the **Virtual Garden Party!** Join Clio for community and connection as the event share **tips for fostering plant life in our living spaces!** See link to sign up and flyer below.

https://www.eventbrite.com/e/clio-virtual-garden-party-tickets-187734558117?keep_tld=1

Clio volunteers provide seniors a weekly phone call, biweekly letters, and occasional care packages (funded by the organization). <https://clioconnect.org/>



SAVE THE DATE

11/07 2PM

Bring a plant-friend to Clio's

VIRTUAL GARDEN PARTY

We are excited to be coming together as a community to be present with one another and give some special attention to our house plants! **As we move into colder months, we know that bringing some nature indoors can really help keep our physical and mental spaces alive and well.** Some of our community members will be sharing their gardening / plants tips, but we are open to hearing from everyone who attends! Please don't hesitate to reach out to us with any questions at admin@clioconnect.org!

*Interested in learning more about our activities? Please contact us at **646-581-0537***

To share your organization updates with EHV network partners, please email Ailin Liu, aliu@healthsolutions.org

To reach all EHV partner, use our listserv! EHVPartnerNetwork@healthsolutions.org (To opt in and out, please email Ailin Liu aliu@healthsolutions.org)

East Harlem Village Monthly Newsletter (Partner)

If you are interested in learning more about our activities, please contact us at **646-581-0537** or aliu@healthsolutions.org

Village Updates

Welcome Marco Vela to the East Harlem Village team! Marco joins us as a Project Coordinator and is excited to join the EHV team as well as its partner network to improve the lives of seniors in our community!

Enrollment In the last month, (October 2021 – Date), **55 seniors** newly enrolled in East Harlem Village.


Legacy Cookbook Series has begun this month through partnership with **Life Story Club**. In this six-week club, seniors come together to share life stories around treasured family recipes and traditions. At the end of the club, **our own legacy cookbook will be created**, and everyone will be able to add their story and recipe to it.

The **English Series** will be meeting every **Tuesday** from **11/16 – 12/21** at **10:45 am** and the **Spanish Series** will be meeting every **Wednesday** from **11/17 – 12/22** at **10:45 am**. Below you can find relevant information in both English and Spanish, including the point of contact for more information. The zoom link for the English Series is as follows, <https://lifestoryclub-org.zoom.us/j/87448323272> or call **929-205-6099** (meeting ID 874 4832 3272). The zoom link for the Spanish Series is as follows, <https://lifestoryclub-org.zoom.us/j/86043250535> or call **929-205-6099** (meeting ID 860 4325 0535).

Our first meetings for the Legacy Cookbook Series were a great success! Seniors at both the English and Spanish meetings took great joy in sharing some of their favorite meals and sides, particularly based on the upcoming Thanksgiving holiday. **Six (6) seniors** participated at the **11/16 English** meeting and **five seniors** participated at the **11/17 Spanish** meeting. We look forward to continuing this series and having more seniors join us the next five weeks!

Tuesdays, November 16th-
December 21st . 2021
10:45 AM ET

**EAST HARLEM
VILLAGE LEGACY
COOKBOOK**



What are
some of your
go-to recipes
for parties or
gatherings?

**LIFE
STORY
CLUB**

JOIN US IN THIS SPECIAL LIFE STORY CLUB SERIES WHERE WE COME TOGETHER TO CREATE OUR OWN LEGACY COOKBOOKS! THE GROUP WILL MEET OVER ZOOM TO SHARE LIFE STORIES AROUND TREASURED FAMILY RECIPES AND TRADITIONS. EVERYONE WILL BE ABLE TO ADD THEIR STORY AND RECIPE TO THEIR VERY OWN LEGACY COOKBOOK.

Join in-person at the Covello Senior Center, in the Computer Room. Limit 6 people, please sign up. Or, join us online through Zoom (limit 9 people on Zoom.)

Please contact Sally Ann Guzman, 646-581-0537 or Sonia Diaz, 212-423-9965, ext.422

Cada Miercoles,
17 de Noviembre- 22 de Diciembre . 2021
10:45 AM ET

**EAST HARLEM VILLAGE
RECETAS DE
FAMILIA**



What are
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for parties or
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**LIFE
STORY
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¡Únase a nosotros en esta serie especial del Club de Historias de Vida para crear nuestra propia legacia de libros de cocina! El grupo se reunirá en persona y en Zoom para compartir recuerdos y recetas familiares. Todos podrán añadir historias y recetas a su propio libro de cocina de su legacia.

Acompáñenos en persona en el Centro Covello para Personas Mayores, en el salón de tecnología. Límite de 6 personas, favor de registrarse.
O acompáñenos por Zoom (Límite de 9 personas)

Comuníquese con Sally Ann Guzman, 646-581-0537 o Sonia Diaz, 212-423-9965, ext.422

Grocery Store Tours have concluded for the year in East Harlem! From our first scheduled tour, 9/30, to our last, 11/18, a total of **seventeen (17) seniors** expressed interest in attending either or both the **Cherry Valley Marketplace Tour** and **Harvest Home Farmer's Market**. Most recently, we concluded the grocery store tours on **11/18**. We saw a total of **twelve (12) seniors** while handing out a total of **\$378 Health Bucks** to these seniors to be used towards **produce purchases** at the Harvest Home Farmer's Market.



Partner Updates



Carter Burden Network through the generosity of their Community partner, **NYC Health + Hospitals – Metropolitan**, provided **fresh turkeys** to seniors at the **Lehman Village Senior Center** to help with preparation for Thanksgiving meals.

cbn carter burden network
CELEBRATING 50 YEARS
leading the way in aging services

Through the generosity of our Community partner – **NYC Health + Hospitals – Metropolitan** fresh turkeys were made available to seniors at our **Lehman Village Senior Center** to help with preparations for their Thanksgiving meal.

Faithfully Serving the Seniors of East Harlem

Thankful

Lehman Village Senior Center
1641 Madison Ave, 10029
(646)370-5642

NYC HEALTH+HOSPITALS | **Metropolitan**

Did you know that throughout the COVID-19 pandemic, **CBN** has provided a total of **18 different** reoccurring virtual classes for our members? Though all of our centers are partially reopened, many of the seniors who participated in online programming this past year continue to do so, **noting the value in its ease, convenience, and accessibility** for **homebound individuals**. CBN is proud to help guide older generations tackle a new wave of technology and strive to provide valuable content for those in person and at home.

cbn carter burden network
CELEBRATING 50 YEARS
leading the way in aging services

Carter Burden Network Virtual Programming

Did you know that throughout the COVID-19 pandemic, CBN has provided a total of 18 different reoccurring virtual classes for our members? Though all of our centers are partially reopened, many of the seniors who participated in online programming this past year continue to do so, noting the value in its ease, convenience, and accessibility for homebound individuals. CBN is proud to help guide older generations tackle a new wave of technology and strive to provide valuable content for those in person and at home.

VIRTUAL PROGRAMMING

New York Common Pantry is hosting two holiday lunches to end the year! The first will be this month's **Thanksgiving Lunch** on **Wednesday November 24**, from **2:00 PM to 3:30 PM**. Free food, music,

and outdoor seating will be found at this November lunch. The second lunch will be December's **Holiday Lunch** on **Wednesday December 22**, from **2:00 PM to 3:30 PM**. Food-to-go, music, a coat giveaway, and a stocking stuffer giveaway will all take place at this December lunch. Both lunches will take place at **8 E. 109th St. (between Madison and 5th Ave.)**. Please see the attached flyers below for all relevant information.



Lenox Hill Hospital's Community Geriatric Mental Health Program is pleased to announce that **Ceri Hadda, MD**, a Board Certified Geriatric Psychiatrist, will be assuming the role of Supervising Psychiatrist. She will be seeing patients via telehealth and with our Associate Project Manager, **Alyssa Landers, MA**, will be coordinating referrals and clinical services. We are **currently accepting** new older adult patients who need mental health services. At this time both **East Harlem Village** and **the Carter Burden Network** are the organizations that can refer seniors from East Harlem directly to our program. We are happy to discuss our program with any group that can work with EHV or CBN. Our EHV contact can be reached at 646-581-0537 or aliu@healthsolutions.org.

*Interested in learning more about our activities? Please contact us at **646-581-0537**
To share your organization updates with EHV network partners, please email Ailin Liu,
aliu@healthsolutions.org To reach all EHV partner, use our listserv!*

*EhvPartnerNetwork@healthsolutions.org (To opt in and out, please email Ailin Liu
aliu@healthsolutions.org)*

East Harlem Village Monthly Newsletter (Partner)

If you are interested in learning more about our activities, please contact us at **646-581-0537** or aliu@healthsolutions.org

Village Updates

Life Story Club continues to host its two weekly workshops in English and Spanish with **regular turnout**. Participants are **continuing to enjoy** the opportunity to **share recipes from their upbringing**, as well as some of their **favorite meals** depending on the topic for the week. There are still a couple of weeks left of the Series, with a **potluck** scheduled to happen on **December 21**, at **1:30 pm**. Information on the potluck can be found by contacting **Sally Ann** for more information at **646-619-6659** and svezlez-guzman@healthsolutions.org. Information for the remaining sessions can be followed below,

The **English Series** will be meeting every **Tuesday** from **11/16 – 12/21** at **10:45 am** and the **Spanish Series** will be meeting every **Wednesday** from **11/17 – 12/22** at **10:45 am**. Below you can find relevant information in both English and Spanish, including the point of contact for more information. The zoom link for the English Series is as follows, <https://lifestoryclub-org.zoom.us/j/87448323272> or call **929-205-6099** (meeting ID 874 4832 3272). The zoom link for the Spanish Series is as follows, <https://lifestoryclub-org.zoom.us/j/86043250535> or call **929-205-6099** (meeting ID 860 4325 0535).

Virtual Grocery Tour is in development with the goal of **continuing** the work we did with in-person grocery tours. Continuing to provide **nutritional education** for our seniors is a priority with the winter months now here. The Virtual Tour should be available for clients at the **beginning of the new year** with access to a **question-and-answer** section. Further information on this activity will follow as it nears completion.

Karen Washington Seminar will take place on **January 14** and **January 21** at **1 pm**. Ms. Washington will share her journey as an **urban farmer and food justice activist**, while also educating our clients on **urban gardens** and the **benefits of growing your own vegetables at home**. More information will follow as it becomes available, so stay tuned for this exciting opportunity!

Partner Updates



Carter Burden Network's Health and Wellness Team would like to share an exciting opportunity for your **Spanish speaking clients** and their **families** to learn about **dementia** and **Alzheimer's** through the **virtual** and **telephonic** conference on **Dec. 16th** from **10am-12pm**. **Dr. Maria Carrillo**, Chief Science Officer Alzheimer's Association will present the **latest information** about dementia and Alzheimer's detection, **research** on the horizon and the **impact** of lifestyle decisions on

the risk for the Alzheimer’s disease and other dementia. The information for this event can be found in Spanish in the following flyer.

alzheimer's association®

CONFERENCIA VIRTUAL - En Español
Jueves, 16 de Diciembre (10 a.m. - 12 p.m.)

Por medio de **ZOOM** o por **Teléfono**
 ¡Este evento virtual es **GRATIS!**

Dra. María Carillo, Ph.D.
 Directora Científica de la Alzheimer's Association

Comprendiendo el Alzheimer y la demencia en la comunidad Hispana/Latina: Lo que estamos aprendiendo de las investigaciones científicas

La Dra. Carrillo supervisa la implementación de la creciente cartellera de iniciativas de investigación de la Asociación, incluida la Conferencia Internacional de la Alzheimer's Association® (AAIC®), la reunión científica de demencia más grande e influyente del mundo.

Cuerpo y Cerebro Sano es Vida Sana
Alzheimer's Association
 Presentación Didáctica de Tai Chi
Lifespan
 Conserve una Mente Saludable Comiendo Saludable
Cornell Cooperative Extension

Regístrese para este evento llamando al:
1.800.272.3900, o [Haciendo Clic Aquí](#)

Estos programas son apoyados en parte por medio de becas del Departamento de Salud del Estado de Nueva York, La Oficina del Emprendimiento del Estado de Nueva York, y La Oficina del Emprendimiento del Condado de Monroe.

New York Common Pantry is hosting its second holiday lunch to end the year! This lunch will be December’s **Holiday Lunch** on **Wednesday December 22**, from **2:00 PM to 3:30 PM**. Food-to-go, music, a coat giveaway, and a stocking stuffer giveaway will all take place at this December lunch, and will be located at **8 E. 109th St. (between Madison and 5th Ave.)**. Please see the attached flyer below for all relevant information.

NY COMMON PANTRY

Holiday

节日午餐

时间: 下午2点至3点半
 日期: 2021年12月22日, 星期三

8 E 109TH ST. (在 MADISON AVE 和 5TH AVE-间.)

- 外带热食盒饭
- 动人音乐
- 限量免费外套
- 节日小礼物

NY COMMON PANTRY

Holiday

LUNCH

WEDNESDAY, DECEMBER 22ND, 2021
 2:00 PM TO 3:30 PM

8 E 109TH ST. (BETWEEN MADISON AND 5TH AVE.)

- FOOD TO-GO
- MUSIC
- COAT GIVEAWAY
- STOCKING STUFFER GIVEAWAY

NY COMMON PANTRY

FESTIVO

ALMUERZO

MIERCOLES, 22 DE DICIEMBRE DEL 2021
 2:00 PM - 3:30 PM

8 E 109 ST. (ENTRE MADISON Y 5TA AVENIDA)

- COMIDA PARA LLEVAR
- MÚSICA
- REGALO DE ABRIGO
- REGALO DE ALMACENAMIENTO DE STUFFER

Clio will be celebrating the **Stories of Our Community** this **Thursday, December 16th at 7 pm**. Registration is **free (with option for donation)** on Eventbrite and will be **100% virtual via Zoom** (with option to call-in). This event highlights some of the work Clio does as an organization and will also have an **interactive story-telling workshop**. **Everyone is welcome** and they would love to see you, your clients, your staff, and your loved ones at the event! The **link to register** is as follows, <https://www.eventbrite.com/e/stories-of-community-tickets-209424011857?aff=ebdssbdestsearch>.



*Interested in learning more about our activities? Please contact us at **646-581-0537**
To share your organization updates with EHV network partners, please email Ailin Liu,
aliu@healthsolutions.org To reach all EHV partner, use our listserv!*

*EhvPartnerNetwork@healthsolutions.org (To opt in and out, please email Ailin Liu
aliu@healthsolutions.org)*

East Harlem Village Monthly Newsletter (Partner)

If you are interested in learning more about our activities, please contact us at **646-581-0537** or aliu@healthsolutions.org

Village Updates

Enrollment for Quarter 4 of 2021 saw a total of **68 members** join the East Harlem Village!

Karen Washington Workshop will take place on **January 14, 2022** and **January 21, 2022** at **1 pm**. As you may recall from last month's newsletter, Ms. Washington is a **farmer** and **food justice activist**, and co-owner of **Rise and Root Farm**, as well as a **retired physical therapist**. The following information is what clients should expect from each workshop!

Workshop #1 on Jan. 14:

Urban farming and Ms. Washington's journey: challenges the African American community faces in farming and growing their own food, Ms. Washington's personal experience and stories, and history of NYC community gardens.

Workshop #2 on Jan. 21:

The importance of being able to grow your own food, maintaining community and home gardens, and how it ties to familial roots, social justice, and community empowerment.

The following Zoom information will give you access to both workshops,

2-PART WORKSHOP CONVERSATIONS
with farmer and food justice activist Karen Washington

Join Public Health Solutions' East Harlem Village and Carter Burden Network for two upcoming workshops with Karen Washington.

JOIN US!

<p>Intersection between racial justice and farming</p> <p>Friday, January 14 at 1 PM EST</p> <p>Meeting Link: https://bit.ly/3f6teKG</p> <p>Dial-in: +1 929 205 6099</p> <p>Meeting ID: 864 6697 5368</p> <p>Passcode: 228496</p>	<p>How growing your own food can transform our food system</p> <p>Friday, January 21 at 1 PM EST</p> <p>Meeting Link: https://bit.ly/3f6teKG</p> <p>Dial-in: +1 929 205 6099</p> <p>Meeting ID: 864 6697 5368</p> <p>Passcode: 228496</p>
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CONTACT
For more information, please contact Sally Ann Velez-Guzman at svelez-guzman@healthsolutions.org or **646-581-0537**.

healthsolutions.org @wearephny

Join Zoom Meeting

<https://us02web.zoom.us/j/86466975368?pwd=Szh2b2tFVUt5THZoQy9PeUtOb2grQT09>

Dial-in: 929-205-6099

Meeting ID: 864 6697 5368

Passcode: 228496

Nutrition Classes have a **tentative** start date of **January 19, 2022**. These classes will be **administered over Zoom**, with reevaluation to move to a hybrid class format if health guidelines permit. Some of the content in these classes will go over **general healthy eating tips** (what to avoid and what to eat more of), **strategies to support healthy eating** (menu planning, making a shopping list), and **skills for healthier shopping** (reading nutrition labels). If you are interested, please reach out as January 19 comes closer, so that we can follow up with the virtual meeting link.

EHV Partner Convening Meeting is set to take place in **early February**. Early discussions are happening to set out the agenda for this meeting, and in the meantime, we are also planning an exact time to meet and would love to get **your feedback!** The following is the link where you can vote on times that work for you the week of **February 7-11**.

https://doodle.com/poll/ve2c8g68frkcecee?utm_source=poll&utm_medium=link

Partner Updates

Carter Burden Network has shared the following flyer about an upcoming pain management program on **January 19**, from **3-4 pm**. Senior clients may find this program very useful!

Making Pain Less of a Pain: Non-Pharmacological Approaches to Pain Management

LEARN MORE ABOUT:

- Why do we feel pain?
- What can be done to reduce pain?
- How to manage pain without medication
- Selecting pain management interventions

PRESENTER:
Dr. Ericka N. Merriwether,
 PT, DPT, PhD

JANUARY 19, 2022 (WED) | 3 - 4 PM
 JOIN VIA ZOOM: [SH0RTURL.AT/BHKZS](https://shorturl.at/BHKZS)

CitizensNYC Community Preparedness has some exciting **grant opportunities** that we hope some of you may qualify for, including the **All In Neighborhood Grant!** CitizensNYC awards micro-grants to everyday New Yorkers to help them **improve the quality of life** for their neighbors through an annual grant cycle. Eligibility for an All In Neighborhood Grant is as follows,

- Resident-led grassroots groups with a budget of \$150,000 or less (public schools are exempt)
- 501c3 status not required
- Must implement project within the five boroughs
- Projects of an individual are ineligible
- Religious, Fraternal, and partisan organizations ineligible (however, you may partner with members of such an organization to engage more community members)
- Can demonstrate that funds will go directly to ‘projects on the ground’

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East Harlem Village Monthly Newsletter (Partner)

If you are interested in learning more about our activities, please contact us at **646-581-0537** or aliu@healthsolutions.org

Village Updates

Staffing Update for Public Health Solutions and the East Harlem Village Project! Our Engagement and Outreach Project Coordinator Sally Ann Velez Guzman has stepped away from the professional world to continue her education! Sally Ann will be working on her prerequisites as she works towards a career in nursing! If you would like to congratulate her, shoot her an email at guzman.sally@gmail.com!

Nutrition Curriculum Classes begin **February 9th, 2022**! These classes will be **administered over Zoom**, with reevaluation to move to a hybrid class format if health guidelines permit. Some of the content in these classes will go over **general healthy eating tips** (what to avoid and what to eat more of), **strategies to support healthy eating** (menu planning, making a shopping list), and **skills for healthier shopping** (reading nutrition labels). Over the course of **eight weeks**, classes will be held every **Wednesday** with an **English Class** leading the way from **1-1:30 pm**, followed by a **Spanish Class** from **1:45-2:15 pm**. All classes will allow for **10 minutes of Q&A** following the information being discussed for each respective class. You can join at the following link,

<https://us02web.zoom.us/j/81279208354?pwd=cVp4WTJvekq1LzRMS2NpajdqK3Y5Zz09>

EHV Partner Convening Meeting will take place **February 8th, 2022** from **10-11 am**! We will be discussing a variety of topics such as Quarter 4 programming and data, EHV reflections and updates, recent challenges with winter and covid variant, as well as upcoming programs and events we are looking forward to. We hope to see you there! <https://meetings.ringcentral.com/j/9758395536>

Partner Updates

Carter Burden Network would like to share that assuming the COVID rates continue to decline, Senior Centers will reopen Monday, February 14. Please note the following updates:

- Our center hours will be 10 am – 4 pm, Monday – Friday
- We will offer both in-person classes as well as virtual programming, which can be found on our website: <https://carterburdennetwork.org/virtual-programming>
- All of our centers will resume congregating dining,, with grab and go meals still available during the hours below:
 - **Congregate Dining Hours:**
 - **Leonard Covello Senior Center:** 11 am – 12:30 pm
 - **Roosevelt Island Senior Center:** 12 pm – 1 pm
 - **Carter Burden Luncheon Club:** 12 pm – 1 pm
 - **Lehman Village Senior Center:** 11:30 am – 12:30 pm
 - **Grab-and-Go Hours:**
 - **Leonard Covello Senior Center:** 12:30 pm – 1:00 pm


- **Roosevelt Island Senior Center:** 12 pm – 1 pm
- **Carter Burden Luncheon Club:** 12:30 pm – 1 pm
- **Lehman Village Senior Center:** 12:30 pm – 1:00 pm

Please note that when we reopen our previous safety protocols will continue, such as:

- Proof of vaccination is required, as vaccinated and unvaccinated cannot be in the same room at the same time.
- 6’ social distancing must be maintained, and masks must be worn at all times except when dining.
- Health questions will be asked for all upon arrival. Since the Omicron COVID variant symptoms are very similar to a cold, we ask that you please stay home if you are sick, regardless of your COVID self-test results.

CBN has all shared the following series information that Columbia University is putting on in celebration of Black History Month. Please see the below flyer with relevant information.


**BLACK HISTORY MONTH
DEMENTIA
EDUCATION
PROGRAMS**



A joint presentation of the Alzheimer's Association and Columbia University


For Black History Month, the Alzheimer's Association, New York City Chapter is collaborating with Columbia University on two programs featuring CADRE (The Collaborative for Alzheimer's Disease Research) researchers. Both programs focus on the impact of Alzheimer's and other dementias on the Black community. Topics will include health equity, research participation and clinical trials, and improving Alzheimer's care for communities of color. These online programs are free; register by calling 800.272.3900 or visiting alz.org/crf.

PROGRAM SCHEDULE



10 Warning Signs of Alzheimer's
Thur., Feb. 10, 6-7 p.m.


Featured presentation: "Importance of African Americans in Clinical Trials" by Dr. Travonia Brown-Hughes, Assistant Professor in the School of Pharmacy, Hampton University, and Research Scientist, Johns Hopkins Alzheimer's Disease Resource Center for Minority Aging




Understanding Alzheimer's and Dementia
Tues., Feb. 22, 6-7 p.m.

Featured presentation: "Alzheimer's Disease in African American Communities" by Dr. Allison Caban-Holt, Associate Director, Maya Angelou Center for Health Equity (MACHE), Wake Forest School of Medicine

Presented as a collaboration between:



TAUB INSTITUTE FOR RESEARCH
ON ALZHEIMER'S DISEASE
AND THE AGING BRAIN



East Harlem Community Partnership has shared information of a **fresh food distribution** is going on at **10 am on Tuesday, February 8, 2022**. The distribution will happen at **23 East 115th Street**, between Madison and 5th Ave. Please see the attached flyers below for relevant information!

Fresh Food Distribution
Tuesday Feb. 8th @ 10am
23 East 115th Street
Between Madison and 5th Ave.
Bring a shopping cart!
MUST wear a mask & social distance.



Distribución de Alimentos Frescos Gratis
martes 8 de Feb. @ 10am
23 Este de la calle 115
Entre avenidas Madison y 5ta
Traer un carro de compras!
DEBE usar mascarilla y mantener el distanciamiento social.



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aliu@healthsolutions.org To reach all EHV partner, use our listserv!*

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aliu@healthsolutions.org)*

East Harlem Village Monthly Newsletter (Partner)

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Village Updates

East Harlem Village Facebook Group is now **live!** We have put together a **Facebook Group**, where we want our **seniors and partners** to come together and provide resources and general information on what's going on in East Harlem. You can find the group by searching "**East Harlem Village**" and request to join the group. You can also find the group page through the following link,

<https://www.facebook.com/groups/1028379591115382/>

Nutrition Workshop is just over halfway through its eight-week curriculum! We still have **three remaining** class days left, on **3/16, 3/23, 3/30**. **English classes** remain from **1-1:30 pm**, followed by **Spanish classes** from **1:45-2:15 pm**. We have been seeing regular attendance, as well as having great discussions on all topics covered so far. We would love to see more seniors involved in these conversations and educational sessions, so if you have **any interested seniors**, please feel free to share with them the following information!

Join Zoom Meeting

<https://us02web.zoom.us/j/81279208354?pwd=cVp4WTJvekg1LzRMS2NpajdqK3Y5Zz09>

Meeting ID: 812 7920 8354

Passcode: 728165

Black History Month Observance Program put on at the end of February, 2/24, was a great success. We highlighted the **resilience and ingenuity** of the **Johnson Family**, owners of Zach and Zoe Sweet Bee Farm, who turned to the use of raw honey to alleviate symptoms one of their children was facing from an illness. We had a great turnout, virtually and in-person at **Covello, Lehman, and Roosevelt Island Senior Centers**. We will begin highlighting individuals and groups based off respective months and the people(s) the month honors and celebrates. We look forward to sharing further information as programs are put into place.

March is National Nutrition Month!



Partner Updates

Carter Burden Network will be hosting a COVID Community Self-Testing event on Tuesday, March 22nd. The event will run from 10:30 am – 3:30 pm and will be hosted at CBN’s Leonard Covello Senior Center, 312 East 109th Street, Manhattan, NY 10029. No cost COVID-19 Saliva testing will be done, and all tests are PCR with results offered via email, text, or phone-call within 24 hours after testing. For more information, please see the attached flyer or go to <https://www.nychealthandhospitals.org/test-and-trace/testing>

Community Self-Testing

COVID-19 TEST

Tuesday, March 22nd
10:30am - 3:30pm

Carter Burden Network - Leonard Covello Senior Center
312 East 109th Street, Manhattan, NY 10029

- No cost COVID-19 Saliva testing event.
- All tests are PCR tests with results offered via email, text, or phone-call within 24 hours of time of test.

For more information, please visit:
<https://www.nychealthandhospitals.org/test-and-trace/testing/>



Clio has several exciting Spring Events to share with the community. Please see the below general information of what each event is, as well as the attached flyer with further details on what to expect for each program!

1. Self-Care with special guest Daisy Krikun, Certified Meditation Coach on Saturday, March 19th at 10:30 am via Zoom
2. Empowering Older Adults on Saturday, April 2nd, 11 am – 12 pm via Zoom
3. Second Anniversary Celebration – Cruise Night on April 14, 7 pm



Spring Events at Clio

SELF-CARE

Join us for a discussion of self-care and guided mindfulness exercise!
Open to the community.

[Click Here to Register](#)



EMPOWERING OLDER ADULTS

Join us for a discussion on ageism and empowering older adults.
Open to the community and a great fit for caregivers and loved ones.

[Click Here to Register](#)



SECOND ANNIVERSARY CELEBRATION

Join us for a night of fun and celebration as we honor our second anniversary!
Open to the community.

[Click Here to Register](#)



Public Health Solutions – Community Health and Nutrition Access team members completed two exciting outreach events out in the community that were great successes. The first took place on March 1st and was a hybrid presentation on SNAP and Health Insurance Navigator for the Queens Museum. The presentation was done bilingually and was a great experience for all. The second event took place on March 9th, in-person, in Jamaica, Queens. Several organizations and groups came together to put on the event at Harding Ford Vision with food being handed out as well as the discussion about accessing health care in NYC. Despite the weather for this second event, participants still made it out and were happy to have received the information and treats provided!

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mvela@healthsolutions.org)*

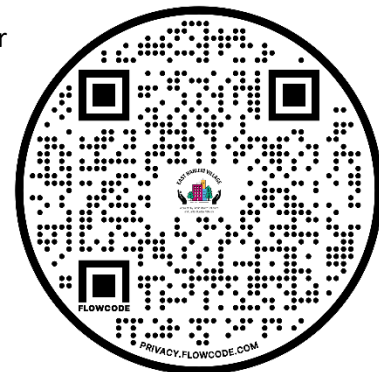
East Harlem Village Monthly Newsletter (Partner)

If you are interested in learning more about our activities, please contact us at **646-306-1364** or mvela@healthsolutions.org

Village Updates

East Harlem Village grew in **Quarter 1** of 2022 by enrolling **13 seniors** to the group. We have a total of **267 seniors** in our East Harlem Village now and are excited to keep growing. With this growth has also come the opportunity of adding to our team. We would like to welcome **EHV intern Paulette Ivanovic**, who has been helping us with outreach and conducting class reminders, program post-surveys, and continually building relationships with our seniors!

Facebook Group for EHV has been established and we would love for you to join! As we grow our Group membership with **EHV seniors**, we wish to also **add our partners** so that a sharing space can be created for the residents of East Harlem. **Resource guides, neighborhood questions, and previous program recordings** will be some of the many things shared in our EHV Facebook Group! **Join us** by clicking the follow link, <https://www.facebook.com/groups/1028379591115382/>, or taking a picture of the **QR Code** seen here.



Nutrition Series for EHV was a great success. Our **8-Week Series** saw a total of **57 unique clients**, averaging **17 clients** a class and having a max of **36 participants**. With the success of this 8-week series, we have used the momentum of participation to continue with a **5-Week Cooking Demonstration Nutrition Series**.

We will have a mix of **pre-recorded and live cooking demonstrations**, led by EHV staff and Registered Dietitian **Glenis Alexander**. If you'd like to hear more about this series, please reach out to **Marco Vela** at **(646) 306-1364** or mvela@healthsolutions.org. If you have any seniors that you think would enjoy this series, let them know they can join us **Wednesdays** for the **English (1-1:30 pm)** and **Spanish Sessions (1:45-2:15 pm)** with the information below,

Virtually:

Join Zoom Meeting

<https://us02web.zoom.us/j/81279208354?pwd=cVp4WTJvekg1LzRMS2NpajdqK3Y5Zz09>

Meeting ID: 812 7920 8354

Passcode: 728165

In-Person:

- Covello Senior Center (312 E 109th Street, Manhattan)
- Lehman Village Senior Center (1641 Madison Avenue, Manhattan)
- Roosevelt Island Senior Center (546 Main Street, Roosevelt Island)

COVID-19 BOOSTER SHOTS

and other FREE services such as blood pressure screening, glucose testing, and flu shots.



April 26th | 10am-12pm

Covello Senior Center
312 East 109th Street

No insurance necessary. Please bring your vaccine card and photo ID.

*Interested in learning more about our activities? Please contact us at **646-306-1364**
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mvela@healthsolutions.org)*

East Harlem Village Monthly Newsletter (Partner)

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646-306-1364 or mvela@healthsolutions.org

Village Updates

East Harlem Village has just wrapped up a second eight-week **Nutrition Series** for this year! This second series consisted of **cooking demonstrations** from EHV staff and our Registered Dietitian **Glenis Alexander**, as well as a **four-part Cheese Special with Certified Cheese Professional and Cheese Monger Kyra James**. Throughout these eight weeks, we averaged an attendance of **54 participants**, with **over 60 participants** tuning in to **3 of these 8 classes**. We have reached about **130 unique participants** throughout the **past 16 weeks** and are looking to build off this momentum by continuing to host a **new eight-week Nutrition Series this summer**. Please see the image to the right, which shows Kyra James leading a **cheese tasting experience** at **Carter Burden Network's Covello Senior Center**. The image below shows a class **before the one above**, where participants still fit in a smaller room.



Our summer series will be on the following zoom link, <https://us02web.zoom.us/j/81279208354?pwd=cVp4WTJvekg1LzRMS2NpajdqK3Y5Zz09>, and schedule will be as follows:

- 6/15 – Nutrition Facts Label
- 6/22 – Eating Healthy On A Budget
- 6/29 – Diabetes Education
- 7/6 – Carb Counting
- 7/13 – Diabetes Cooking Demonstration
- 8/3 – Food is Medicine/Chronic Conditions
- 8/10 – Food Justice

Guided Community Conversations have been an ongoing activity within EHV. As you may recall, this activity helps us work with members of East Harlem, specifically **members of EHV**, to build a **comprehensive guide** to various topics such as grocery stores/supermarkets, neighborhood safety, and social services/support, to name a few. Again, the **final product will be distributed** among the partner network for organizations and their respective clients to review and share. This six-part series is four sessions in and continues to be held in three sessions because of the primary languages spoken by our participants (English, Spanish, and Chinese Mandarin).

Our remaining classes are on the following Zoom link, <https://us06web.zoom.us/j/86094164044?pwd=T2plWitoS2o2bWRvUmhMYy9hQWt0UT09>, and the schedule is as follows:

- 6/16 – Financial Support
- 6/30 – Community Health Needs

Partner Updates

Carter Burden Network has shared an important reminder for the upcoming **East Harlem Street Festival**, taking place this **Saturday, June 11th**. The 116th Street Festival will run along **3rd Ave from 106th Street to 121st and across 116th Street from Lexington Ave to 2nd Ave**. There will be three main stages, and several booths lining the streets. Please see the below map for reference and follow this link to see a video promotion of the event!



<https://youtube.com/shorts/UcipN3G5Xrw?feature=share>

In addition, the **National Puerto Rican Day Parade on 5th Ave** will be taking place this **Sunday, June 12th**! The parade will take place on NYC's Fifth Avenue from **43rd to 79th St**, beginning at **11 am**. The celebration will be **broadcast live on WABC-TV, Channel 7, starting at noon EDT**. The Parade will also be broadcast on the **ABC affiliated station in Puerto Rico, Telecinco (Channel 5)** and streamed on the station's website **abc7NY.com**, and on the station's free news and connected TV apps on Amazon FireTV, Android TV, Apple TV and Roku.



Your Network Caring Community Advocates has an exciting opportunity for **financial literacy** coming up on **June 13, 2022**. Please see the below flyer for all relevant information!

<p>Learning = Empowerment</p> <p>MORTGAGES</p> <p>PERSONAL LOANS & INSURANCES</p>	
<p>BASIC FINANCIAL LITERACY</p> <p>MONDAY</p> <p>JUNE 13, 2022</p> <p>6:30 PM</p> <p>EL BARRIO ARTSPACE 109</p> <p>215 E. 99TH ST.</p> <p>N.Y., N.Y. 10029</p> <p>(BET. 3RD & 2ND AVES.)</p> <p>Donation: \$10 Students: \$ 5</p> <p>SECURE YOUR SEAT & Email RSVP</p> <p>SILENT PROCESSION NYC4PR</p> <p>WEB: https://silentprocession.org EMAIL: silentprocessionnyc4pr@gmail.com TEL: 917-828-7087</p>	<p>PANEL SPEAKERS</p> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="margin-left: 10px;"> <p>DAHIANA JOHNSON Community Mortgage Loan Officer at TD Bank</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="margin-left: 10px;"> <p>DOLORES BATISTA All State Ins. Agent Karma Business Grp.</p> </div> </div> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p>AARON GONZALEZ Financial Services at TD Bank</p> </div> </div>

Interested in learning more about our activities? Please contact us at **646-306-1364** To share your organization updates with EHV network partners, please email **Marco Vela**, mvela@healthsolutions.org To reach all EHV partner, use our listserv!

EhvPartnerNetwork@healthsolutions.org (To opt in and out, please email Marco Vela mvela@healthsolutions.org)

East Harlem Village Monthly Newsletter (Partner)

If you are interested in learning more about our activities, please contact us at **646-306-1364** or mvela@healthsolutions.org

Village Updates

East Harlem Village would like to welcome EHV summer intern, **Katie Davis**! Katie is a **current CUNY undergraduate student** majoring in **Human Services and Community Justice**. Katie previously served as an **organizer to a student-led coalition for education equity** in New York City. Katie will support EHV in data collection, community outreach, and food and nutrition programming among older adults. Katie is looking forward to getting involved in community engagement and programming revolving around increasing food access during her time at Public Health Solutions. **Fun fact:** Katie enjoys watercolor painting!

Guided Community Conversation Series came to an end on 6/30. Our final session included a conversation on **Community Health Needs** with the **CEO of Metropolitan Hospital, Cristina Contreras**, as our special guest. For this last session we brought all three language groups together into one, hour-long session where active translation went on for English, Spanish, and Chinese speakers. The class and six-part series were a great success, and **we look forward to sharing our findings upon completion of analysis!** Please see below a group photo taken after the last session!



Nutrition Series for EHV continues to be a great success! Seniors recently concluded a **3-part Diabetes series** within our current 8-week Nutrition Series. In this Diabetes focused portion of the series, seniors learned more in-depth information about **Diabetes, how to count carbohydrates, and watch a demonstration on how to prepare a Green Goddess Salad with Chickpeas**. Participation across three senior centers, and virtually from home, continues to be consistent and growing. Just recently, we had **back-to-back weeks of over 80 participants** in our Nutrition Classes!

We still have **two more classes left** in this summer series on **July 20th (Food Justice)** and **August 3rd (Food is Medicine)**. English class runs **1 – 1:30 pm** on these days, followed by **Spanish class from 1:45 – 2:15 pm**. If you know a senior who would like to join, please share the following Zoom information with them!

Join Zoom Meeting

<https://us02web.zoom.us/j/81279208354?pwd=cVp4WTJvekG1LzRMS2NpajdqK3Y5Zz09>

Meeting ID: 812 7920 8354

Passcode: 728165



Farmer's Market & Grocery Store Tours are being **planned to resume this year!** After an enjoyable experience conducting these activities last fall, we are looking to restart these tours with more Farmer's Markets opening in the East Harlem neighborhood. Our Registered Dietitian Nutritionist will **lead a group of 3-5 seniors through a local supermarket and provide nutrition tips and how to select healthy foods**, while also accompanying these groups for any possible **nutritional tips** while shopping at the **Farmer's Market**. Be on the lookout for more information, or please follow up with us if you know a senior who would like to participate in this interactive tour.

Partner Updates

Carter Burden Network is excited to share the opening of their **"Together | Apart" Exhibit!** Their **opening reception** took place on **July 14, from 4-7 pm**. Their exhibit is being displayed at **El Barrio's Artspace PS109 (215 E 99th Street, Ground Floor, between 1st and 2nd Avenues)**. Works of art being exhibited were created by **Covello members** from 2020-2022, both remotely and in-person, during **Making Art Work classes**. This exhibit will **remain open to the public until July 28th, Tuesday – Sunday from 1-6 pm**. Please see the accompanying image for more information.

EL BARRIO'S
ARTSPACE
PS109

cbn carter
burden
network
leading the way in aging services

LOWER
MANHATTAN
CULTURAL
COUNCIL

Carter Burden Network's "Together | Apart" Exhibit
July 14 - July 28, 2022
El Barrio's Artspace PS 109
215 East 99th Street, Ground Floor
Gallery Hours: Tuesday - Sunday, 1 - 6 pm

Together | Apart : Highlighting work created during the pandemic by seniors from Carter Burden Network's Leonard Covello Senior Center Making Art Work program. This exhibition was made possible by a generous grant from the Lower Manhattan Cultural Council and the New York State Council on the Arts (NYSCA).

Reception: July 14, 4 - 7 pm

East Harlem Community Health Committee, Inc is hosting a subcommittee meeting focusing on **East Harlem Senior Community Safety** with **Community Affairs Police Officer Yaris Gonzalez!** Officer Gonzalez focuses on **senior-related crimes** and will be joining us to provide **information and tips on how to stay safe and provide a space to also share concerns.** It will take place **Wednesday, July 20th from 9:30 – 11 am over Zoom.** You can **register for the event by emailing Joseph Dibenedetto** at jdibenedetto@searchandcare.org or go to tinyurl.com/OlderAdultSafety. Please see the attached flyer for more information.

East Harlem COAD invites you to join them for a **virtual seminar about Fire Safety.** The seminar will be presented by the **FDNY Fire Safety Education Unit** on **Thursday, July 21st at 4 pm, over Zoom.** You can join by clicking on the attached flyer once opened (link is embedded) or via the following link,

<https://us02web.zoom.us/j/82791244964?pwd=RWJtUUdxT2FTUVQ3cDhzSGc3OVhwQT09>

*Interested in learning more about our activities? Please contact us at **646-306-1364** To share your organization updates with EHV network partners, please email **Marco Vela**, mvela@healthsolutions.org
To reach all EHV partner, use our listserv!*

EhvPartnerNetwork@healthsolutions.org (To opt in and out, please email Marco Vela mvela@healthsolutions.org)



East Harlem Village Monthly Newsletter (Partner)

If you are interested in learning more about our activities, please contact us at
646-306-1364 or mvela@healthsolutions.org

Village Updates

Nutrition Series wrapped up on **August 10th**, completing the **third 8-week series** of this year for East Harlem Village! After another successful series, we will be **honoring our seniors** who have attended consistently for months now by hosting a **Graduation Ceremony** on **August 24th**, at 1 pm. We will be providing graduation caps and our Registered Dietitian will be presenting each senior with a certificate thanking them for their dedication to our class.

Grocery Store and Farmer's Market Tours will **begin in late August!** We are excited to come back to this activity, and have our Registered Dietitian lead small groups of our seniors through local supermarkets and farmer's markets to provide quick nutritional and shopping tips and answering any questions our seniors may have. These tours will take place on **Friday mornings**, and if you have any seniors who may be interested, please send them our way, and contact me at mvela@healthsolutions.org.

East Harlem Village Update. The past three years of our EHV project have been a great opportunity to work with older adults and organizations like y'all's in East Harlem. The experiences we have had have been enlightening to the successes of the community, and work still needing to be done. As we are in our final year of our awarded grant, we have looked to how we can make our work sustainable in the community. We are excited to announce that the Harlem Health Advocacy Partners (HHAP) program under the New York City Department of Health and Mental Hygiene (the Health Department) will now partner with Public Health Solutions (PHS) to deliver services. PHS will now deliver HHAP services including health coaching sessions and group wellness activities. As we transition to delivering these joint services, we aim to continue the great work HHAP has been doing and build on their successes as well as those of East Harlem Village, so that we may continue to serve East and Central Harlem to the best of our abilities.

As make this transition, we still value every one of you and your organizations and the work we collaborated on to serve older adults. As we move forward, we would like to stay in touch with each one of you, especially if collaboration opportunities continue to present themselves between our organizations. We will be reaching out to each of you individually to share more details and discuss any transition plan in the next two months. Please reach out if you have any questions or would like more information on the work we will be doing! We look forward to providing more information on HHAP.

Partner Updates

Carter Burden Network had the opportunity to attend **National Night Out with NYPD and Mayor Eric Adams**. CBN had a double presence there with their **Covello Senior Center** and **Community Elder Mistreatment & Abuse Prevention Program** staff tabling. Please see the below images for some snapshots of the event!



Afribembé Festival is back on this year! The theme for the fourth annual Afribembé is **Sankofa** and the festival will take place on **August 13th** from **11:30 am – 7 pm** at **Harlem Art Park, through E 120th St. between Lexington and 3rd Avenues**. The intergenerational aspect of this event is so special as it allows for the **youngest individuals to connect and rejoice** in their shared heritage, ancestry, traditions, creativity and musicality **alongside the elders** who have passed it down to them. You can find more details and registration information at www.afribembe.com, or by taking a look at the flyer



below. Please also see the attached images that highlight the previous year's festival and see how the community comes together to celebrate such a great cultural experience!



The National Dominican Day Parade will be taking place this **Sunday, August 14th**! They are celebrating **40 years** of Uplifting and Empowering the Dominican Legacy, and will be parading up 6th Avenue! You can find more information at their website, [Uplift, Empower & Elevate the Dominican Legacy - National Dominican Day Parade \(natddp.org\)](http://Uplift, Empower & Elevate the Dominican Legacy - National Dominican Day Parade (natddp.org))!

*Interested in learning more about our activities? Please contact us at **646-306-1364** To share your organization updates with EHV network partners, please email **Marco Vela**, mvela@healthsolutions.org
To reach all EHV partner, use our listserv!*

EhvPartnerNetwork@healthsolutions.org (To opt in and out, please email Marco Vela mvela@healthsolutions.org)

Appendix C:



The DASH Eating Plan



6 or less

每天吃肉



4-5

每周食用坚果、种子、干豆、豌豆的份量

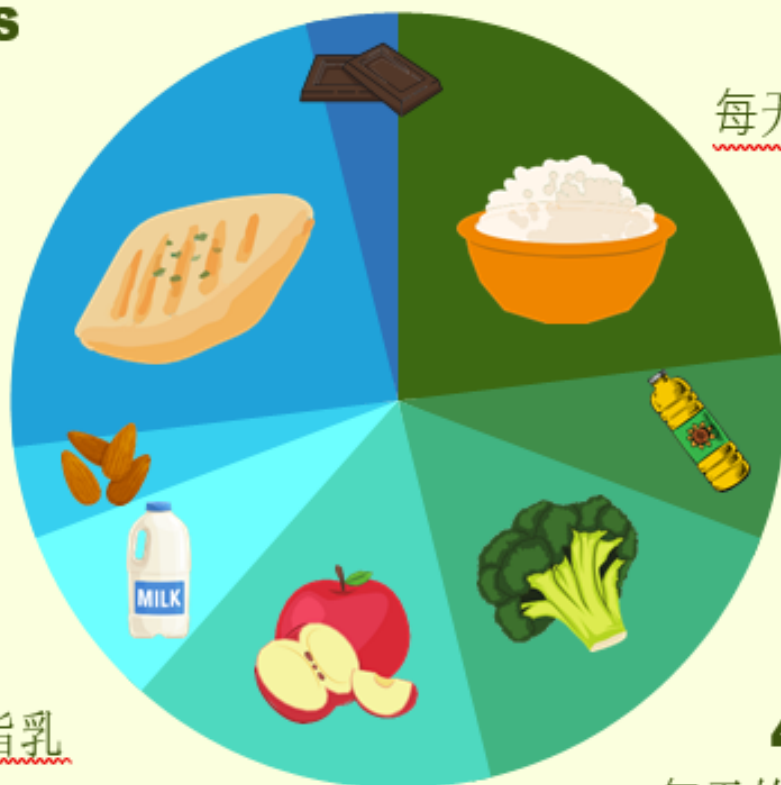
2-3

每天食用低脂或脱脂乳制品的份量



4-5

每天水果份量



5 or less

每周吃几份糖果



1 tsp or 2300 mg

每天钠



6-8

每天的谷物份量



2-3

每天食用油份



4-5

每天的蔬菜份量





The DASH Eating Plan



1 tsp or 2300 mg sodium per day

5 or less

servings of sweets per week

6-8

servings of grains per day



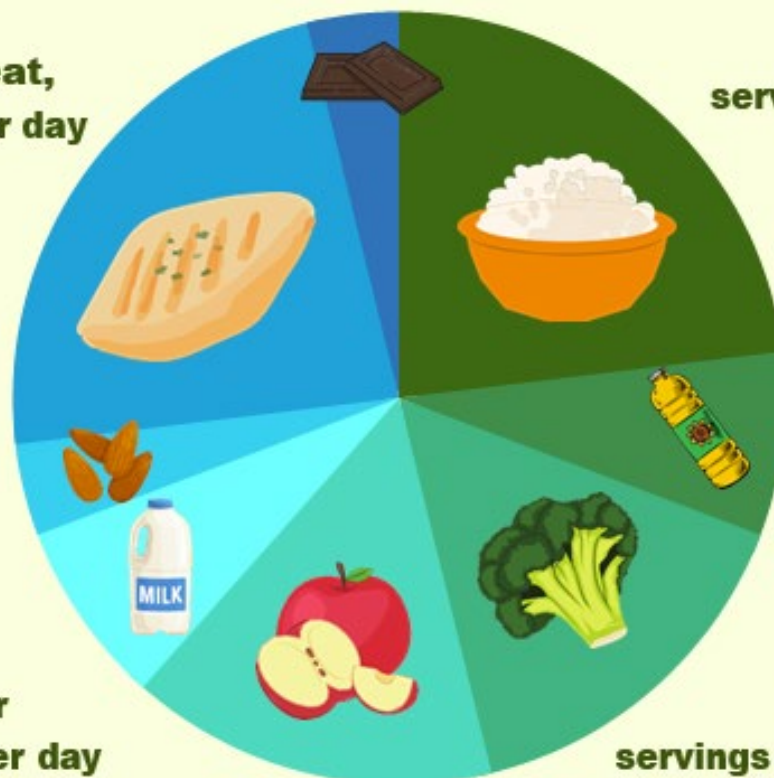
6 or less

servings of meat, poultry, and fish per day



4-5

servings of nuts, seeds, dry beans, peas per week



2-3

servings of low-fat or fat-free dairy products per day



2-3

servings of fats and oils per day

4-5

servings of vegetables per day

4-5

servings of fruit per day





The DASH Eating Plan



1 tsp or 2300 mg
sodio por día

5 or less

porciones de dulces por semana



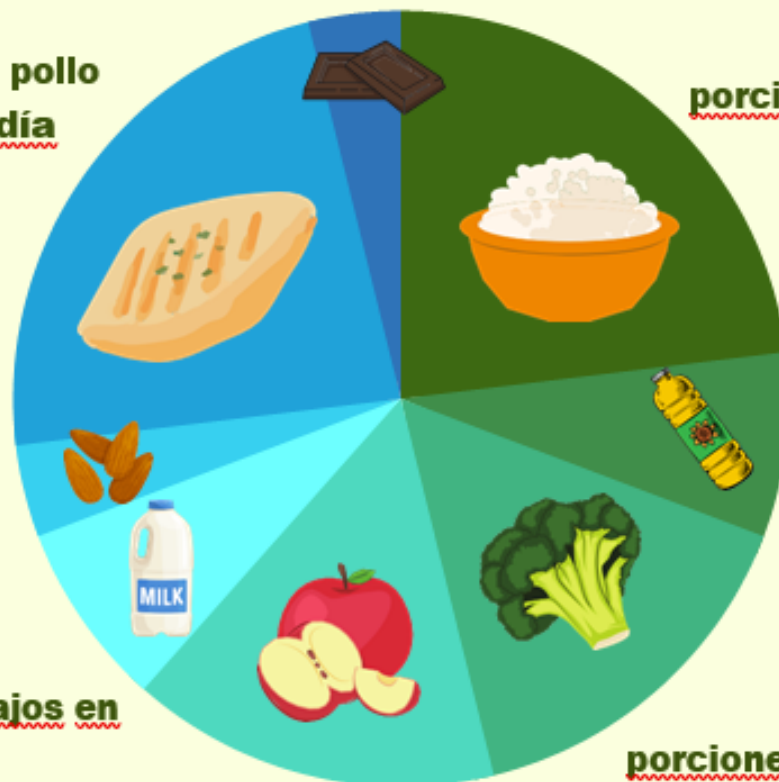
6 or less
porciones de carne, pollo y pescado por día



4-5
porciones de nueces, semillas, frijoles secos, guisantes por semana

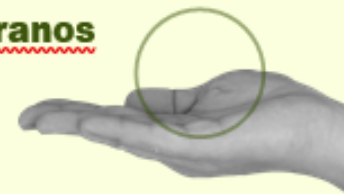
2-3

porciones de productos lácteos bajos en grasa o sin grasa por día



6-8

porciones de granos por día



2-3

porciones de grasas y aceites por día



4-5

porciones de verduras por día



4-5

porciones de fruta por día



糖尿病

什么是糖尿病？

当您的身体不能产生足够的胰岛素或不能正确使用胰岛素时，会造成糖尿病。糖尿病是一种慢性疾病。

- 1 型或胰岛素依赖型糖尿病：身体不制造胰岛素。
- 2 型或非胰岛素依赖型糖尿病：胰腺不能产生足够的胰岛素，或者身体不能正确使用胰岛素。



高血糖的症状

- 尿频
- 增加口渴
- 视力模糊
- 虚弱、疲倦的感觉
- 手脚麻木或刺痛

2 型糖尿病 - 危险因素

- 家史
- 缺乏身体活动
- 年龄 > 45
- 超重或肥胖



控制糖尿病

- 养成良好的饮食习惯
 - 阅读营养成分标签以及 "Total Carbohydrates"
 - 每隔三四小时吃饭来稳定血糖
 - 每天吃三四顿饭，吃一两个零食
 - 根据热量限制调整碳水化合物摄入量
- 每天做三十分钟以上的轻量运动
 - 找适合自己，有趣的活动
 - 适量的尝试一下走路，游泳，跳舞，重量级的训练
- 看医生，吃药，检查你的血糖

15 g = 1 个分量!



每天摄取的碳水化合物*

A1c 于空腹血糖

Type of Test	正常	糖尿病
Hb A1c	低于 5.7%	大于 6.4%
空腹血糖	小于 100 mg/dL	高过 126 mg/dL

每日卡路里摄取	每餐碳水化分量	零食碳水化分量
1200-1400	3 个分量 / 45 g	1-2 个分量 / 15-30 g
1600-2000	4 个分量 / 60 g	1-2 个分量 / 15-30 g
2200-2400	5 个分量 / 75 g	1-2 个分量 / 15-30 g

*请咨询您的医生/营养师以获得个人的医疗建议。

Diabetes

What is diabetes?

Diabetes is a chronic disease when your body does not make enough insulin or does not use insulin properly, causing high blood sugar.

Type 1 diabetes: The body makes little or no insulin.

Type 2 diabetes: The body does not use insulin properly.



Type 2 Diabetes Risk Factors

- Family history
- Low physical activity
- Age greater than 45
- Overweight or obesity



Managing Diabetes

- Develop good eating habits.
 - Read nutrition labels and look at "Total Carbohydrates."
 - Eat every 3-4 hours to stabilize blood sugar.
 - Eat 3-4 meals and 1-2 snacks a day.
 - Adjust carb intake according to caloric limit.
- Maintain 30+ minutes of daily physical activity.
 - Find a fun routine that works for you.
 - Try walking, swimming, dancing, or weight training
- See your doctor regularly, take your medication, and monitor your blood sugar levels.

Symptoms of Diabetes

- Frequent urination
- Increased thirst
- Blurred vision
- Fatigue
- Numbness/tingling of hands and feet

15 g = 1 serving !



Daily Calories and Carbs*

A1c and Fasting Blood Sugar			Daily Calories	Carbs per Meal	Carbs per Snack
Type of Test	Normal Range	Diabetic Range	1200-1400	3 servings / 45 g	1-2 servings / 15-30 g
Hb A1C	Less than 5.7%	Greater than 6.4%	1600-2000	4 servings / 60 g	1-2 servings / 15-30 g
Fasting blood sugar	80-100 mg/dL	Greater than 126 mg/dL	2200-2400	5 servings / 75 g	1-2 servings / 15-30 g

* Please consult your physician/dietician for personalized medical advice.

Diabetes

Que es Diabetes?

La diabetes es una enfermedad crónica cuando su cuerpo no produce suficiente insulina o no usa la insulina adecuadamente.

Diabetes Tipo 1: El cuerpo no produce insulina.

Diabetes Tipo 2: El cuerpo no usa la insulina adecuadamente.



Manejo de la Diabetes

- Desarrollar buenos hábitos alimenticios.
 - Lea las etiquetas de información nutricional y observe los "carbohidratos totales."
 - Coma cada 3-4 horas para estabilizar el azúcar en la sangre.
 - Coma 3-4 comidas y 1-2 refrigerios al día.
 - Ajuste la ingesta de carbohidratos de acuerdo con el límite calórico.
- Mantener más de 30 minutos de actividad física diaria.
 - Encuentra una rutina divertida que funcione para ti.
 - Intente caminar, nadar, bailar o hacer pesas.
- Consulte a su médico con regularidad, tome sus medicamentos y controle sus niveles de azúcar en la sangre.

Síntomas de Niveles Altos de Azúcar en la Sangre

- Micción frecuente
- Aumentar la sed
- Visión borrosa
- Sensación de debilidad y cansancio
- Entumecimiento/hormigueo de manos y pies

15 g = 1 porciones !



Diabetes Tipo 2- Factores de Riesgo

- Antecedentes familiares
- Inactividad física
- Edad > 45 años
- Sobrepeso u obesidad



Calorías diarias y carbohidratos *



	Calorías Diarias	Carbohidratos por Comida	Carbohidratos por Bocado
	1200-1400	3 porciones/45 g	1-2 servings / 15-30 g
	1600-2000	4 porciones/60 g	1-2 servings / 15-30 g
	2200-2400	5 porciones/75 g	1-2 servings / 15-30 g

A1c y azúcar en la sangre en ayunas

Tipo de prueba	Rango normal	Rango diabético
Hb A1C	Menos de 5.7%	Mayor que 6.4%
Glucemia en ayunas	80-100 mg/dL	Mayor que 126 mg/dL

* Consulte a su médico/dietista para recibir asesoramiento médico personalizado.



Eating Healthy on a Budget!

This project was supported, in part by grant number 90INNU0018-03-00, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

1. Plan your meals

Make a list before you go to the grocery store, and make portions you can use through the week



2. Use coupons

Know your local grocery store deals, use coupons (like Health Bucks) and benefit programs (SNAP, WIC, Senior FMNP)



3. Try to buy shelf stable items in bulk

This will also save you repeated trips to the grocery store



4. Buy in season fruits and vegetables

If produce is off season, consider buying frozen or canned foods for longer shelf life



5. Try to avoid middle aisles

These areas usually have processed and unhealthy foods, healthier foods are usually located on the outer aisles



6. Use food alternatives

Try to occasionally replace animal protein with plant protein sources (like beans and legumes)





CHEESE + YOUR HEALTH: OVERVIEW

~ **Common Health Benefits & Potential Risks: What Everyone Needs To Know!**

~ **General Nutritional Values for Popular Cheeses:**

28g (1oz) serving of:	Calories	Saturated Fat (g)	Sodium (mg)*	Cholesterol (mg)	Protein (g)	Calcium (mg)
American Cheese (processed)	102	2.5 - 5	200 - 450	25	4	296
Blue	100	5	395	21	6	150
Brie	95	4	178	28	6	52
Cheddar	115	6	176	30	7	204
Cottage	28	0.5	103	5	3	24
Cream Cheese	99	6	89	31	2	28
Mozzarella (whole milk)	85	4	178	22	6	143
Mozzarella (low fat milk)	72	3	211	18	7	222
Parmigiano Reggiano	111	4	390	19.3	11	314
Swiss-style	111	5	53	15	8	224
Cashew cheese**	100	4	90	0	3	10
Nut-Free Vegan cheese**	80	5	250	0	<1	0

* low sodium defined as 140mg or less & high sodium foods defined as 400mg (per serving)

**carbohydrates for plant-based "cheeses" approx. 3- 5grams per serving due to natural sugars in nuts, seeds, coconut, etc.

~ **Key Takeaways to Avoid Risks:**

→ *Do A Cheese Swap! Look for Low-Fat/Low Sodium Options*

- ◆ Try cottage cheese or ricotta instead of high-fat cheeses in your recipes?!
- ◆ Search for low-fat/sodium versions of your favorite cheese and always double-check the food label for **daily values** based on your dietary needs.

→ *No More EyeBalling + Use Smaller Portions!*

- ◆ Use a measuring cup/spoon instead of portioning by hand & follow specific serving suggestions (1 slice of cheese, instead of 2!)

→ *Moderate Intake While Maximizing Flavor!*

- ◆ Look for firm/hard/aged OR stinky/funky cheeses that are more flavorful; then, grate a small bit of Parmigiano or Smoked Gouda onto your pasta or maybe crumble a spicy & fruity Blue Cheese on a salad?!

~ **Cheese Shopping Tips:**

1. Ask yourself: What are my dietary needs and/or restrictions?
2. Know what you need to look for: Low-Fat/Sodium? Lactose-free? Plant-Based?
3. Read every nutrition label & modify recipes + portions accordingly
 - a. Ask a professional to learn more about YOU!

*Prepared by: Glenis George-Alexander R.D., CDN & Kyra James, ACS C.C.P. US
Administration for Community Living, Department of Health and Human Services, Grant Number: 90INNU0018*



EVeRYDAY | CHEESIN'

FRESH GOAT CHEESE



BUY LOCAL!

TRADITIONAL CHEDDAR

CABOT CLOTHBOUND, VERMONT

AGED SHEEP CHEESE

MANCHEGO, SPAIN



Blue Cheese

COW MILK, CALIFORNIA

DRIED APRICOTS, LOCAL HONEY & ALMONDS & TOASTS



KYRA@ownyourfunk.com



The Ins, Outs + InBetweens of Cheese!

WHAT the funk is Cheese? 奶酪是什么?

The first cheeses of record, 5000+BC, were a mix of:

第一份奶酪, 公元前5000+年, 来自于:

- **HAPPY ACCIDENTS + CONTROLLED SPOILAGE**
- 一场快乐的意外 + 控制好的食物变质

Some of these original cheeses are protected by their people, their culture and most importantly

- **THE GOVERNMENT** (look for labels with the letters “PDO” “DOP” “AOP”)
一些原始奶酪的制作方法是受到当地人民, 当地文化以及政府所保护的.
- 特别是**政府保护** (标签里写有 “PDO” “DOP” “AOP”)

Most cheeses are whatever the maker wants them to be!

但是大部分的奶酪制作者可以随意决定怎么制作!

What does all this mean? with 7000+ years of R&D, real cheese is always

ADAPTING + EVOLVING + CHANGING

经过多年的制作和研发, 真正的奶酪总是在不断地

调整+进化+改良

...similar to how animals (humans especially), Mother Nature (climate

changes) & our flavor preferences continue to adapt, evolve + change?!

...与人类和大自然相似, 环境气候口味也在不断地**调整+进化+改变?!**

In short, cheese is **UNAPOLOGETICALLY ALIVE** and truly only “goes bad”

when you no longer enjoy it. #OwnYourFunk

这么说吧, 奶酪毫无疑问地充满了生命力, 而且只有在人们再也不享受它的时候, 它才会

“变质”. #OwnYourFunk

HOW the funk is Cheese? 奶酪怎么做的?

Cheese begins and ends with lovin' on Dairy Milk! Not plants, nuts or soy...

奶酪是奶制品！不是植物、坚果或大豆...…

- Dairy Milk = Liquid Gold and is ONLY produced by NEW MAMAS.
- 新鲜奶源 = 黄金奶源, 只来自于刚刚哺乳期的动物妈妈
 - Nutrient-dense (calcium, vitamin B and D) and *may* help prevent disease and malnutrition
 - 营养丰富（钙、维生素 B 和 D），可能有助于预防疾病和营养不良
- **Cow:** 305 days **Goat:** 284 days **Sheep:** 100 days. **Humans:** varies but, we average 180days (or 6months)
- 牛:305天 山羊:284天 绵羊:100天。人类：各不相同，但我们平均为 180 天（或 6 个月）

All **REAL CHEESE** has 4 ingredients, to start:

所有真正的**奶酪**都有 4 种成分：

1. Dairy Milk

新鲜奶源

- a. Common types - cow, sheep, goat, water buffalo, camel, donkey

常见类型 - 牛、绵羊、山羊、水牛、骆驼、驴

2. Enzymes (causes solids & liquids to separate)

酶（使固体和液体分离）

- a. Most use animal rennet; vinegar/lemon juice can be used

大多数使用动物凝乳酶；可以使用醋/柠檬汁

3. Microbial organisms - they're alive and bring flavor, texture & rinds

微生物——它们是活的，带来味道、质地和外皮

- a. May include: cultures (mozzarella), bacterias (swiss), molds (blue), yeast molds (brie)

可能包括：培养物（马苏里拉奶酪）、细菌（瑞士）、霉菌（蓝色）、酵母霉菌（布里干酪）

4. Cheesemaking Salt

奶酪盐

- a. Used to add flavor + help control moisture + how rind develops

用于添加风味 + 帮助控制水分 + 外皮如何发育

A quick checklist for cheesemaking:

奶酪制作快速清单：

- Take the Milk -> EXCITE + SEPARATE using heat,enzymes and/of acid
- KEEP CURDS! Fat + Proteins (aka solids)
- DRIAN WHEY! Liquids, include most lactose sugars
- Salt? Heat? Flavor? Funk? Time? All Depend on final cheese style
- Attention (daily) until sold, sent for distribution & consumed

- 取牛奶 -> 使用热、酶和/酸激发 + 分离
- 保持凝乳！脂肪+蛋白质（又名固体）
- 干乳清！液体，包括大多数乳糖
- 盐？热？味道？放克？时间？全部取决于最终的奶酪风格
- 每天留意着奶酪，直到售出、送去分发和消费

What matters most? EVERY. SINGLE. ACTION. MATTERS.

→ And is done with intent, creating the difference in the cheesemaker's vision for their dairy product.

什么最重要？每一个步骤都重要。

→ 每一个步骤都经过设计，这样才能制作出奶酪制造商眼里独特的奶酪

WHY the funk is Cheese? 为什么选择奶酪？

It's important to understand that cheesemaking slows down the aging dairy milk in order to ELIMINATE WASTE!

重要的是要了解，**奶酪制作可以减缓牛奶的老化，从而消除浪费！**

Helping farmers solve the question *"What to do with all this milk?!"*

- Dairy farmers = provides additional source of income
- Family farms = opportunity to create added-value products
- Hobby farmers = gives milk a purpose after babies stop drinking

帮助农民解决“如何处理所有这些牛奶？！”的问题

- 奶农 = 提供额外的收入来源
- 家庭农场 = 创造附加值产品的机会
- 爱好农民=在婴儿停止喝牛奶后赋予牛奶一个目的

Cheesemaking and all preserved dairy products (yogurt, butter, etc.) adds value and purpose to the animals, the land, community + people who create them! NO GO, EAT MORE REAL CHEESE.

奶酪制作和所有腌制乳制品（酸奶、黄油等）为动物、土地、社区和创造它们的人增加了价值和用途！多吃真正的奶酪。

Prepared by:

Kyra James
 Certified Cheese Professional
 Founder, Own Your Funk





The Ins, Outs + InBetweens of Cheese!

Lo Que el funk es el Queso?

Los primeros quesos de registro, 5000 + BC, fueron una mezcla de:

→ **ACCIDENTES FELICES + DETERIORO CONTROLADO**

Algunos de estos quesos originales están protegidos por su gente, su cultura y lo más importante.

→ **EL GOBIERNO (busque etiquetas con las letras "DOP" "DOP" "AOP")**

¡La mayoría de los quesos son lo que el fabricante quiere que sean! What does all

this mean? with 7000+ years of R&D, real cheese is always

ADAPTING + EVOLVING + CHANGING

...similar a cómo los animales (especialmente los humanos), la madre naturaleza (cambios climáticos) y nuestras preferencias de sabor continúan adaptándose, evolucionando + cambiando?

En resumen, el queso está VIVO SIN DISCULPAS y realmente solo "se echa a perder" cuando ya no lo disfrutas. #OwnYourFunk

¿Cómo el funk es el Queso?

¡El queso comienza y termina con lovin' on Dairy Milk! Ni plantas, ni frutos secos, ni soja...

- Leche Láctea = Oro Líquido y SOLO es producida por NEW MAMAS.
 - Denso en nutrientes (calcio, vitamina B y D) y puede ayudar a prevenir enfermedades y desnutrición
- Vaca: 305 días Cabra: 284 días Ovejas: 100 días. Humanos: varía, pero tenemos un promedio de 180 días (o 6 meses)

Todo **Queso Real** tiene 4 ingredientes, para empezar:

1. Leche Láctea
 - a. Tipos comunes: vaca, oveja, cabra, búfalo de agua, camello, burro
2. Enzimas (hace que los sólidos y los líquidos se separen)
 - a. La mayoría usa cuajo animal; vinagre / jugo de limón se puede utilizar
3. Organismos microbianos: están vivos y aportan sabor, textura y cortezas
 - a. Puede incluir: cultivos (mozzarella), bacterias (suizo), mohos (azul), mohos de levadura (brie)
4. Sal quesera
 - a. Se utiliza para agregar sabor + ayudar a controlar la humedad + cómo se desarrolla la corteza

Una lista de verificación rápida para la fabricación de queso:

- Tomar la leche -> EXCITAR + SEPARAR usando calor, enzimas y/o de ácido
- ¡MANTÉN LA CUAJADA! Grasa + Proteínas (también conocidas como sólidos)
- ¡SUERO DE DRIAN! Líquidos, incluyen la mayoría de los azúcares de lactosa
- ¿Sal? ¿Calor? ¿Sabor? ¿Funk? ¿Hora? Todo depende del estilo de queso final
- Atención (diaria) hasta que se vende, se envía para su distribución y se consume

¿Qué es lo que más importa? CADA. SOLTERO. ACCIÓN. ASUNTOS.

→ Y se hace con intención, creando la diferencia en la visión del quesero para su producto lácteo.

¿POR QUÉ el funk es Queso?

¡Es importante entender que la fabricación de queso ralentiza el envejecimiento de la leche láctea para ELIMINAR el desperdicio!

Ayudar a los agricultores a resolver la pregunta "¿Qué hacer con toda esta leche?"

- Productores de leche = proporciona una fuente adicional de ingresos

- Granjas familiares = oportunidad de crear productos de valor añadido
- Hobby farmers = le da a la leche un propósito después de que los bebés dejan de beber

¡La fabricación de queso y todos los productos lácteos conservados (yogur, mantequilla, etc.) agrega valor y propósito a los animales, la tierra, la comunidad y las personas que los crean! NO VAYA, COMA MÁS QUESO REAL.

Prepared by:

Kyra James Certified
Cheese Professional Founder, Own Your
Funk

This project was supported, in part by grant number 90INNU0018-03-00, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



The Ins, Outs + InBetweens of Cheese!

WHAT the funk is Cheese?

The first cheeses of record, 5000+BC, were a mix of:

→ **HAPPY ACCIDENTS + CONTROLLED SPOILAGE**

Some of these original cheeses are protected by their people, their culture and most importantly

→ **THE GOVERNMENT** (look for labels with the letters “PDO” “DOP” “AOP”)

Most cheeses are whatever the maker wants them to be!

What does all this mean? with 7000+ years of R&D, real cheese is always

ADAPTING + EVOLVING + CHANGING

...similar to how animals (humans especially), Mother Nature (climate changes) & our flavor preferences continue to adapt, evolve + change?!

In short, cheese is **UNAPOLOGETICALLY ALIVE** and truly only “goes bad” when you no longer enjoy it. #OwnYourFunk

HOW the funk is Cheese?

Cheese begins and ends with lovin’ on Dairy Milk! Not plants, nuts or soy...

- Dairy Milk = Liquid Gold and is ONLY produced by NEW MAMAS.
 - Nutrient-dense (calcium, vitamin B and D) and *may* help prevent disease and malnutrition
- **Cow:** 305 days **Goat:** 284 days **Sheep:** 100 days. **Humans:** varies but, we average 180days (or 6months)

All **REAL CHEESE** has 4 ingredients, to start:

1. Dairy Milk
 - a. Common types - cow, sheep, goat, water buffalo, camel, donkey
2. Enzymes (causes solids & liquids to separate)

- a. Most use animal rennet; vinegar/lemon juice can be used
3. Microbial organisms - they're alive and bring flavor, texture & rinds
 - a. May include: cultures (mozzarella), bacterias (swiss), molds (blue), yeast molds (brie)
4. Cheesemaking Salt
 - a. Used to add flavor + help control moisture + how rind develops

A quick checklist for cheesemaking:

- Take the Milk -> EXCITE + SEPARATE using heat,enzymes and/of acid KEEP CURDS!
Fat + Proteins (aka solids)
- DRIAN WHEY! Liquids, include most lactose sugars
- Salt? Heat? Flavor? Funk? Time? All Depend on final cheese style Attention (daily)
until sold, sent for distribution & consumed

What matters most? EVERY. SINGLE. ACTION. MATTERS.

→ And is done with intent, creating the difference in the cheesemaker's vision for their dairy product.

WHY the funk is Cheese?

It's important to understand that cheesemaking slows down the aging dairy milk in order to ELIMINATE WASTE!

Helping farmers solve the question "*What to do with all this milk?!*"

- Dairy farmers = provides additional source of income
- Family farms = opportunity to create added-value products
- Hobby farmers = gives milk a purpose after babies stop drinking

Cheesemaking and all preserved dairy products (yogurt, butter, etc.) adds value and purpose to the animals, the land, community + people who create them! NO GO, EAT MORE REAL CHEESE.

Prepared by:

Kyra James Certified
Cheese Professional Founder, Own Your
Funk

Food is Medicine

"Let food be thy medicine and medicine be thy food"

- Hippocrates

Prevention and Management of Diseases

LIMIT



- Limit processed foods.
- Limit excessive salt and sugar.
- Limit artificially sweetened beverages.
- Limit excessive red and processed meats, such as salami, hot dog, ham, and canned meats.
- Limit refined carbohydrates, such as white bread, rice, pasta, and sugary desserts.
- Limit excess calorie intake.
- Limit saturated and trans fats (replace with unsaturated fats).



INCREASE



- Increase intake of vitamin C, vitamin D and folate.
 - Insufficient intake can lead to heart problems, immune dysfunction, and increased risk of cancer.
- Increase intake of vegetables, fruit, nuts, seeds, whole grains.
 - Cruciferous vegetables lower the risk of developing cancers.
 - Vegetables, fruits, and grains contain antioxidants that protect cells from damage.
 - Vegetables and fruits contain dietary fiber, which promotes digestion and elimination, lowers blood sugar, prevents nerve and blood vessel damage, decreases inflammation, boosts immune system, and reduces risk of colon cancer, obesity, and cardiovascular disease.
- Increase intake of Omega 3 polyunsaturated fatty acids.
 - Cold water fish, such as salmon, herring, mackerel, anchovies, sardines, and trout, are rich in omega 3 fatty acids.
 - Omega 3 fatty acids decrease risk of pancreatic, prostate, colon, and breast cancer.
- Consider diets, such as DASH diet and plant-based diet, to lower blood pressure, lower LDL cholesterol, and lower risk of cardiovascular/heart disease.



Ensalada de la Diosa Verde con Garbanzos

Tiempo: 15 mins

Porciones: 2



Ingredientes del Aderezo

- 1 aguacate, pelado y deshuesado
- 1 1/2 tazas de suero de leche
- 1/4 taza de hierbas frescas picadas, como estragón, acedera, menta, perejil y/o cilantro
- 2 cucharadas de vinagre de arroz
- 1/2 cucharadita de sal

Ingredientes del Ensalada

- 3 tazas de lechuga romana picada
- 1 taza de pepino en rodajas
- 1 (15 onzas) lata de garbanzos, enjuagado
- 1/4 taza de queso suizo bajo en grasa cortado en cubitos
- 6 tomates cherry, cortados a la mitad si se desea

Direcciones

• Paso 1

Para preparar el aderezo: Coloque el aguacate, el suero de leche, las hierbas, el vinagre y la sal en una licuadora. Puré hasta que quede suave.

• Paso 2

Para preparar la ensalada: Mezcle la lechuga y el pepino en un tazón con 1/4 de taza del aderezo. Cubra con garbanzos, queso y tomates. (Refrigere el apósito adicional por hasta 3 días).

Información Nutricional

Tamaño de la Porción: 2 3/4 tazas

Cada Porción: 304 calorías; proteínas 21.7g; carbohidratos 39.8g; fibra 11.9g; azúcar 10.1g; grasa sodio 465mg.

Intercambios: 2 almidones, 1 proteína alta en grasas, 1 proteína magra, 1 vegetal, 1/2 grasa

Green Goddess Salad with Chickpeas

Total: 15 mins

Servings: 2



Dressing Ingredients

- 1 avocado, peeled and pitted
- 1 ½ cups buttermilk
- ¼ cup chopped fresh herbs, such as tarragon, sorrel, mint, parsley and/or cilantro
- 2 tablespoons rice vinegar
- ½ teaspoon salt

Salad Ingredients

- 3 cups chopped romaine lettuce
- 1 cup sliced cucumber
- 1 (15 ounce) can chickpeas, rinsed
- ¼ cup diced low-fat Swiss cheese
- 6 cherry tomatoes, halved if desired

Directions

- **Step 1**
To prepare dressing: Place avocado, buttermilk, herbs, vinegar, and salt in a blender. Puree until smooth.
- **Step 2**
To prepare salad: Toss lettuce and cucumber in a bowl with 1/4 cup of the dressing. Top with chickpeas, cheese, and tomatoes. (Refrigerate the extra dressing for up to 3 days.)

Nutrition Facts

Serving Size: 2 3/4 cups

Per Serving: 304 calories; protein 21.7g; carbohydrates 39.8g; dietary fiber 11.9g; sugars 10.1g; fat sodium 465mg.

Exchanges: 2 starch, 1 high-fat protein, 1 lean protein, 1 vegetable, 1/2 fat

Green Goddess Salad with Chickpeas

鹰嘴豆绿色女神沙拉

Total: 15 mins 总计：15 分钟

Servings: 2 份量：2



绿色女神沙拉 (Green Goddess Salad) 最初是旧金山皇宫酒店的主厨菲利普·罗摩 (Philip Roemer) 在1923年为了致敬著名英国演员乔治·亚利斯 (George Arliss) 和他的

著名作品《绿色女神》而调制了同名的酱汁。在此之后这个沙拉酱也如同它致敬的舞台剧一样大受欢迎。

这个沙拉酱超级美味超级百搭，可以搭配任何你喜欢的蛋白做成沙拉：鸡胸肉、吞拿鱼、水煮蛋

、煎牛扒、鹰嘴豆 全都可以。选材也是十分灵活，可以挑选任何自己喜欢的绿色香草搭配：

罗勒、薄荷、香菜、小葱、欧芹、茴香 连酸味成分也可以任君挑选：柠檬汁、青柠汁、米醋

、苹果醋。

Dressing Ingredients 沙拉酱材料

- 1 avocado, peeled and pitted 1 个鳄梨，去皮去核
- 1 ½ cups buttermilk 1 ½ 杯酪乳
- ¼ cup chopped fresh herbs, such as tarragon, sorrel, mint, parsley and/or cilantro
¼ 杯切碎的新鲜香草，例如龙蒿、酢浆草、薄荷、欧芹和/或香菜
- 2 tablespoons rice vinegar 2 汤匙米醋
- ½ teaspoon salt ½ 茶匙盐

Salad Ingredients 沙拉配料

- 3 cups chopped romaine lettuce 3 杯切碎的生菜
- 1 cup sliced cucumber 1 杯黄瓜片
- 1 (15 ounce) can chickpeas, rinsed 1 罐 (15 盎司) 鹰嘴豆, 冲洗干净
- ¼ cup diced low-fat Swiss cheese ¼ 杯低脂瑞士奶酪丁
- 6 cherry tomatoes, halved if desired 6 个樱桃番茄, 如果需要可以减半

Directions 做法

- **Step 1 步骤1**

To prepare dressing: Place avocado, buttermilk, herbs, vinegar, and salt in a blender. Puree until smooth.

准备调料：将鳄梨、酪乳、香草、醋和盐放入搅拌机中。搅打至顺滑。

- **Step 2**

To prepare salad: Toss lettuce and cucumber in a bowl with 1/4 cup of the dressing. Top with chickpeas, cheese, and tomatoes. (Refrigerate the extra dressing for up to 3 days.)

准备沙拉：将生菜和黄瓜放入装有 1/4 杯调料的碗中。上面放鹰嘴豆、奶酪和西红柿。（将多余的敷料冷藏最多 3 天。）

Nutrition Facts 营养成分

Serving Size: 2 3/4 cups

份量：2 又 3/4 杯

Per Serving: 304 calories; protein 21.7g; carbohydrates 39.8g; dietary fiber 11.9g; sugars 10.1g; fat sodium 465mg.

每份：304 卡路里；蛋白质 21.7g；碳水化合物 39.8g；膳食纤维 11.9g；糖 10.1g；脂肪钠 465mg。

Exchanges: 2 starch, 1 high-fat protein, 1 lean protein, 1 vegetable, 1/2 fat

原料可以根据以下营养分量进行替换：**2份淀粉，1份高脂肪蛋白，1份瘦蛋白，1份蔬菜，1/2份脂肪**

Find a Market

BRONX MARKETS (/BRONX-MARKETS)

BROOKLYN MARKETS (/BROOKLYN-MARKETS)

MANHATTAN MARKETS (/MANHATTAN-MARKETS)

HARLEM HOSPITAL MARKET

Location:

W. 137th St. & Lenox
Ave.
New York, NY 10037

Hours:

Fridays 8am – 4pm
*Cooking
Demonstrations

OPENS

June 24, 2022 –
Nov 18, 2022

METROPOLITAN HOSPITAL MARKET

Location:

E. 97th Street and 2nd
Avenue
New York, NY 10029

Hours:

Fridays 8am – 4pm
*Cooking
Demonstrations

OPEN

June 17, 2022 –
Nov 18, 2022

EAST HARLEM MARKET

Location:

East 104th St. and 3rd
Ave.
New York, NY 10029

Hours:

Thursdays 8am-4pm
*Cooking
Demonstrations

COMING SOON

July 07, 2022 – Nov 17,
2022

LENOX AVE FARM STAND

Location:

Lenox Ave. between W.
117 St. and W. 118 St.
New York, NY 10026

Hours:

Saturdays 8am-4pm
*Cooking
Demonstrations

OPENS

June 25, 2022 – Nov 19,
2022

*Market may be canceled in harsh weather condition.

***All forms of Payment Accepted**

DAIRY MISCONCEPTIONS



1. which one is the real cheese? (Circle one)

INGREDIENTS:
INGREDIENTS: MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WHEY, MILK PROTEIN CONCENTRATE, MILK FAT, SODIUM CITRATE, CONTAINS LESS THAN 2% OF CALCIUM PHOSPHATE, MODIFIED FOOD STARCH, WHEY PROTEIN CONCENTRATE, SALT, LACTIC ACID, ANNATTO AND PAPRIKA EXTRACT (COLOR), NATAMYCIN (A NATURAL MOULD INHIBITOR), ENZYMES, CHEESE CULTURE, VITAMIN D3.

INGREDIENTS:

Pasteurized cultured milk and nonfat milk, salt, enzymes.

2. Lactose = MILK SUGAR. TRY TO match THEM ALL

<u>Food (serving)</u>	<u>Avg. Amt. of Lactose</u>
whole & 2% & 1% milk (1 cup)	<0.1 gram
chocolate milk (1 cup)	1-2 grams
cheddar & Parmigiano cheese (1 ounce)	12 grams
American cheese (1 ounce)	<1 gram
mozzarella cheese (1 ounce)	4 grams
plain whole milk yogurt (6 ounces)	10 grams
plain Greek & nonfat yogurt (6 ounces)	8 grams

3. True or False? (CIRCLE T or F)

1/2 pound of Spanish Manchego cheese costs MORE than 1 pound of Vermont Goat cheese? T / F



Real cheese can be purchased using your SNAP EBT benefits? T / F

NOTES:

Prepared by:

Kyra James

Kyra@OwnYourFunk.Com





Guide to reading nutrition labels!

1. Serving Information → 4 servings per container
Serving size 1 cup (227g)

2. Calories → **Amount per serving** **Calories** 280

3. Nutrients →

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%


4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**


* The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving Size x Calories per serving = Calories of entire box

Key nutrients to increase in your diet

- Dietary Fiber
 - Protein
 - Vitamin D
 - Calcium
 - Iron
 - Potassium
- 

Nutrients to minimize in your diet

- Fat
 - Cholesterol
 - Dietary Salt/ Sodium
 - Added Sugars
- 

Recommended Daily Calories:
 Men (61+): 2000 – 2600
 Women (61+): 1600 - 2000

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SPRING



Pineapple



Strawberry



Pear



Banana



Broccoli



Carrot



Potato



Cabbage



Lettuce

SUMMER



Strawberry



Cherry



Apple



Mango



Watermelon



Grapes



Pear



Blueberry



Raspberry



Spinach



Plum



Peach



Tomato



Zucchini



Yellow Squash



Cucumber



Cantaloupe

AUTUMN



Papaya



Apple



Grapes



Lime



Avocado



Beet



Bell Pepper



Sweet Potato



Onion



Eggplant

WINTER



Kiwi



Lemon



Passion Fruit



Pomegranate



Orange



Cabbage



Butternut Squash



Celery



Onion



Pear

VEGETABLES

NUTRITIONAL BENEFITS

HOW TO EAT & PREPARE

At The Farmer's Market

Red Beets



Beets are an excellent source of folate.
Folate is a nutrient that plays an essential role in DNA synthesis and repair
Contain Potassium, magnesium, vitamin C, folate and lots of fiber
Helpful for people with diabetes-related nerve problems called diabetic neuropathy
Great for improving heart health

Beets can be sliced into salads, boiled, steam and roasted
Roasting brings out the caramelized sugar taste
Great raw in juices and sandwiches

You can also eat canned and get most of the health benefits

Orange Beets



Orange beets contain lots of antioxidants and vitamins
Good for your heart

Helps cleanse your kidneys
Lowers cholesterol

Roast or steam them for no longer than 15 minutes to retain nutritional value
Roasting concentrates their flavor and boost their sweetness
Wash and wrap them in aluminum foil and place them in a 400-degree F oven for 40 minutes or until fork tender

Carrots



Carrots contain an abundance of vitamin A in the form of beta carotene

Carotene improves your vision and prevents eye diseases

Enjoyable in casseroles and soups

Increased health benefits when eaten raw and with dips such as hummus

Radish



Radish is packed with antioxidants like vitamin C, folate, and anthocyanins

Anthocyanins provides fiber and critical minerals such as calcium, iron, and potassium

Known for its peppery flavor and crunchy texture it may be eaten cooked, raw, or pickled

Toss in olive oil and roast on a sheet pan for a quick and healthy side dish

Purple Cabbage



Purple cabbage contain vitamins A, K, B6 and also high in antioxidants
build and maintain healthy bones

White Cabbage

Green Cabbage



Green cabbage contains vitamins A, K, and B6
Also higher in antioxidants
Good source of calcium, magnesium, and zinc
It is high in fiber

It can be eaten raw in salads or ~~cole~~ cole slaw

~~Saute~~ saute, stir-fry, boil, braise or pickle

Can be fermented to make kimchi and sauerkraut

Cauliflower



Cauliflower is high in protein, vibrant source of vitamin C, and a good source of Vitamin K.
It also contains calcium, iron, magnesium, and phosphorus

Can use as a substitute for high-starchy carbohydrate food, such as cauliflower rice.

You can eat it steamed, roasted with olive oil, or sauteed

Broccoli



Broccoli contains protein, a wealthy source of Vitamins C, and K, a good source of folate

It also contains potassium, phosphorus, and calcium

May inhibit the development of cancer in organs such as the bladder, breast, liver, and stomach

It can be steamed, roasted, baked, or sauteed.

Works well in soups and sauces and also as a side dish

Bok Choy



Bok Choy (Chinese Cabbage) is a good source of Omega 3s fatty acids protecting against cancer and other diseases

It contains nutrients like vitamins C, A, K, and B6 as well as folate, calcium, and beta-carotene which are essential to reduce the risk of heart diseases

Enjoyable in Asian dishes, such as stir-fries, kimchi, soups, and spring rolls

Can also be enjoyed roasted or grilled till golden brown color is achieved

Kale



Brussel Sprouts contain protein, iron, potassium, vitamin C, K, B6, and a good source of folate
Collard greens are rich in vitamins A, C, K, folate, calcium, and potassium

Kale contains calcium, potassium, vitamins A, K, and C

Provide great anti-oxidant benefits
Research suggest that kale can reduce blood pressure, cholesterol, and blood sugar levels

You can prepare by boiling, steaming, grilling, or roasting
You can enjoy it steamed or sauteed
They are particularly tasty when mixed with other vegetables, including onions and mushrooms
Use kale in pasta dishes, salads, and sandwiches
Its' slightly bitter flavor is good in salads paired with something sweet like dried fruit

You can also enjoy kale steamed, stir-fried, or juiced

Spinach



Spinach is a good source of calcium and iron
It contains magnesium, potassium, and Vitamins A, C, E, K, and antioxidants
Research suggest that spinach may lower blood pressure and benefit heart health

Eat raw in salads and sandwiches or stir-fried
A great addition to pasta dishes and soups

Celery



Celery is an excellent source of essential antioxidants
It contains vitamin C, A, K, beta carotene, flavonoids, plus minerals like potassium and folate
A good source of phytonutrients, shown to reduce inflammation in the digestive tract cells, blood vessels, and organs

You can eat it raw or cooked
Add to smoothies, stir-fry, soups, and juices
It can also be steamed, baked, or sauteed

Leeks



inflammatory, anti-diabetic,
and anti-cancer benefits

Rich in Vitamin K, which can reduce the risk of osteoporosis
High in fiber

Enjoy cooked or raw as a salad topping

Add to mixed vegetables before roasting, they can stand for onions

Add to boiled potatoes, then use to season beans, soups, and stews

Green Onions



Green onions (Scallions) are packed with phytonutrients, including
antioxidants that defend your cells against damage

High in vitamin K

Toss into soups, salads, stir-fries, and dishes that need a
punch of flavor

Parsley



Parsley is rich in antioxidants and nutrients like vitamins A, K, and C
Vitamin K is helpful for blood clotting

It has a mild, bitter flavor that pairs well with many recipes
It enhances the flavor of soups, stews, and tomato sauces



May provide cancer-fighting benefits

A great addition to homemade salad dressings, marinades,
and seafood recipes

Sprinkle fresh or dried leaves on top of any dish

Dry flakes are usually added to hot dishes like soup and pasta,
while the fresh herb is an excellent addition to salads and dressings

Cilantro



Cilantro is high in antioxidants and nutrients such as vitamins A, C, and K

Supports immune function and heart health

Raises energy levels

Promotes healthy hair and skin

You can use cilantro to garnish dishes enhancing the flavor
Sprinkle on guacamole, salads, pastas, beans, stir-fries,
soups, fish, and curries.

Can also be juiced

Fennel



Fresh fennel is a root vegetable good source of vitamin C, which is
critical for immune health,

tissue repair, and collagen synthesis

It has been shown to help with digestion by reducing inflammation
in the bowels and decreasing bacteria that cause gassiness

The bulb is the tastiest part of this root vegetable.

They are commonly used in curries and Italian cooking.

To prepare slice the bulb into strips

You can cook fennel by baking, roasting, sauteing, or grilling
the same way you cook vegetables

Swiss Chard



Swiss chards contains vitamins K and A
They are high in fiber and antioxidants
Multiple studies have indicated that Swiss chards have the ability to regulate blood sugar levels and prevent fluctuations

It can be steamed or sauteed
It's great in soups, stews, casseroles, frittatas, and quiches

Toss a handful of swiss chat to stir-fry or omelet or a navy bean soup
Saute in a little olive oil and garlic
have an earthy flavor

Red Potatoes



The skin of red potatoes is loaded with fiber, B and C Vitamins, iron, and potassium

It also contains zinc, copper, potassium, and fiber

Red potatoes are ideal for making potato salad, stew, soups, and salads
They can be prepared by steaming, boiling, pan frying, grilling, or scalloping

White Potatoes



White potatoes are rich in vitamin C (an antioxidant), potassium, and electrolytes

Electrolytes are important for healthy heart function

Best for fries as they hold up well under high heat and have a unique nutty flavor

Also great for potato salad and soups

To prepare bake, fry, roast, boil to be cut or mashed and added to chili, or pureed into soup

Sweet Potatoes



Sweet potatoes contain vitamins A and C, potassium, iron, calcium, and protein

They are low in glycemic index and high in fiber (which may help regulate blood sugar)

It is also complex carbohydrate

For a simple meal, you can bake in its skin and serve with a protein

They can also be used for fries

Red Onions



Red onions are high in fiber, potassium and vitamins C and B6
It may help protect against cancer

Eat it roasted, sauteed, stir-fried, or in salads.

Butternut Squash



Squash is a good source of vitamins A, C, and B
High in antioxidants, and they are rich in minerals such as potassium, magnesium., and manganese

Bake, steam, roast, or boil after peeling and cutting

Kabocha Squash



Kabocha Squash is a rich source of vitamins A, B, and C
Contains fiber, flavonoids like beta-carotene, a small amount of iron, calcium potassium, and magnesium
It has a lower glycemic load than sweet potatoes and pumpkin, preventing blood sugar to spikes

An easy way to prepare is to wash the exterior, then cut the squares in half

Place the squares cut side down and bake for about 30 minutes at 400 degrees F, or until the flesh is soft enough to pierce with a fork

Serve with a bit of butter or olive oil

Pumpkin



Pumpkin contains beta carotene, which is converted to vitamin A which can help the body fight infections
It also packed with vitamin C, potassium, calcium, magnesium, and fiber

Most nutritional eaten as a vegetable but it can also be eaten as a dessert

Popular in pancakes, pies, and muffins adding a savory flavor
Pumpkin seeds can also be roasted for a crunchy snack or salad topping
Can be prepared roasted, baked, or sauteed

Shallots



Shallots are small, elongated types of onion with a taste that's a subtle mix between a traditional onion and garlic
Shallots contain protein, fiber, calcium, iron, magnesium, phosphorus, potassium, zinc, copper, folate, Vitamins [A](#), [B](#), and C, and high in antioxidants
May improve blood sugar levels, circulation, seasonal allergies, heart, and bone health

Roast and serve with other vegetables, meat, or raw

Dice to add them to stir-fries, soups, salads, pastas, pizzas, sauces, and dressings

for flavor and garnishing

Garlic



Garlic is a natural antibiotic; it helps boost the body's immune system, helps reduce high blood pressure, cholesterol levels, aids in cancer prevention
Contains vitamin B and C, minerals such as manganese, copper, zinc, phosphorus, potassium, and iron

It is best to eat garlic raw (it acts as a powerful antibiotic)
Heating reduces some of its health benefits but it can be roasted, sauteed, or boiled to add flavor

Chickpeas Salad with Cucumber and Tomatoes

黄瓜西红柿鹰嘴豆沙拉

Servings: 3 份量 : 3

INGREDIENTS

- 2 cup diced cucumber with peel
- 1 cup diced tomatoes
- 1 can chickpeas, rinsed and drained
- 2 tablespoons diced red onions
- 2 tablespoons lemon juice
- ¼ cup feta cheese crumbles
- ¼ tablespoon chopped fresh parsley
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt (to taste)
- ¼ teaspoon black pepper (to taste)

配料

- 2 杯黄瓜丁
- 1 杯西红柿丁
- 1 罐鹰嘴豆 · 冲洗并沥干
- 2 汤匙红洋葱丁
- 2 汤匙柠檬汁
- ¼ 杯羊乳酪碎
- ¼ 汤匙切碎的新鲜欧芹
- 1 汤匙特级初榨橄榄油
- ¼ 茶匙盐 (适量)
- ¼ 茶匙黑胡椒 (适量)



INSTRUCTIONS

In a large bowl combine all the ingredients together and toss well

在一个大碗里把所有的原料混合在一起搅拌均匀

NUTRITION INFORMATION

Serving 1 cup

Calories: 189, Carbohydrates: 32 g, Protein: 9 g, Fiber: 9 g.

Chickpeas are rich in fiber and protein. It is an excellent replacement for meat for vegetarians. It also contains calcium and iron, which are essential for strong bones and teeth.

营养信息

份量 : 1杯

卡路里 : 189, 碳水化合物 : 32 克, 蛋白质 : 9 克, 纤维 : 9 克。

鹰嘴豆富含纤维和蛋白质。对于素食者来说,它是肉类的绝佳替代品。它还含有钙和铁,这是强健骨骼和牙齿所必需的。

Quinoa and Lentil Salad 藜麦扁豆沙拉



Ingredients: 原料 :

½ cup Quinoa, well rinsed ½ 杯藜麦, 冲洗干净

¼ cup walnuts, chopped ¼ 杯核桃, 切碎

1 cup fat free low sodium vegetable broth 1 杯无脂低钠蔬菜汤

1 tsp dried thyme 1 茶匙干百里香

1 cup small brown lentil, cooked 1 杯棕色小扁豆, 煮熟 1

lemon juice 1 个柠檬汁

6-8 cherry tomatoes, cut in halves 6-8 个樱桃番茄, 切成两半

½ tsp salt ½ 茶匙盐

½ cup cut green beans, frozen ½ 杯切碎冷冻青豆, 冷冻

1/8 tsp black pepper 1/8 茶匙黑胡椒

½ cup orange or red bell pepper, chopped ½ 杯橙色或红色甜椒, 切碎

3 Tbsp. olive oil 3 汤匙, 橄榄油

½ cup chopped red onion ½ 杯切碎的红洋葱

Preparation: 准备 :

Wash Quinoa in a bowl of cool water and drain in a mesh strainer 在一碗冷水中清洗藜麦, 然后用滤网沥干

In a skillet combine quinoa with broth and cook over medium heat for about 20 minutes. 在煎锅中, 将藜麦和肉汤混合, 用中火煮约 20 分钟。

Once quinoa is cooked, add cooked lentils, green beans, tomatoes, red pepper, onions, thyme, and walnuts, and mix up together with a fork 藜麦煮熟后, 加入煮熟的扁豆、青豆、西红柿、红辣椒、洋葱、百里香和核桃, 用叉子搅拌均匀

Oil and lemon dressing: In a small bowl add juice of one lemon, add olive oil, salt, and black pepper, beat with a fork until emulsified 油柠檬汁: 在一个小碗里加入一个柠檬汁, 加入橄榄油、盐和黑胡椒, 用叉子搅拌至乳化

Nutritional Benefits: Quinoa is gluten-free and is high in protein, with all the essential amino acids making it an excellent source of protein, high in fiber, and antioxidants. Antioxidants in Quinoa can reduce the risk factors for certain cancers. Lentils are an excellent source of fiber, protein iron, and folate, and an anti-inflammatory may even prevent certain cancers

营养价值：藜麦(Quinoa)不含麸质，蛋白质含量高，含有必需氨基酸，是蛋白质、高纤维和抗氧化剂的极好来源。藜麦中的抗氧化剂可以降低某些癌症的风险因素。扁豆(Lentils)是纤维、蛋白质铁和叶酸的极好来源，是抗炎药甚至可以预防某些癌症。

Chickpeas Salad with Cucumber and Tomatoes

Servings: 3

INGREDIENTS

- 2 cup diced cucumber with peel
- 1 cup diced tomatoes
- 1 can chickpeas, rinsed and drained
- 2 tablespoons diced red onions
- 2 tablespoons lemon juice
- ¼ cup feta cheese crumbles
- ¼ tablespoon chopped fresh parsley
- 1 tablespoon extra-virgin olive oil

- ¼ teaspoon salt (to taste)
- ¼ teaspoon black pepper (to taste)



INSTRUCTIONS

In a large bowl combine all the ingredients together and toss well

NUTRITION INFORMATION

Serving 1 cup

Calories: 189, Carbohydrates: 32 g, Protein: 9 g, Fiber: 9 g.

Chickpeas are rich in fiber and protein. It is an excellent replacement for meat for vegetarians. It also contains calcium and iron, which are essential for strong bones and teeth.

AICR's Foods that Fight Cancer



APPLES



ASPARAGUS



BLUEBERRIES



BROCCOLI AND
CRUCIFEROUS
VEGETABLES



BRUSSELS SPROUTS



CARROTS



CAULIFLOWER



CHERRIES



COFFEE



CRANBERRIES



FLAXSEED



GARLIC

AICR's Foods that Fight Cancer



GRAPEFRUIT



GRAPES



KALE



ORANGES



PULSES: DRY BEANS,
PEAS, AND LENTILS
(LEGUMES)



RASPBERRIES



SOY



SPINACH



SQUASH (WINTER)



STRAWBERRIES



TEA



TOMATOES



WALNUTS



WHOLE GRAINS

<https://www.aicr.org/cancer-prevention/food-facts/>

Quinoa and Lentil Salad



Ingredients:

½ cup Quinoa, well rinsed

1 cup fat free low sodium vegetable broth

1 cup small brown lentil, cooked

6-8 cherry tomatoes, cut in halves

½ cup cut green beans, frozen

½ cup orange or red bell pepper, chopped

½ cup chopped red onion

¼ cup walnuts, chopped

1 tsp dried thyme

1 lemon juice

½ tsp salt

1/8 tsp black pepper

3 Tbsp. olive oil

Preparation:

Wash Quinoa in a bowl of cool water and drain in a mesh strainer

In a skillet combine quinoa with broth and cook over medium heat for about 20 minutes.

Once quinoa is cooked, add cooked lentils, green beans, tomatoes, red pepper, onions, thyme, and walnuts, and mix up together with a fork

Oil and lemon dressing: In a small bowl add juice of one lemon, add olive oil, salt, and black pepper, beat with a fork until emulsified

Nutritional Benefits: Quinoa is gluten-free and is high in protein, with all the essential amino acids making it an excellent source of protein, high in fiber, and antioxidants. Antioxidants in Quinoa can reduce the risk factors for certain cancers. Lentils are an excellent source of fiber, protein iron, and folate, and an anti-inflammatory may even prevent certain cancers

Ensalada de Garbanzos con Pepino y Tomates

Porciones: 3

INGREDIENTES

- 2 tazas de pepino cortado en cubitos con cáscara
- 1 taza de tomates cortado
- 1 Garbanzos en lata, enjuagados y escurridos
- 2 cucharadas de cebollas rojas cortadas en cubitos
- 2 cucharadas de jugo de limón
- ¼ taza de queso feta crumbles
- ¼ cucharada de perejil fresco picado
- 1 cucharada de aceite de oliva virgen extra
- ¼ cucharadita de sal (al gusto)
- ¼ cucharadita de pimienta negra (al gusto)



INSTRUCCIONES

En un tazón grande combine todos los ingredientes y mezcle bien

INFORMACIÓN NUTRICIONAL

Porcion 1 taza

Calorias: 189, Carbohidratos: 32 g, Proteína: 9 g, Fibra: 9 g.

Los garbanzos son ricos en fibra y proteínas. Es un excelente reemplazo de la carne para vegetarianos. También contiene calcio y hierro, que son esenciales para tener huesos y dientes fuertes.

Ensalada de Quinua y Lentejas



Ingredients:

½ taza Quinua, bien enjuagado	¼ taza walnuts, picado 1
taza de caldo de verduras bajo en sodio sin grasa	1 tsp Tomillo seco
1 taza de lentejas marrones pequeñas, cocidas	1 zumo de limón
6-8 tomates cherry, cortados por la mitad	½ tsp sal
½ Taza de judías verdes cortadas, congeladas	1/8 tsp pimienta
½ cup pimiento naranja o rojo, picado	3 Tbsp. aceite de oliva
½ taza de cebolla roja picada	

Preparación:

Lave la quinua en un recipiente con agua fría y escurra en un colador de malla

En una sartén combine la quinua con el caldo y cocine a fuego medio durante unos 20 minutos.

Una vez que la quinua esté cocida, agregue lentejas cocidas, judías verdes, tomates, pimiento rojo, cebollas, tomillo y nueces, y mezcle con un tenedor.

Aderezo de aceite y limón: En un tazón pequeño agregue jugo de un limón, agregue aceite de oliva, sal y pimienta negra, bata con un tenedor hasta que emulsione

Beneficios nutricionales: La quinua no contiene gluten y es rica en proteínas, con todos los aminoácidos esenciales que la convierten en una excelente fuente de proteínas, alta en fibra y antioxidantes. Los antioxidantes en la quinua pueden reducir los factores de riesgo para ciertos tipos de cáncer. Las lentejas son una excelente fuente de fibra, proteínas, hierro y ácido fólico, y un antiinflamatorio puede incluso prevenir ciertos tipos de cáncer.

Chinese Stir fry Baby Bok Choy with Garlic

Servings: 4

Adapted from <https://thewoksoflife.com/garlic-baby-bok-choy/>

Ingredients

- 1-pound fresh Baby Bok Choy
- 2 garlic cloves
- Salt and pepper (to taste)
- 2 Tbsp vegetable oil
- 2 Tbsp hot water or chicken broth



Instructions

1. Slice off the bottom exposed end of Bok Choy and cut in half lengthwise, then cut into quarters.
2. Wash thoroughly; rinse and rub between leaves (if needed), then drain and set aside
3. Slice garlic cloves
4. Pre-heat wok to medium heat and add oil
5. Once the oil is heated, add garlic, and cook for about ten seconds
6. Add Bok choy, stir and add hot water or chicken broth
7. Increase heat to high and cook for about two minutes.
8. Add a pinch of salt and black pepper
9. Test for doneness, then turn off the heat

NUTRITION FACTS

Calories: 80kcal (4%) **Carbohydrates:** 4g (1%) **Protein:** 1g **Fat:** 1g (5%)

Fiber: 1g (4%) **VitaminA:** 5045IU (101%) **VitaminC:** 52.2mg (63%) **Calcium:** 132mg (13%) **Iron:** 0.9mg (5%)

中式蒜炒白菜

Servings: 4 份量 : 4

原料

- 1 磅新鲜小白菜
- 2 瓣大蒜
- 盐和胡椒粉调味)
- 2汤匙植物油
- 2汤匙热水或鸡汤



做法

1. 切掉白菜底部露出一端，纵向切成两半，然后切成四等份。
2. 彻底清洗；冲洗并在叶子之间摩擦（如果需要），然后沥干并放在一边
3. 蒜瓣切片
4. 炒锅预热至中火，加入油
5. 油热后，加入大蒜，煮约十秒钟
6. 加入白菜，搅拌后加入热水或鸡汤
7. 加热至高温并煮约两分钟。
8. 加入少许盐和黑胡椒
9. 测试熟度，然后关火

营养成分:

卡路里 : 80kcal (4%) 碳水化合物 : 4g (1%) 蛋白质 : 1g 脂肪 : 1g (5%) 纤维 :
1g (4%) 维生素A : 5045IU (101%) 维生素C : 52.2mg (63%) 钙 : 132mg (13%)
铁 : 0.9mg (5%)

DISAPPEARING BABY BOK CHOY SALAD

大快朵颐白菜沙拉

SERVING SIZE: 4 as a side 份量：4份配菜

INGREDIENTS 配料：

- 1汤匙橄榄油
- 1/3 杯白葡萄酒醋
- 1汤匙蜂蜜
- 4汤匙酱油
- 2 束小白菜，清洗并切片
- 1 束葱，切碎
- 2汤匙杏仁，切碎



*这个简单的沙拉几分钟就做好了，非常好吃！作为配菜或放在米饭上，使其成为一顿大餐。
· 这个也可以作为一种很好的锅贴馅料。*

INSTRUCTIONS 做法：

将橄榄油、白葡萄酒醋、蜂蜜和酱油搅拌在一起。

结合白菜，大葱，杏仁

拌上调料，立即上桌。

营养成分：卡路里 150；碳水化合物 10g；蛋白质5克；脂肪11g；纤维 3g

含有维生素 C、K、A 和 B 6 以及叶酸、钙和 β -胡萝卜素

Quick Collard Greens 快手羽衣甘蓝

这些羽衣甘蓝在橄榄油中快速烹制，最后挤上柠檬汁。您会爱上这些健康的素食羽衣甘蓝！食谱可提供 **2 份配菜**。



INGREDIENTS 配料

- 一大束（约 10 盎司）羽衣甘蓝
- 1 1/2 汤匙特级初榨橄榄油
- 1/4 茶匙细海盐
- 2 瓣中等大小的大蒜，压榨或切碎
- 少许红辣椒片（可选，如果对辣味敏感则少放或省略）
- 几片柠檬角，用于上菜

INSTRUCTIONS 做法

1. 准备羽衣甘蓝：切出每个羽衣甘蓝中厚厚的中心“肋骨”。将去梗菜叶叠在一起切细条。
2. 用中高温加热一个大的厚底煎锅，然后加入橄榄油。一旦油微微晃动，加入所有的羽衣甘蓝和盐。
3. 搅拌直到所有的蔬菜都被油轻轻覆盖，然后让它们煮约 30 秒继续以 30 秒的间隔搅拌，直到蔬菜枯萎，呈深绿色，有些边缘开始变成褐色（这是可口的）。这将需要 3 到 6 分钟。
4. 羽衣甘蓝即将完成后，加入大蒜和红辣椒片（如果使用）。搅拌打碎大蒜，煮至散发香味，大约 30 秒。
5. 将平底锅从火上移开。每个都配上一个柠檬角。

营养成分（每份）

卡路里：140；脂肪 11g；碳水化合物：8.8g，蛋白质：4.5g；纤维：5.7克；钠：289毫克

Spanish Bell Pepper Sauté 西班牙炒甜椒

Serves: 4 to 6

Ingredients 原料

- 1 汤匙特级初榨橄榄油
- 1 个中等大小的红色或黄色洋葱，切成四等份并切片
- 2 瓣大蒜，切碎
- 5 或 6 个中等大小的各种颜色的甜椒，切成条状
- ¼ 杯干白葡萄酒
- 2 个中等硬度、成熟的西红柿
- ¼ 杯切碎的新鲜欧芹
- 盐和黑胡椒调味



Instructions 做法

- 在大煎锅中加热油。
- 加入洋葱，用中火炒至半透明。
- 添加大蒜、甜椒和葡萄酒。
- 盖上锅盖，用中低火煮至辣椒变软，大约需要8分钟。不时搅拌。
- 揭开锅盖再煮2至3分钟，或直到辣椒出现金色斑点。
- 加入西红柿，继续煮2分钟。
- 拌入欧芹并用盐和胡椒调味。
- 趁热或在室温下作为意大利面或面包的配菜食用

营养价值：

每份：150 卡路里； 9克脂肪； 50毫克钠； 15克碳水化合物； 4克纤维； 2克蛋白质。

甜椒含有维生素A 和 β -胡萝卜素，有助于改善视力。也是维生素 C 的极佳来源，维生素 C 是一种强大的抗氧化剂，有助于增强免疫系统

Collard Greens With Bacon

Adapted from a recipe by Chef Donald, Link of Herbsaint and Cochon in New Orleans.

PREP TIME 15 mins

COOK TIME 30 mins

TOTAL TIME 45 mins

SERVINGS 6 to 8 servings



Ingredients

- 4 strips thick-sliced bacon, sliced into 1/2-inch pieces
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons sugar
- Several dashes hot sauce
- 1/4 cup apple cider vinegar, more to taste
- 2 pounds collard greens, stems removed, sliced into 3-inch-wide
- 1 cup chicken stock, or water

Method

1. Cook the bacon and onions:

Heat a large skillet over medium heat. Cook the bacon in the skillet until it just begins to brown around the edges, stirring occasionally.

Add the onion and cook until it's softened and just starting to brown.

2. Add the garlic, salt, pepper, sugar, and hot sauce:

Cook until the garlic becomes fragrant, about 1 minute.

3. Add the vinegar and simmer:

Simmer until the amount of liquid is reduced by half, stirring, and scraping up any browned bits from the bottom of the skillet.

4. Add the collard greens and the chicken stock (or water):

Return to a simmer. Reduce the temperature to medium-low. Cook, stirring occasionally until the collard greens have wilted and lost their brightness.

Season to taste with additional vinegar and hot sauce. Serve

with some of the juices from the pan.

Nutrition Facts (per serving) Calories:85; Fat 3g; Carbs 11g; Protein 5g

DISAPPEARING BABY BOK CHOY SALAD

<https://www.farmfresh toyou.com/recipes/66/disappearing-baby-bok-choy-salad>

SERVING SIZE: 4 as a side

INGREDIENTS:

- 1 tablespoon olive oil
- 1/3 cup white wine vinegar
- 1 tablespoon honey
- 4 tablespoons soy sauce



- 2 bunches baby bok choy, cleaned and sliced
- 1 bunch green onions, chopped
- 2 tablespoons almonds, chopped

This simple salad comes together in minutes and is so delicious! Serve as a side or over rice to make it a larger meal. We also think this would be a great filling for potstickers.

INSTRUCTIONS:

Whisk together olive oil, white wine vinegar, honey, and soy sauce.

Combine the baby bok choy, green onions, almonds Toss with the dressing and serve immediately.

Nutrition Facts: Calories 150; Carbohydrates 10g; Protein 5g; Fat 11g; Fiber 3g Contains

Vitamins C, K, A, and B 6 as well as folate, calcium, and beta-carotene

Quick Collard Greens

<https://cookieandkate.com/quick-collard-greens-recipe/>

These collard greens are quickly cooked in olive oil and finished with a squeeze of lemon juice. You're going to love these healthy, vegetarian collards! Recipe yields 2 side servings.



INGREDIENTS

- 1 large bunch (about 10 ounces) collard greens
- 1 1/2 tablespoons extra-virgin olive oil
- 1/4 teaspoon fine sea salt
- 2 medium cloves garlic, pressed or minced
- Pinch of red pepper flakes (optional, scale back or omit if sensitive to spice)
- A couple lemon wedges, for serving

INSTRUCTIONS

1. To prepare the collards: Cut out the thick center rib out of each collard green. Stack the rib-less greens and slice as thinly as possible ($\frac{1}{8}$ " to $\frac{1}{4}$ ") to make long strands.
2. Heat a large, heavy-bottomed skillet over medium-high heat, then add the olive oil. Once the oil is shimmering, add all the collard greens and the salt.
3. Stir until all the greens are lightly coated in oil, then let them cook for about 30 seconds. Continue stirring in 30-second intervals until the greens are wilted, dark green, and some are starting to turn brown on the edges (this is delicious). This will take between 3 to 6 minutes.
4. Once the collards are just about done, add the garlic and red pepper flakes (if using). Stir to break up the garlic and cook until it's fragrant, about 30 seconds.
5. Remove the pan from the heat. Serve with a lemon wedge each.

Nutrition Facts (per serving) Calories: 140; Fat 11g; Carbs: 8.8g, Protein:4.5g; Fiber: 5.7g; Sodium: 289mg

Salteado Chino Baby Bok Choy con Ajo

Porciones: 4

Ingredientes

- 1-libra de Baby Bok Choy fresco
- 2 dientes de ajo
- Sal y pimienta (al gusto) 2
- Tbsp de aceite vegetal
- 2 Tbsp de agua caliente o caldo de pollo



Instrucciones

1. Corte el extremo inferior expuesto de Bok Choy y córtelo por la mitad a lo largo, luego córtelo en cuartos.
2. Lavar bien; Enjuague y frote entre las hojas (si es necesario), luego escurra y reserve
3. Corta los dientes de ajo en rodajas
4. Precalienta el wok a fuego medio y añade aceiteOnce the oil is heated, add garlic, and cook for about ten seconds
5. Agregue Bok choy, revuelva y agregue agua caliente o caldo de pollo
6. Aumente el fuego a alto y cocine durante unos dos minutos.
7. Añadir una pizca de sal y pimienta Negra
8. Pruebe la cocción, luego apague el fuego

INFORMACIÓN NUTRICIONAL

Calorias: 80kcal (4%) **Carbohidratos:** 4g (1%) **Proteína:** 1g **Fat:** 1g (5%)

Fibra: 1g (4%) **VitaminA:** 5045IU (101%) **VitaminC:** 52.2mg (63%) **Calcio:** 132 mg (13%) **Hierro:** 0.9mg (5%)

Col Rizado con Tocino

TIEMPO DE PREPARACIÓN 15 MINUTOS
TIEMPO DE COCCIÓN 30 MINUTOS TIEMPO
TOTAL 45 MINUTOS PORCIONES 6 A 8
PORCIONES



Ingredientes

- 4 tiras de tocino en rodajas gruesas, cortadas en trozos de 1/2 pulgada
- 1 cebolla amarilla pequeña, picada
- 2 dientes de ajo, picados
- 1 cucharadita de sal kosher
- 1/2 cucharadita de pimienta negra recién molida
- 2 cucharadas de azúcar
- Varios toques de salsa picante
- 1/4 taza de vinagre de sidra de manzana, más al gusto
- 2 libras de col rizada, tallos eliminados, cortados en rodajas de 3 pulgadas de ancho
- 1 taza de caldo de pollo o agua

Método

1. Cocine el tocino y la cebolla:

Calienta una sartén grande a fuego medio. Cocine el tocino en la sartén hasta que comience a dorarse alrededor de los bordes, revolviendo ocasionalmente.

Agregue la cebolla y cocine hasta que se ablande y comience a dorarse.

2. Agregue el ajo, la sal, la pimienta, el azúcar y la salsa picante:

Cocine hasta que el ajo se vuelva fragante, aproximadamente 1 minuto.

3. Añadir el vinagre y cocinar a fuego lento:

Cocine a fuego lento hasta que la cantidad de líquido se reduzca a la mitad, revolviendo y raspando cualquier trozo dorado del fondo de la sartén..

4. Agregue la col rizada y el caldo de pollo (o agua):

Vuelve a hervir a fuego lento. Reduzca la temperatura a media-baja. Cocine, revolviendo ocasionalmente hasta que la col rizada se haya marchitado y perdido su brillo.

Sazone al gusto con vinagre adicional y salsa picante. Servir

con algunos de los jugos de la sartén.

Información nutricional (por porción) Calorías: 85; Grasa 3g; Carbohidratos 11g; Proteína 5g

ENSALADA BABY BOK CHOY QUE DESAPARECE

PORCIONES: 4 como guarnición

INGREDIENTES:

1 cucharada de aceite de oliva

1/3 taza de vinagre de vino blanco

1 cucharada de miel

4 cucharadas de salsa de soja

2 racimos baby bok choy, limpiados y cortados en rodajas

1 manojo de cebollas verdes, picadas

2 cucharadas de almendras, picadas



¡Esta sencilla ensalada se prepara en minutos y es tan deliciosa! Sirva como guarnición o sobre arroz para que sea una comida más grande. También creemos que este sería un gran relleno para potstickers.

INSTRUCCIONES:

Bata el aceite de oliva, el vinagre de vino blanco, la miel y la salsa de soja.

Combina el baby bok choy, cebollas verdes, almendras Mezclar con el aderezo y servir inmediatamente.

Información nutricional: Calorías 150; Carbohidratos 10g; Proteína 5g; Grasa 11g; Fibra 3g

Contiene vitaminas C, K, A y B 6, así como ácido fólico, calcio y betacaroteno

Col Rizada Rápida

Estas coles se cocinan rápidamente en aceite de oliva y se terminan con un chorrito de jugo de limón.

¡Te van a encantar estas berzas saludables y vegetarianas! La receta rinde 2 porciones laterales.



INGREDIENTES

- 1 manojo grande (aproximadamente 10 onzas) de col rizada
 - • 1 1/2 cucharadas de aceite de oliva virgen extra
 - • 1/4 cucharadita de sal marina fina
 - • 2 dientes de ajo medianos, prensados o picados
 - • Pizca de hojuelas de pimiento rojo (opcional, reduzca la escala u omita si es sensible a las especias)
- Un par de rodajas de limón, para server

INSTRUCCIONES

1. Para preparar las coles: Corte la costilla central gruesa de cada col rizada. Apile las verduras sin costillas y corte lo más fino posible (1/8" a 1/4") para hacer hebras largas.
2. Calienta una sartén grande de fondo grueso a fuego medio-alto, luego agrega el aceite de oliva. Una vez que el aceite esté brillante, agregue todas las coles y la sal.
3. Revuelva hasta que todas las verduras estén ligeramente cubiertas de aceite, luego déjelas cocinar durante unos 30 segundos Continúe revolviendo en intervalos de 30 segundos hasta que las verduras se marchiten, de color verde oscuro y algunas comiencen a volverse marrones en los bordes (esto es delicioso). Esto tomará entre 3 y 6 minutos.
4. Una vez que las coles estén casi listas, agregue los copos de ajo y pimiento rojo (si los usa). Revuelva para romper el ajo y cocine hasta que esté fragante, unos 30 segundos.
5. Retira la sartén del fuego. Servir con una rodaja de limón cada uno.

Información nutricional (por porción): Calorías: 140; Grasa 118; Carbohidratos: 8.8g, Proteína:4.5g; Fibra: 5.7g; Sodio: 289mg

Salteado de pimiento español

Porciones: 4 to 6

Ingredientes

- 1 cucharada de aceite de oliva virgen extra
- 1 cebolla roja o amarilla mediana, cortada en cuartos y en rodajas
- 2 dientes de ajo, picados
- 5 o 6 pimientos medianos de varios colores, cortados en tiras
- 1/4 taza de vino blanco seco
- 2 tomates maduros de firmeza mediana
- 1/4 taza de perejil fresco picado
- Sal y pimienta negra al gusto



Instrucciones

- Caliente el aceite en una sartén grande.
- Añadir la cebolla y saltar a fuego medio hasta que esté translúcida.
- Agregue el ajo, los pimientos y el vino.
- Cubra y cocine a fuego medio-bajo hasta que los pimientos estén tiernos, aproximadamente 8 minutos. Revuelva ocasionalmente.
- Destapar y cocinar durante 2 a 3 minutos más, o hasta que los pimientos estén con manchas doradas.
- Agregue los tomates y continúe cocinando, durante 2 minutos más.
- Agregue el perejil y sazone al gusto con sal y pimienta.
- Servir caliente o a temperatura ambiente como guarnición con pasta o pan

Información nutricional / Beneficio

Por porción: 150 calorías; 9g de grasa; 50 mg de sodio; 15g carbohidratos; 4g de fibra; 2g de proteína.

Los botones de campana contienen vitamina A y betacaroteno, que ayuda a mejorar la visión. También es una excelente fuente de vitamina C, un poderoso antioxidante que ayuda a estimular el sistema inmunológico.

**Appendix D: Survey Instruments and Needs Assessment
Tools**

Carb Counting

1. For diabetic individuals, how many grams of carbs are in one serving of carbs? Para las personas diabéticas, ¿cuántos gramos de carbohidratos hay en una porción de carbohidratos?
 - a. 10 grams, 10 gramos
 - b. 15 grams, 15 gramos
 - c. 20 grams, 20 gramos
2. If you are a diabetic and consume 2,000 calories a day, how many servings of carbs per meal should you consume? Si usted es diabético y consume 2,000 calorías al día, ¿cuántos porciones de carbohidratos por comida debe consumir?
 - a. 4 servings per meal, 4 porciones por comida
 - b. 1 serving per meal, 1 porcion por comida
 - c. 7 servings per meal, 7 porciones por comida

Diabetes

1. What is diabetes? 什么是糖尿病? True or False. Diabetes is a chronic disease when your body does not make enough insulin or does not use insulin properly, causing high blood sugar. 以下说法是对还是错?: 糖尿病是一种慢性疾病, 当您的身体不能产生足够的胰岛素或不能正确使用胰岛素时, 会导致高血糖。
 - 对
 - 错
2. Name 2 risk factors for Type 2 diabetes. 什么因素能影响2型糖尿病? 请列举2个因素。
3. Name 2 symptoms of high blood sugar 说出高血糖的2个症状
4. What is a normal Hb A1c level? 什么是正常的 Hb A1c (糖化血红蛋白)水平?
 - a. Less than 5.7 小于 5.7
 - b. More than 5.7 超过 5.7
 - c. 我不知道
5. Which of these is helpful for managing diabetes (select all that apply)? 以下哪项有助于控制糖尿病 (多选) ?
 - a. Diet (specifically carb counting) 饮食 (特别是碳水化合物计数)
 - b. Exercise (any physical activity) 运动 (任何活动)
 - c. Medication (including appointments with healthcare provider) 药物治疗 (包括定期看医生)

Name/ nombre /姓名: _____

Cooking Demo – Green Goddess Salad with Chickpeas

1. In this meal, there are 39.8 g of carbs. How many servings of carbs are in this meal?

今天营养师会示范做一个沙拉。沙拉有39.8克碳水化合物。这等于多少份碳水化合物？ En esta comida, hay 39.8 g de carbohidratos. ¿Cuántas porciones de carbohidratos hay en esta comida?

- a. 0-1 servings, 0-1 porcion, 0-1份
- b. 2-3 servings, 2-3 porciones, 2-3份
- c. 4-5 servings, 4-5 porciones, 4-5份

2. In this meal, there are 465 mg of sodium. What percentage of your daily sodium intake is in this meal? 在这个沙拉中，钠含量为 465 毫克。这个沙拉占您每日钠摄入量的百分比？

En esta comida, hay 465 mg de sodio. ¿Qué porcentaje de su ingesta diaria de sodio está en esta comida?

- a. 10% 百分比之10
- b. 20% 百分比之20
- c. 30% 百分比之30

3. In this meal, there are 304 calories. What percentage of your daily caloric intake is in this meal (assuming you consume 2,000 calories a day)? 在这个沙拉中，有304卡路里。这顿饭

占您每日卡路里摄入量的百分比（假设您每天消耗 2,000 卡路里）？ En esta comida, hay 304 calorías. ¿Qué porcentaje de su ingesta calórica diaria está en esta comida (suponiendo que consuma 2,000 calorías al día)?

- a. 5% 百分比之5
- b. 15% 百分比之15
- c. 25% 百分比之25

Name/ nombre /姓名: _____

Food is Medicine

1. Which food group can help with lowering your risk of developing cancers? 哪种食物组可以帮助降低患癌症的风险? ¿Qué grupo de alimentos puede ayudar a reducir el riesgo de desarrollar cánceres?
 - a. Cruciferous Vegetables 十字花科蔬菜 Verduras crucíferas
 - b. Meats 肉类 Carne
 - c. Dairy 乳制品 Lechería
2. Which will have a larger impact when treating digestive problems? 在治疗消化问题时，哪个会产生更大的影响? ¿Cuál tendrá un mayor impacto al tratar problemas digestivos?
 - a. Taking Medication 服药 Tomar medicamentos
 - b. Adjusting Diet 调整饮食 Ajuste de la dieta
3. Which nutrient would help lower blood sugar? 哪种营养素有助于降低血糖? ¿Qué nutriente ayudaría a reducir el azúcar en la sangre?
 - a. Dietary Fiber 膳食纤维 Fibra
 - b. Carbohydrates 碳水化合物 Carbohidratos
 - c. Fats 脂肪 Grasas
4. Which diet previously discussed helps lower blood pressure? 之前讨论的哪种饮食有助于降低血压? ¿Qué dieta discutida anteriormente ayuda a disminuir la presión arterial?

Nutrition Series Post-Assessment

East Harlem Village

US Administration for Community Living, Department of Health and Human
Services

Grant Number: 90INNU0018

Name/ nombre /姓名: _____

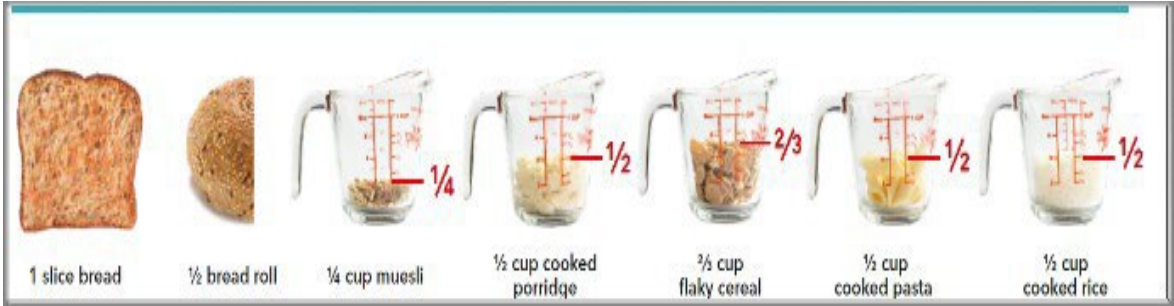
Demographics

1. What would you describe to be your biggest barriers to healthy eating? ¿Cuáles describirías como sus mayores barreras para una alimentación saludable? 您认为健康饮食的最大障碍是什么？
2. Would you consider yourself a healthy weight? Have you received a recent BMI (Body Mass Index) score? Has your doctor described your weight as Underweight, Healthy Weight, Overweight, or Obese? ¿Te considerarías un peso saludable? ¿Ha recibido una puntuación reciente de IMC (Índice de Masa Corporal)? ¿Su médico ha descrito que su peso tiene bajo peso, peso saludable, sobrepeso u obesidad? 你会认为自己是一个健康的体重吗？您最近收到过 BMI（身体质量指数）分数吗？您的医生是否描述过您的体重过轻、健康体重、超重或肥胖？

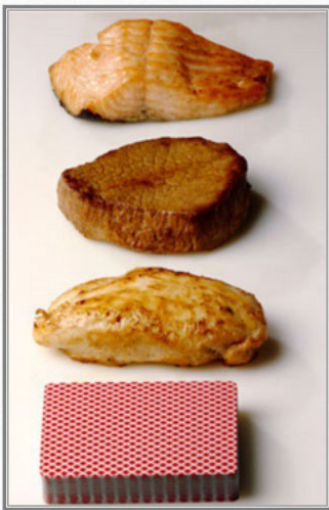
Behavioral Questions

For example, 1 serving of vegetables = 1 cup of raw leafy vegetables or 1/2 cup of cooked vegetables. Please refer to the following images as a reference of 1 serving of different food groups. Por ejemplo, 1 porción de verduras = 1 taza de verduras de hoja crudas o 1/2 taza de verduras cocidas. Consulte las siguientes imágenes como referencia de 1 porción de diferentes grupos de alimentos. 1 份蔬菜 = 1 杯生叶菜或 1/2 杯煮熟的蔬菜，请参考图片回答问题

1. How many daily servings of grains do you consume? ¿Cuántas porciones diarias de granos consumes? 您每天食用多少份谷物？



2. How many daily servings of meats, poultry, and fish do you consume? ¿Cuántas porciones diarias de carne, pollo, y pescado consumes? 您每天食用多少份肉类、家禽和鱼类？



3. How many daily servings of vegetables do you consume? ¿Cuántas porciones diarias de verduras consumes? 你每天吃多少份蔬菜？



4. How many daily servings of fruits do you consume? ¿Cuántas porciones diarias de frutas consumes? 你每天吃多少份水果？



5. How many daily servings of low-fat or fat-free dairy products do you consume? ¿Cuántas porciones diarias de leche sin grasa o leche baja en grasa consumes? 您每天食用多少份低脂或无脂乳制品？



6. How many daily servings of fats and oils do you consume? ¿Cuántas porciones diarias de grasas y aceites consumes? 您每天食用多少份脂肪和油？



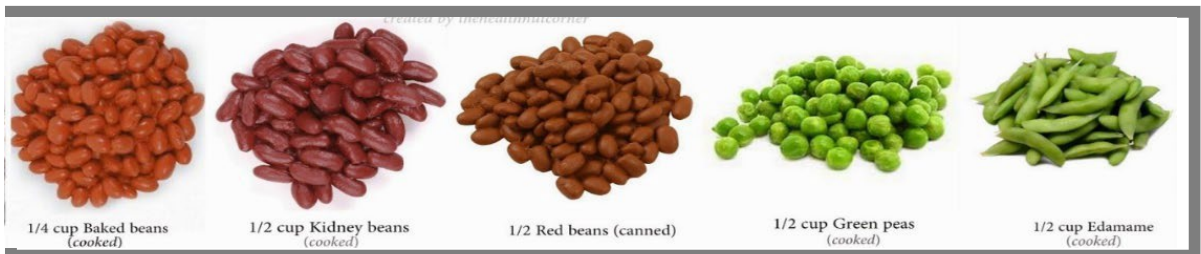
7. How many daily servings of sodium do you consume? (Please refer to the image and identify which portion size relative to the hand you consume in a day) ¿Cuántas porciones diarias de sodio consumes? (Consulte la imagen e identifique qué tamaño de porción en relación con la

EHV Note for replication: This question may need to be revised for older adults' better understanding of how to describe portion size.

mano que consume.) 你每天摄入多少钠？



8. How many daily servings of nuts, seeds, dry beans, and/or peas do you consume? ■ ¿Cuántas porciones diarias de nueces, semillas, frijoles secos y / o guisantes consume? 您每天食用多少份坚果、种子、干豆和/或豌豆？



9. How many daily servings of sweets do you consume? (example: 1 candy bar, 1 bag of chips, etc.) ¿Cuántas porciones diarias de dulces consumes? (ejemplo: 1 barra de caramelo, 1 bolsa de patatas fritas, etc.) 你每天吃多少份甜食？
10. Has cost been an issue to eating healthy recently? ¿El costo ha sido un problema para comer sano recientemente? 食物价格最近有没有影响你的健康饮食？

- a. Yes, Sí, 有
b. No, 没有
11. Do you eat more than one kind of fruit per day? ¿Comes más de un tipo de fruta por día? 你每天吃一种以上的水果吗?
a. Yes, Sí, 有
b. No, 没有
12. Do you eat more than one kind of vegetable per day? ¿Comes más de un tipo de verdura por día? 你每天吃一种以上的蔬菜吗?
a. Yes, Sí, 有
b. No, 没有
13. Do you read the nutrition label when food shopping? ¿Lees la etiqueta nutricional cuando compras alimentos? 购买食物时你会看营养标签吗?
a. Yes, Sí, 有
b. No, 没有
14. On a scale of 1-10, how would you rate your eating habits? (10 being really good, 1 being really bad) En una escala del 1 al 10, ¿cómo calificaría sus hábitos alimenticios? (10 siendo realmente bueno, 1 siendo realmente malo) 在 1-10 的范围内，你如何评价你的饮食习惯？（10 表示非常好，1 表示非常差）

1 2 3 4 5 6 7 8 9 10

15. On a scale of 1-10, how confident are you in your ability to eat healthy? (10 being really good, 1 being really bad) En una escala del 1 al 10, ¿qué tan seguro está de su capacidad para comer sano? (10 siendo realmente bueno, 1 siendo realmente malo) 在 1-10 的范围内，您对自己饮食健康的能力有多大信心？（10 表示非常好，1 表示非常差）

1 2 3 4 5 6 7 8 9 10

Nutrition Facts Label

1. What is the main goal of the DASH diet? ¿Cuál es el objetivo principal de la dieta DASH? DASH 饮食的主要目标是什么？
2. What is the recommended daily number of calories? (For men and women aged 51+) ¿Cuál es el número diario recomendado de calorías? (Para hombres y mujeres mayores de 51 años) 推荐的每日卡路里数量是多少？（适用于 51 岁以上的男性和女性）

3. What percent(%) daily value is considered high and low? ¿Qué porcentaje (%) del valor diario se considera alto y bajo?
什么百分比 (%) 每日价值被认为是高和低
4. When following the DASH eating plan, mark which nutrients you should get more of (upward arrow or >) and which you should get less of (downward arrow or <)" Al seguir el plan de alimentación DASH, marque qué nutrientes debe obtener más y cuáles debe obtener menos
遵循 DASH 饮食计划时 · 标记哪些营养素应该摄入更多 (向上箭头或 >) , 哪些营养素应该少摄入 (向下箭头或 <)
- a. Saturated and Trans Fat, Grasas saturadas y trans, 饱和脂肪和反式脂肪
 - b. Cholesterol, Colesterol, 胆固醇
 - c. Sodium, Sodio, 钠
 - d. Added Sugars, Azúcares Añadidos, 添加糖
 - e. Calcium, Calcio, 钙
 - f. Potassium, Potasio, 钾
 - g. Magnesium, Magnesio, 镁
 - h. Fiber, Fibra, 纤维
 - i. Iron, Hierro, 铁
 - j. Protein, Proteína, 蛋白质
 - k. Vitamin D, Vitamina D, 维生素D
5. What is the recommended daily intake of sodium you should consume per day? (in milligrams or mg) ¿Cuál es la ingesta diaria recomendada de sodio que debe consumir por día? (en miligramos o mg) 你每天应该摄入的钠的推荐摄入量是多少? (以毫克 milligrams 或mg 计)

Healthy Eating on A Budget

1. What are three ways you can eat healthy on a budget? (please list at least 3 methods)
¿Cuáles son las tres formas en que puede comer sano con un presupuesto limitado?
(por favor enumere al menos 3 métodos) 您可以通过哪三种方式在预算内吃得健康? (请列出至少 3 种方法)

2. What areas of the grocery store should be avoided? ¿Qué áreas de la tienda de comestibles deben evitarse? 应该避开超市的哪些区域?
 - a. Perimeter of the store/outside aisles, Perímetro de la tienda/pasillos exteriores, 周边/外部过道
 - b. Middle aisles, Pasillos centrales, 中间过道
3. Why should you avoid this area? ¿Por qué deberías evitar esta área? 为什么要避开这个区域?
 - a. Processed foods (high sodium and preservatives), Alimentos procesados (alto contenido de sodio y conservantes), 加工食品 (高钠和防腐剂)
 - b. High fats and added sugars, Alto contenido de grasas y azúcares añadidos, 高脂肪和添加糖
 - c. All of the above, Todo lo anterior, 上述所有的

Diabetes

1. What is diabetes? 什么是糖尿病? True or False. Diabetes is a chronic disease when your body does not make enough insulin or does not use insulin properly, causing high blood sugar. 以下说法是对还是错?: 糖尿病是一种慢性疾病, 当您的身体不能产生足够的胰岛素或不能正确使用胰岛素时, 会导致高血糖。 Verdadero o Falso. La diabetes es una enfermedad crónica cuando su cuerpo no produce suficiente insulina o no usa la insulina adecuadamente, causando un alto nivel de azúcar en la sangre.
 - a. True, 对, Verdad
 - b. False, 错, Falso
2. Name 2 risk factors for Type 2 diabetes. 什么因素能影响2型糖尿病? 请列举2个因素 Nombre 2 factores de riesgo para la diabetes tipo 2.
3. Name 2 symptoms of high blood sugar 说出高血糖的2个症状 Nombre 2 síntomas de niveles altos de azúcar en la sangre.
4. What is a normal Hb A1c level? 什么是正常的 Hb A1c (糖化血红蛋白)水平? ¿Qué es un nivel normal de Hb A1c?

- a. Less than 5.7 小于 5.7, menos de 5.7
 - b. More than 5.7 超过 5.7, mas de 5.7
 - c. I don't know, 我不知道, No sé
5. Which of these is helpful for managing diabetes (select all that apply)? 以下哪项有助于控制糖尿病 (多选) ? ¿Cuál de estos es útil para controlar la diabetes (seleccione todos los que correspondan)?
- a. Diet (specifically carb counting) 饮食 (特别是碳水化合物计数) Dieta (específicamente conteo de carbohidratos)
 - b. Exercise (any physical activity) 运动 (任何活动) Ejercicio (cualquier actividad física)
 - c. Medication (including appointments with healthcare provider) 药物治疗 (包括定期看医生) Medicamentos (incluidas las citas con el proveedor de atención médica)

Carb Counting 碳水化合物计数

1. For diabetic individuals, how many grams of carbs are in one serving of carbs? Para las personas diabéticas, ¿cuántos gramos de carbohidratos hay en una porción de carbohidratos? 对于糖尿病人，一份碳水化合物等于多少克碳水化合物？
 - a. 10 grams, 10 gramos 10克
 - b. 15 grams, 15 gramos 15克
 - c. 20 grams, 20 gramos 20克
2. If you are a diabetic and consume 2,000 calories a day, how many servings of carbs per meal should you consume? Si usted es diabético y consume 2,000 calorías al día, ¿cuántos porciones de carbohidratos por comida debe consumir? 如果您是糖尿病患者并且每天摄入 2,000 卡路里，那么您每餐应该摄入多少份碳水化合物？
 - a. 4 servings per meal, 4 porciones por comida 每餐 4 份
 - b. 1 serving per meal, 1 porcion por comida 每餐 1 份
 - c. 7 servings per meal, 7 porciones por comida 每餐 7 份

Cooking Demo – Green Goddess Salad with Chickpeas

1. In this meal, there are 39.8 g of carbs. How many servings of carbs are in this meal? 今天营养师会示范做一个沙拉. 沙拉有39.8克碳水化合物。这等于多少份碳水化合物

hay en esta comida?

- a. 0-1 servings, 0-1 porcion, 0-1份
 - b. 2-3 servings, 2-3 porciones, 2-3份
 - c. 4-5 servings, 4-5 porciones, 4-5份
2. In this meal, there are 465 mg of sodium. What percentage of your daily sodium intake is in this meal? 在这个沙拉中，钠含量为 465 毫克。这个沙拉占您每日钠摄入量的百分比？ En esta comida, hay 465 mg de sodio. ¿Qué porcentaje de su ingesta diaria de sodio está en esta comida?
- a. 10% 百分比之10
 - b. 20% 百分比之20
 - c. 30% 百分比之30
3. In this meal, there are 304 calories. What percentage of your daily caloric intake is in this meal (assuming you consume 2,000 calories a day)? 在这个沙拉中，有304卡路里。这顿饭占您每日卡路里摄入量的百分比（假设您每天消耗 2,000 卡路里）？ En esta comida, hay 304 calorías. ¿Qué porcentaje de su ingesta calórica diaria está en esta comida (suponiendo que consuma 2,000 calorías al día)?
- a. 5% 百分比之5
 - b. 15% 百分比之15
 - c. 25% 百分比之25

Food is Medicine

1. Which food group can help with lowering your risk of developing cancers? 哪种食物组可以帮助降低患癌症的风险？ ¿Qué grupo de alimentos puede ayudar a reducir el riesgo de desarrollar cánceres?

 - a. Cruciferous Vegetables 十字花科蔬菜 Verduras crucíferas
 - b. Meats 肉类 Carne
 - c. Dairy 乳制品 Lechería

2. Which will have a larger impact when treating digestive problems? 在治疗消化问题时，哪个会产生更大的影响？ ¿Cuál tendrá un mayor impacto al tratar problemas digestivos?

 - a. Taking Medication 服药 Tomar medicamentos
 - b. Adjusting Diet 调整饮食 Ajuste de la dieta

3. Which nutrient would help **lower** blood sugar? 哪种营养素有助于降低血糖？ ¿Qué nutriente ayudaría a reducir el azúcar en la sangre?

 - a. Dietary Fiber 膳食纤维 Fibra
 - b. Carbohydrates 碳水化合物 Carbohidratos

c. Fats 脂肪 Grasas

4. Which diet previously discussed helps lower blood pressure? 之前讨论的哪种饮食有助于降低血压? ¿Qué dieta discutida anteriormente ayuda a disminuir la presión arterial?

Activity Survey

Please answer these general questions about the activity you just participated in before answering specific activity related questions!

* Required

Question	Very dissatisfied	Somewhat dissatisfied	Neutral	Somewhat satisfied	Very satisfied
1.How would you rate the quality of your experience today? *					

2. Was the schedule convenient for you? *

- Never (0 times)
- Rarely (1-2 times)
- Sometimes (2-3 times)
- Often (almost always)

3. What are some reasons the schedule was not convenient for you? *

4. How respectful were the activity facilitators? *

- Very Respectful
- Respectful
- Disrespectful
- Very Disrespectful

5. How easy was it to understand the information from the activity? *

- Extremely Easy
- Somewhat Easy
- Neutral
- Somewhat Difficult
- Extremely Difficult

6. Would you recommend this activity to a friend or family members? *

- Yes
- No
- Maybe

7. Did you learn everything you wanted from this activity? *

- Yes
- No
- Maybe

8. What else did you expect to learn? *

9. What suggestions do you have for activity improvements? *

10. For which activity are you completing this survey? *

- Tablet Use
- Grocery Tour
- Farmers Market
- Life Story Club
- Karen Washington Seminar
- In-Person Nutrition Classes
- Guided Community Conversations

Tablet Use

Help us understand how you like the tablet!

11. Was the tablet device easy to use? *

- Very Easy
- Somewhat Easy
- Not Easy or Difficult
- Somewhat Difficult
- Very Difficult

12. If you answered "Somewhat Difficult" or "Very Difficult" to the previous question, what made the tablet difficult to use? *

13. How often did you use the table since receiving it in August 2021? (per week) *

- Never (0 days)
- Rarely (1-2 days per week)
- Sometimes (2-3 days per week)
- Often (Almost daily)

14. If you answered "Never" or "Rarely" to the above question, can you provide some reasons that prevented you from using the tablet more often? *

15. If you used the tablet "Rarely", "Sometimes", or "Often", what did you use the tablet for?
 (Check all that apply) *

- Stay in contact with family and friends
- Surf the internet
- Email
- Shopping
- Banking
- Selfhelp Virtual Senior Center
- Doctor's Appointment (In-Person_
- Telehealth Appointment
- Other

16. What was your comfort level with, *

Question	Very Uncomfortable	Somewhat Uncomfortable	Neither Comfortable nor Uncomfortable	Somewhat Comfortable	Very Comfortable
The ease of navigating your tablet?					
Holding/handling the tablet? (Too big, wanted a stand, etc.)					

17. Did the tablet allow you to do any activities that you previously could not do? *

18. What else did you want to learn about your tablet that may have not been taught to you? *

Tablet One-on-One Session

This section asks questions about your participation in and satisfaction with the one-on-one session.

19. Did you have a one-on-one session? *

- Yes
- No

20. If you responded "No" to the above question, why did you not schedule a one-on-one session? *

21. How satisfied were you with the one-on-one session? *

Question	Very dissatisfied	Somewhat dissatisfied	Neutral	Somewhat satisfied	Very satisfied
Statement 1					

Selfhelp Virtual Senior Center (VSC)

This section includes questions about your experience with Selfhelp VSC.

22. Did you use the Selfhelp VSC? *

- Yes
- No

23. If you answered "No" to the above question, can you provide context as to why you did not use the VSC? *

24. If you used the Selfhelp VSC, what features did you use? (Check all that apply) *

- Selfhelp classes (includes all workshops, seminars, etc.)
- Games
- News
- Announcements

25. Was the Selfhelp VSC platform easy to use? *

- Very Easy
- Somewhat Easy
- Not Easy or Difficult
- Somewhat Difficult
- Very Difficult

26. If you answered "Somewhat Difficult" or "Very Difficult" to the above question, what made the platform difficult to use? *

Open-Ended Feedback

This section includes questions about your digital/technology skills goals and whether you have any additional feedback for us.

27. Are there any digital and/or technology skills (i.e. email, taking photos, using Zoom) that you would like to learn? *

28. Do you know how to access a Zoom meeting via messaged link access and/or input of Meeting ID? *

29. Can you provide any advice, suggestions, tips, feedback for the ways that we can structure a computer and technology class for seniors? *

30. How will you use your tablet when the program ends? (i.e. will you seek further technology training, continue to make use of you tablet, keep in touch with family, etc.).*

Grocery Tour

Help us understand your grocery tour experience!

31. How would you rate the following, *

Question	Poor	Fair	Average	Good	Excellent
Location of the grocery store you toured?					
Product variety of the grocery store you toured?					
Ease of walkthrough/ navigation of the grocery store you toured?					

32. Did you find the information shared with you helpful? *

- Very helpful
- Somewhat helpful
- Not helpful

33. Will you apply your new nutrition knowledge to future grocery trips? *

- Yes
- No
- Maybe

34. What information was not covered that you wanted to learn more about on this grocery tour? *

Farmers Market

Help us understand your grocery tour experience!

35. How would you rate the following, *

Question	Poor	Fair	Average	Good	Excellent
Location of the farmers market you toured?					
Product variety of the farmers market you toured?					
Ease of walkthrough/ navigation of the farmers market you toured?					

36. How often would you like to visit the farmers market per month? *

- Never (0 times)
- Rarely (1-2 times)
- Sometimes (2-3 times)
- Often (more than 3 times)

37. What would you like to see more of at farmers markets? *

Life Story Club

Help us understand your Life Story Club experience!

38. Did you have an increase in social connection through the stories shared? *

- Yes
- No
- Somewhat

39. Did you enjoy sharing memories and recipes with the group? *

- Yes
- No
- Somewhat

40. Will you try new recipes from the cookbook that will follow this activity? *

- Yes
- No
- Maybe

Karen Washington Seminar

Help us understand your Seminar experience!

41. Do you want to grow your own vegetables now? *

- Yes
- No
- Maybe

42. What interests, or doesn't interest, you in growing your own vegetables? *

43. How likely are you to participate in maintaining a community garden? *

Statement	Very Unlikely	Somewhat Unlikely	Neutral	Somewhat Likely	Very Likely
Statement 1					

44. What interests, or doesn't interest, you in maintaining a community garden? *

45. Are you interested in future opportunities to learn more about this topic? *

- Yes
- No
- Maybe

In-Person Nutrition Classes

Help us understand your nutrition class experience!

46. Will you be attempting to explore more of East Harlem to expand your access to healthy food items? Please explain why or why not? *

47. Will you apply your new knowledge in future grocery trips, cooking attempts, etc.? *

- Yes
- No
- Maybe

48. What would you like to hear more about in future classes? *

Guided Community Conversations

Help us understand your Community Conversation experience!

49. What about East Harlem did you learn about? *

50. Do you feel you had adequate opportunities to share what you wanted? *

- Yes
- No
- Somewhat

51. Did you relate to what others shared about their perceptions of East Harlem? *

- Yes
- No
- Somewhat

52. What other topics would you like to hear about in future conversations? *

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Microsoft Forms

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Public Health Solutions is seeking input from East Harlem residents so that we can improve our Senior Programs. Please take a few minutes to answer the following questions:

WHAT DO YOU LIKE ABOUT LIVING IN EAST HARLEM?

WHAT IS ONE PROBLEM NEGATIVELY AFFECTING RESIDENTS OF EAST HARLEM?

WHAT IS ONE PROBLEM NEGATIVELY AFFECTING SENIORS IN EAST HARLEM?

WHAT TYPES OF PROGRAMS WOULD HELP FAMILIES OF EAST HARLEM?

WHAT IS YOUR AGE RANGE?

- 60-69
- 70-79
- 80-89
- 90+

Public Health Solutions está buscando aportes de los residentes de East Harlem para que podamos mejorar el programas para personas mayores. Por favor tómese unos minutos para responder a las siguientes preguntas:

¿QUÉ LE GUSTA DE VIVIR EN EAST HARLEM?

¿QUE ES UN PROBLEMA QUE AFECTA NEGATIVAMENTE A RESIDENTES DE EAST HARLEM?

¿QUE ES UN PROBLEMA QUE AFECTA NEGATIVAMENTE A PERSONAS MAYORES EN EAST HARLEM?

¿QUÉ TIPO DE PROGRAMAS AYUDARIAN A RESIDENTES DE EAST HARLEM?

¿CUANTOS AÑOS TIENE USTED?

- 60-69
- 70-79
- 80-89
- 90+

Village Screener

#	Question	Option	Option	Option
1	At which hospital does this client receive healthcare?	Answer drop-down options: Metropolitan Hospital Bellevue Hospital Harlem Hospital Other		
2	Would you be interested in receiving weekly calls from us to chat and see if you have any needs during COVID?	Yes = refer to organization/in-house programming	No = Move to next topic	
3	Would you be interested in a phone-based focus group for recovering COVID patients?	Yes = refer to organization	No = Move to next topic	
4	Are you interested in one-time nutrition education and help getting affordable produce at the East Harlem Health Action Center?	Yes = refer to GrowNYC food boxes	No = Move to next topic	REFERRAL TO FOOD BOXES
5	Would you be interested in going to a free 6-week cooking class?	Yes = refer to cooking class	No = Move to next topic	Referral to nutrition/cooking class
6	Do you have computer and internet access at home?	YES = move to next question (#89)	No = move to next topic (#8)	
7	Would you need support on computer and internet access at home?	YES = refer to free computer /internet pilot	No = move to next topic (#8)	Referral to free computer/internet pilot
8	Are you interested in being contacted for ESL Language Classes?	Yes = refer to organization	No = move to next question	ESL Class Referral
9	Are you interested in being contacted about Arts and Crafts Classes or other social activities?	Yes = refer to organization	No = move to next question	Arts & Craft Referral
10	Are you interested in being contacted about Computer/Technology Classes?	Yes = refer to organization	No = move to next question	Tech Class Referral
11	Are you interested in being contacted about Health Coaching?	Yes = refer to organization	No = move to next question	health coach referral
12	Are you interested in getting stress, anxiety or other mental health resources?	Yes = refer to organization	No = end assessment	

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OPQOL-brief: 老年人生活质量问卷

Your name 名字: _____
Ph#电话: _____
Address 地址: _____
出生日期: _____

We would like to ask you about your quality of life:

我们希望了解一下你的生活质量:

Your quality of life as a whole is:

	Very good	Good	Alright	Bad	Very bad
总体来说, 你觉得你生活质量怎么样?	<u>非常好</u>	<u>好</u>	<u>普通</u>	<u>差</u>	<u>非常差</u>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

OPQOL -Brief

2 Please tick one box in each row. Please select the response that best describes you/your views. There are no right or wrong answers.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
1 <u>你享受你的生活吗?</u>	<u>非常享受</u>	<u>享受</u>	<u>中立</u>	<u>不享受</u>	<u>非常不享受</u>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 <u>你期待你的生活吗?</u>	<u>非常期待</u>	<u>期待</u>	<u>中立</u>	<u>不期待</u>	<u>非常不期待</u>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 <u>你足够健康到处走走吗?</u>	<u>非常健康</u>	<u>健康</u>	<u>中立</u>	<u>不健康</u>	<u>非常不健康</u>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. 你的家人朋友邻居在你需要的时候会帮助你吗？
- 一定会 会 中立 不会 一定不会
5. 你有业余兴趣爱好吗？
- 有很多 有一些 中立 很少 完全没有
6. 你平常会尝试参加不同活动吗？
- 常常 偶尔 中立 很少 完全没有
7. 你足够健康可以很独立生活吗？
- 非常独立 独立 中立 不独立 非常不独立
8. 你平常自娱自乐吗？
- 非常自娱自乐 自娱自乐 中立 不自娱自乐 非常不自娱自乐
9. 住的地方，你觉得安全吗？
- 非常安全 安全 中立 不安全 非常不安全
10. 你在家感觉到快乐吗？
- 非常快乐 快乐 中立 不快乐 非常不快乐
11. 你会随遇而安吗？
- 非常随遇而安 随遇而安 中立 不随遇而安 非常不随遇而安
12. 相比起其他人，你觉得你属于幸运的吗？
- 非常幸运 幸运 中立 不幸运 非常幸运
13. 你的钱足够付账单吗？
- 非常足够 足够 中立 不足够 非常足够

Thank you for your help

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The full OPQOL questionnaire, scoring details, the OPQOL-brief, and other information about the research can be found on:

<https://ilcuk.org.uk/good-neighbours-measuring-quality-of-life-in-old-age/>

OPQOL-brief:

Nombre: _____

Ph#: _____

Dirección: _____

Fecha de Nacimiento: _____

Nos gustaría preguntarle sobre su calidad de vida:

Single item - global QoL:

1. Tomando en cuenta las cosas buenas y cosas malas que afectan su calidad de vida, como clasificaría su calidad de vida?

Your quality of life

as a whole is:

Muy Bien

Bien

Mas o Menos Mala

Muy Mal

OPQOL-Brief

1 Marque una casilla en cada fila. Seleccione la respuesta que mejor describa sus puntos de vista. No hay respuestas correctas o incorrectas.

<u>Totalmente de Acuerdo</u>	<u>En Acuerdo</u>	<u>Ni de Acuerdo o Desacuerdo</u>	<u>En Desacuerdo</u>	<u>Totalmente en Desacuerdo</u>
------------------------------	-------------------	-----------------------------------	----------------------	---------------------------------

1 En general disfruto mi vida

2 Espero con entusiasmo hacer mas cosas

3 Estoy lo suficientemente sano para hacer lo que me plazca

4 Mi familia, amigos, y vecinos me ayudarian si lo necesito

5 Tengo <u>actividades sociales</u> y hobbies que <u>disfruto</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 Me <u>gusta seguir participando en cosas</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 Soy lo <u>suficientemente sano</u> para tener mi <u>independencia</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 <u>Disfruto lo que hago</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 Me <u>siento seguro en donde vivo</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Me <u>agrada mi hogar</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 <u>Tomo la vida como llega y disfruto lo mas que puedo de las cosas</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 Me <u>siento afortunado comparado con otras personas</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 Tengo <u>dinero suficiente para pagar las cuentas del hogar</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Gracias por su ayuda

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The link for actual PDF of the OPQOL-brief is also here:

<https://ilcuk.org.uk/wp-content/uploads/2019/03/OPQOL-brief-questionnaire-and-responses.pdf>

Appendix E: Model for Replication and Programming Sub-Reports for Best Practices

Outline for Supermarket Tours

Goal: To help seniors make healthier food choices within their budget.

- Preparation tips before you shop
 - Plan your meals ahead before you go to the grocery store; check your pantry, refrigerator to see what foods you already have.
 - Make a shopping list and stick to it
 - Avoid impulsive shopping; don't go shopping if you are hungry or in a hurry.
 - Read the store weekly flyer to see what's on sale
- Explore the supermarket layout and design – 10min
 - Start in the produce section which is most often located as you enter the supermarket
 - Acknowledge the best fruits and vegetables to buy according to season
 - Note the reasons to buy a variety of fruits and vegetables
 - Emphasize colors of vegetables and fruits
- In the dairy section – 5min
 - Discuss dairy free alternatives and how to manage lactose intolerance
 - Discuss Calcium and Vitamin D and minerals
 - Look at “sell by” dates,” used by” dates and “best if used by” or “best if used before” dates.
 - Discuss how yogurt can be a healthy snack option
- Focus on healthy eating on a budget - 15min
 - Canned and frozen produce items are a good bargain and easy to prepare
 - Nutritional differences between fresh, frozen and canned fruits and vegetables
 - Canned-food such as canned fish and beans are affordable sources of protein and dietary fiber
 - How to save money when grocery shopping (discuss store brands and no name products vs brand name products)
- Look at expiration dates on food products
- Walk through the aisles
 - Explain how to read the Nutrition Facts labels.
 - Compare the amounts of fiber, protein and healthy fats
 - Discuss % DV of nutrients
 - Discuss what types of ingredients to look for
 - Review the Ingredients lists of items (example cold cereals)
- In the bread aisle -5min

How to identify whole grains (WG) and discuss the health benefits of whole grains

 - Nutrients: WG have 3-5 times the vitamins and minerals found in refined grains
 - Antioxidants
 - Fiber
 - Long-lasting energy in order to feel full longer

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- Reading through the lines of Supermarket Psychology

Aged 60+? Live or travel to East Harlem? Join the East Harlem Village (EHV)

¿Tiene mas de 60 años? ¿Vives o vas a East Harlem? ¡Únete al East Harlem Village (EHV)!

EHV & Senior Center members:

Miembros de EHV & el centro de may ores:

- ✓ Stay connected with **tablets and data services**
*Manténgase connection con **tabletas y servicios de datos***
- ✓ Stay engaged through **food conversations, classes, and more**
Manténgase comprometido a través de conversaciones sobre comida, clases y más
- ✓ Stay healthy with **health bucks, free food pantry delivery, etc.**
Manténgase saludable con "health bucks", entrega gratuita de despensa de alimentos, etc.
- ✓ Stay informed through **workshops and seminars**
Manténgase informado a través de talleres y seminaries
- ✓ Stay supported through **ongoing advocacy and dedication**
Manténgase apoyado a través de la defensa y dedicación continuas
- ✓ **Get vaccinated, get boosted, get tested, and wear a mask!**
¡Vacunarse, aumentarse, hacerse la prueba y usar una mascara!





cbn carter
burden
network
leading the way in aging services

**Public Health Solutions
40 Worth St, 4th Floor
New York NY 10013**

Membership is free! Reach us at

¡La membresía es gratuita! Contactanos en

EHV: (646) 306-1364

CBN Older Adult Centers

*Ubicaciones y sitio web de centros
para personas mayores*

Leonard Covello Senior Program

312 East 109th St. 10029
(212) 423-9665

Lehman Village Senior Center

1641 Madison Ave, 10029
(646) 370-5642
carterburdennetwork.org

Guided Community Conversation

Goal:

1. Centralize individual's knowledge about East Harlem and share it as a community resource
2. Identify service gap in the community

In general, we hope participants to share:

1. What do I know?
2. What would I recommend to my peers in East Harlem?
3. What are the problems?

Proposed format: 15-20 min, Zoom, dial-in, or in-person

Monthly Topics

4/21 Topic 1: Supermarkets, Grocery Stores, farmers market, fresh veggies

Which ones are your go-to and why?

- Prompts- how's the quality of the food? Do they have what you like to buy/eat? How're the prices?

Is it easy for you to get to the supermarkets, grocery stores/farmers market?

- Prompts- Are their hours friendly? Do they have chairs for seniors to rest? Do you prefer they have senior-friendly set up?

Is it easy to ask questions or get help?

5/5 Topic 2: NYCHA Facility

Who do you usually call when there is a facility problem (let the residents share their knowledge)? How is it usually addressed? How confident are you with this process (explain)?

5/19 Topic 3: Neighborhood safety

What are your blocks, which route is the safest, where should be avoided, is there a certain timeframe that's safer?

Who would you call if you have a safety concern? Any community group you'd call if anything happened?

6/2 Topic 4: Social services

Where do you usually go for your social services enrollment like SNAP, health insurance, etc.? What makes that your go-to? (e.g. convenient, always go to them (trusted relationship), family member)

Do you ever have problems with your benefits/services? Anything you need but that is hard to find?

6/16 Topic 5: Financial support

How do you supplement your finances? What program have you tried to supplement your finances? How did you find out about the program? Do you find it easy to access/use? If not, what are the barriers?

Prompts: SNAP? Health Bucks? Senior coupons? Cash assistance? Anything else?

[define/explain what are volunteer activities]

Are you aware of the volunteer opportunities that come with a compensation/stipend in the community?

- If yes, what were those opportunities? Did you participate?
- If there is an opportunity, would you be interested? Why or why not?

Example: focus groups, community ambassador, farm share (fresh food box) distribution support,

What strategies do you use to manage your budget? Any tips and tricks to share? Any experience with financial counseling/workshop?

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Anything you can recommend to your neighbors if they need financial support as well? Anything you wish would exist in the neighborhood that is not currently there?

6/30 Community Health Needs

Guided Community Conversations #6: Community Health Needs

1. In general, how is the overall health of the people of your neighborhood?

En general, ¿cómo es la salud general de las personas de su vecindario?

总的来说，您附近居民的整体健康状况如何？

2. What are your COVID-19 needs?

¿Cuáles son sus necesidades de COVID-19?

您的COVID-19需求是什么？

3. In the last 12 months, was there a time when you needed medical care in-person but did not get it for any reason?

¿En los últimos 12 meses, hubo un momento en que necesitó atención médica en persona pero no la recibió por ningún motivo?

在过去的12个月中，您是否有过曾经需要去医院就医，但是出于某些顾虑没有去的？

If YES, what were the barriers?

En caso que SI, ¿cuáles eran las barreras?

您的顾虑是什么呢？

4. In the last 12 months, was there a time when you needed medical care by video or phone but could not get it for any reason?

¿En los últimos 12 meses, hubo un momento en que necesito atención médica en video o teléfono pero no la recibí por ningún motivo?

在过去的12个月中，您是否有过需要通过视频或电话就医，但因某些原因没有看成的？

5. In the last 12 months, what are some main reasons that impact your health?

¿En los últimos 12 meses, cuáles son algunas de los principales factores que afectan su salud?

在过去的12个月中，影响您健康的主要原因是什么？

6. Are you finding healthcare information in your language?

¿Estas encontrando información de atención salud en su idioma?

你们能找到用中文写的医疗信息吗？

Is it only provided in English?

¿Es no más en inglés?

只提供英文吗？

☐ What do you do if the information is not provided in your language?

¿Que haces cuando no tienen información en su idioma?

如果信息没有以您的语言提供，您会怎么做？

7. What would you like to see provided by hospitals in East Harlem?

¿Que te gustaria ver proporcionado por los hospitales en East Harlem?

您希望东哈莱姆区的医院提供什么？

8. Based on the below list of health conditions and services, we will ask the group the following questions.

How important is _____ to you? ¿Que tan importante es _____ para usted?

¿Que tan satisfecho estas con los servicios actuales en su vecindario?

接下来小梁会提到一些健康问题,希望你可以告诉我们,你觉得这个健康问题对你而言重不重要,你对于社区里提供的相关服务满不满意

Probing question:

☐ **If less satisfied, what are the issues?**

- | | |
|---|--|
| 1) Adolescent and child health | 12) HIV/AIDS (Acquired Immune Deficiency Syndrome) |
| 2) Arthritis/disease of the joints | 13) Infant health |
| 3) Asthma/breathing problems or lung disease | 14) Mental health/depression |
| 4) Cancer | 15) Obesity in children and adults |
| 5) Cigarette smoking/tobacco use/vaping/e-cigarettes/hookah | 16) Sexually Transmitted Infections (STIs) |
| 6) COVID-19 | 17) Stopping falls among elderly |
| 7) Dental care | 18) Substance use disorder/drug addiction (including alcohol use disorder) |
| 8) Diabetes/elevated sugar in the blood | 19) Violence (including gun violence) |
| 9) Heart disease | 20) Women's and maternal health care |
| 10) Hepatitis C/liver disease | |
| 11) High blood pressure | |

1) 青少年和儿童健康

2) 关节炎/关节疾病

3) 哮喘/呼吸问题或肺部疾病

4) 癌症

5) 吸烟/烟草使用/电子烟/电子烟/水烟

6) COVID-19

7) 牙科护理

8) 糖尿病/血液中的糖分升高

9) 心脏病

10) 丙型肝炎/肝病

11) 高血压

12) HIV/AIDS (获得性免疫缺陷综合症)

13) 婴儿健康

14) 心理健康/抑郁

15) 儿童和成人肥胖

16) 性传播感染 (STI)

17) 防止老年人跌倒

18) 物质使用障碍/药物成瘾 (包括酒精使用障碍)

19) 暴力 (包括枪支暴力)

20) 妇女和孕产妇保健

1) Salud del adolescente y del niño

2) Artritis/enfermedad de las articulaciones

3) Asma/problemas respiratorios o enfermedad pulmonar

4) Cáncer

5) Fumar cigarrillos/uso de tabaco/vapeo/cigarrillos electrónicos/cachimba

6) COVID-19

7) Cuidado dental

8) Diabetes/azúcar elevado en la sangre

9) Enfermedad del corazón

10) Hepatitis C/enfermedad hepática

11) Presión arterial alta

12) VIH/SIDA (Síndrome de Inmunodeficiencia Adquirida)

13) Salud infantil

14) Salud mental/depresión

15) Obesidad en niños y adultos

16) Infecciones de transmisión sexual (ITS)

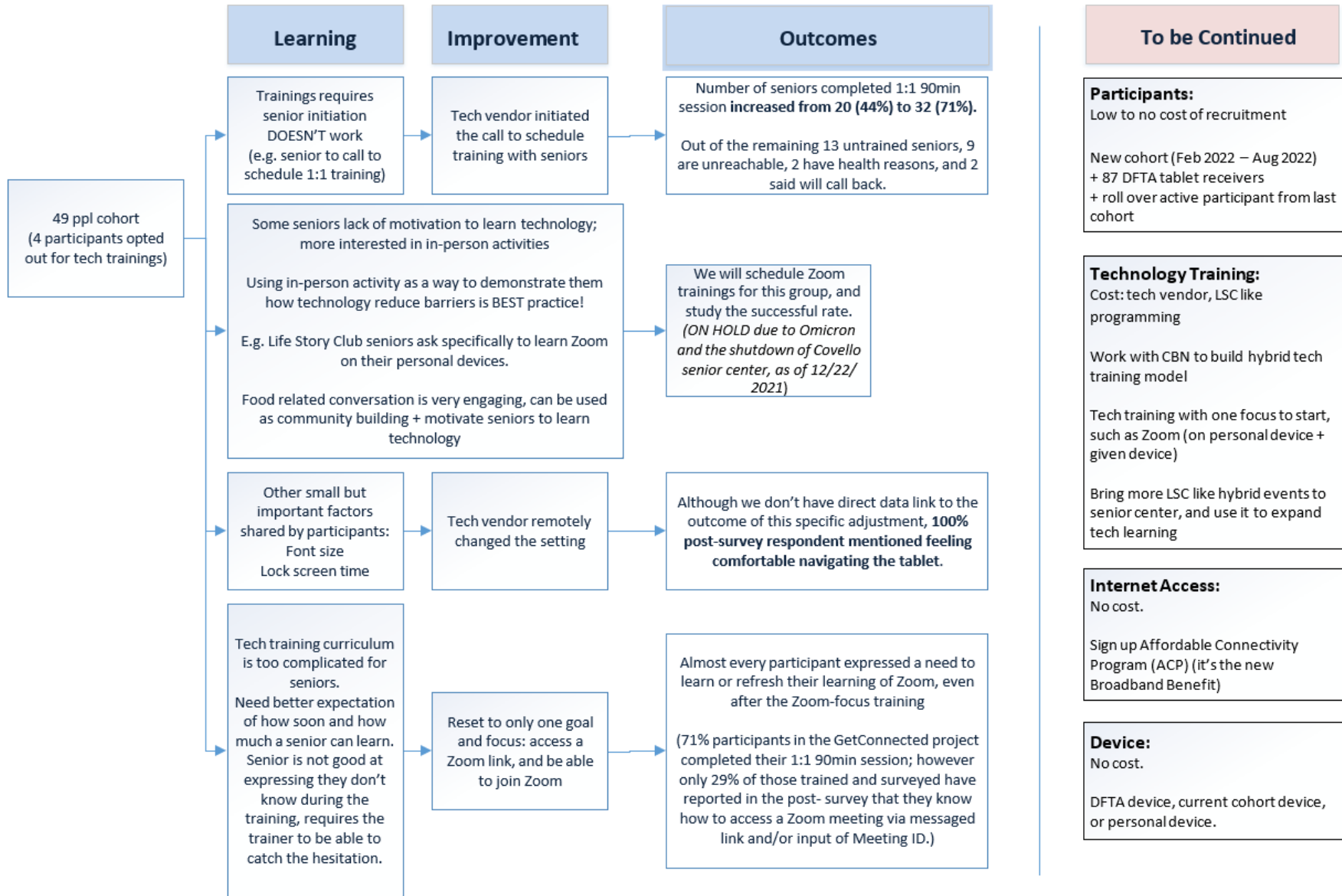
17) Detener las caídas en los ancianos

18) Trastorno por consumo de sustancias/adicción a las drogas (incluido el trastorno por consumo de alcohol)

19) Violencia (incluida la violencia armada)

20) Atención de la salud materna y de la mujer

GetConnected Tablet Pilot Analysis



Appendix F: Quality of Life and Food Insecurity Changes Data

Appendix F. Quality of Life and Food Insecurity changes data

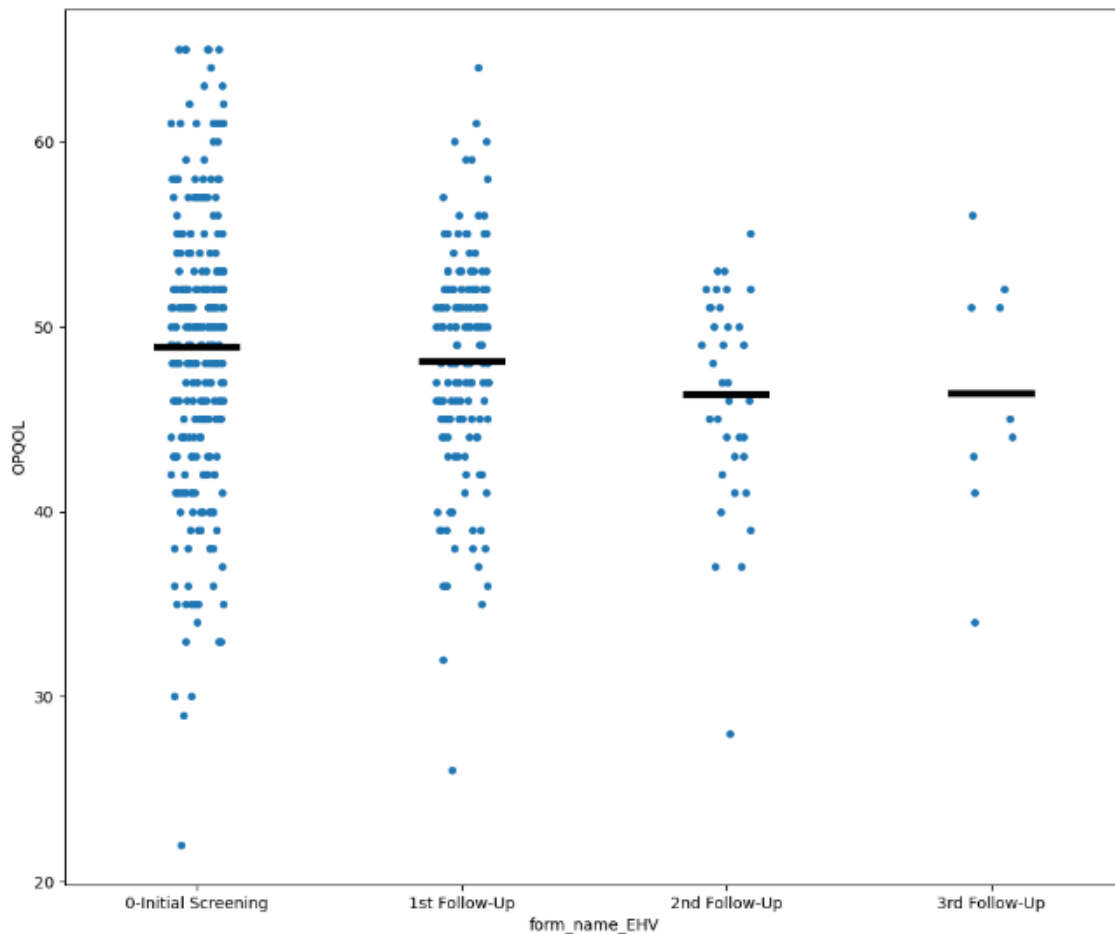
Main Results

OPQOL

To examine trends in food security in EHV, we looked at the distribution of OPQOL scores within each session. The jitter plot plots every single score per session, with the dark horizontal line marking the average score of each session. **Chart a** is a plot looking at all participants. Given the drop-off over time and low sample for the 3rd Follow-Up, we also looked at the OPQOL distribution for only participants we were able to screen for the initial, 1st, and 2nd Follow-ups (**Chart b**). The means between sessions for all participants and for the retained participants were not statistically different.

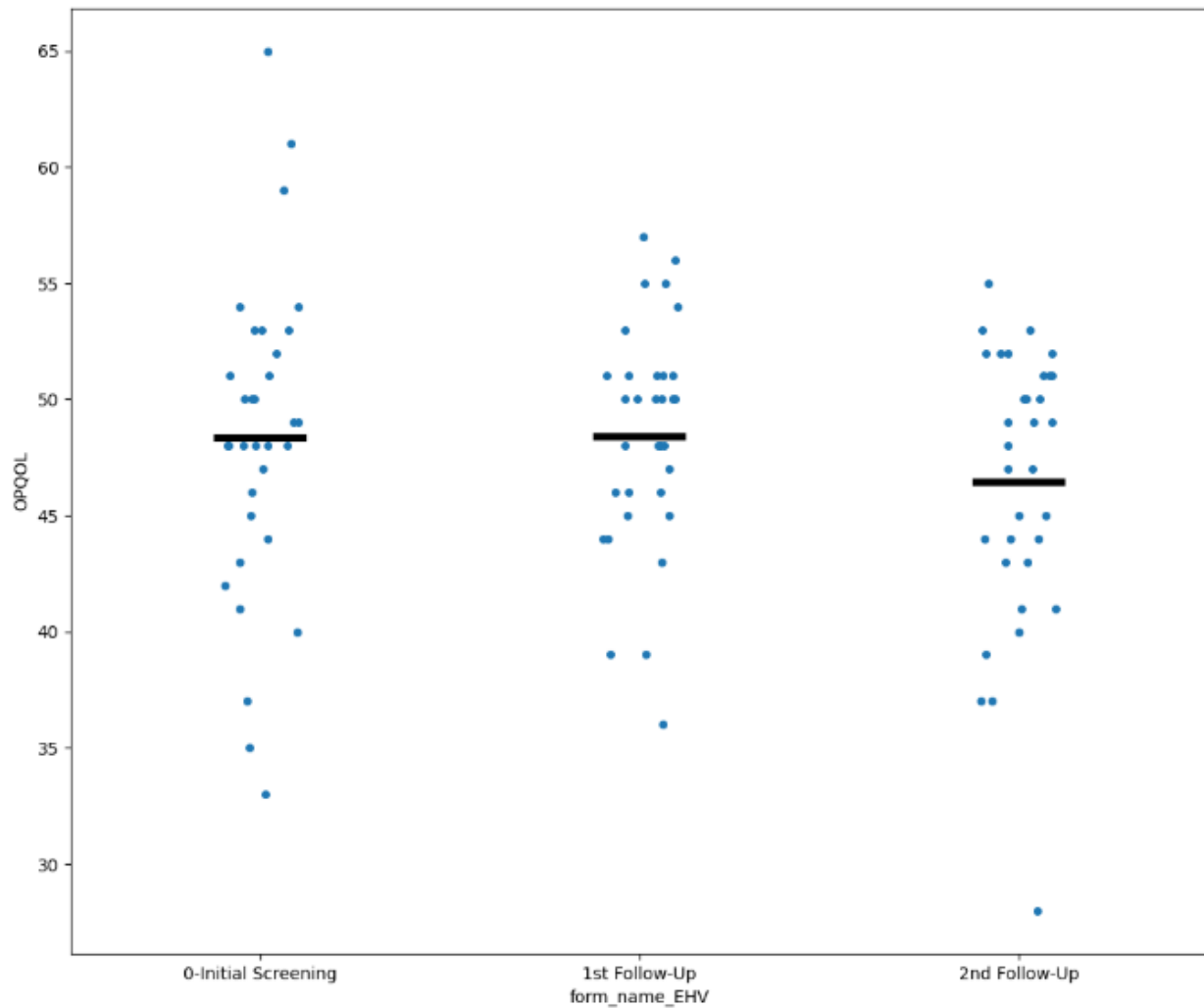
a. Jitter plot of OPQOL over sessions for all participants (n=281)

- Comparing means of each session: Anova PR(>F) = 0.063654



b. Jitter plot of OPQOL over sessions for the participants we were able to screen for Initial, 1st, and 2nd FUs (n=33)

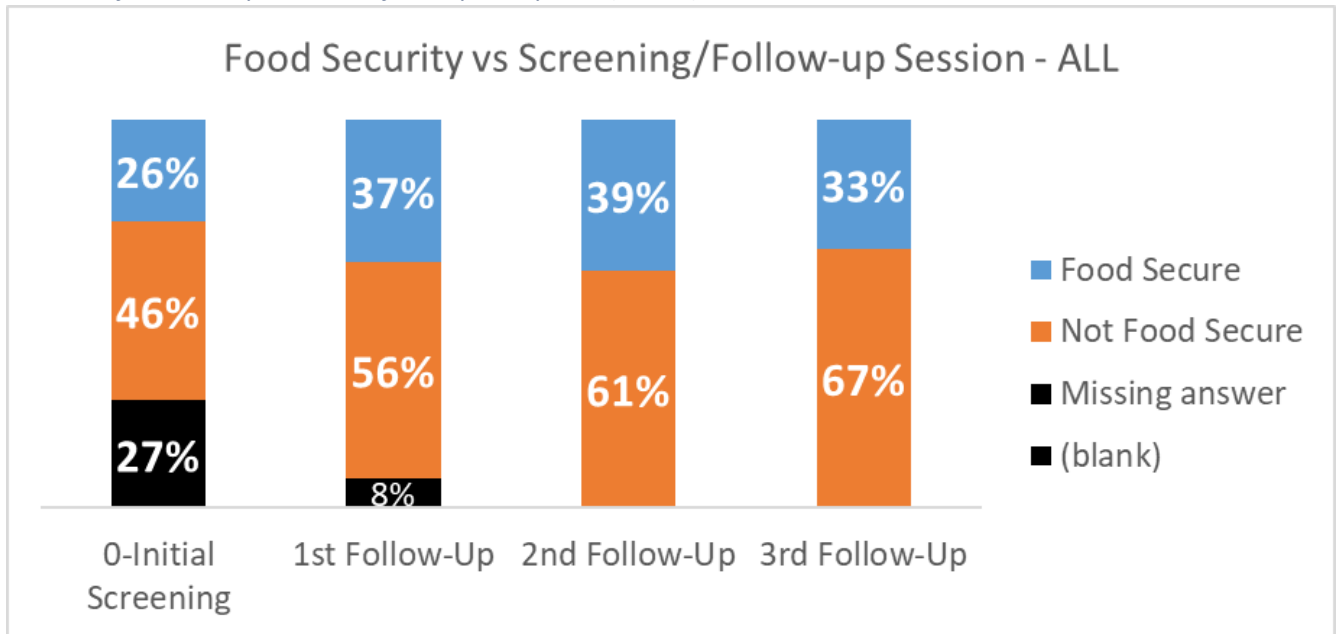
- Comparing means of each session: ANOVA between three p-value = 0.31



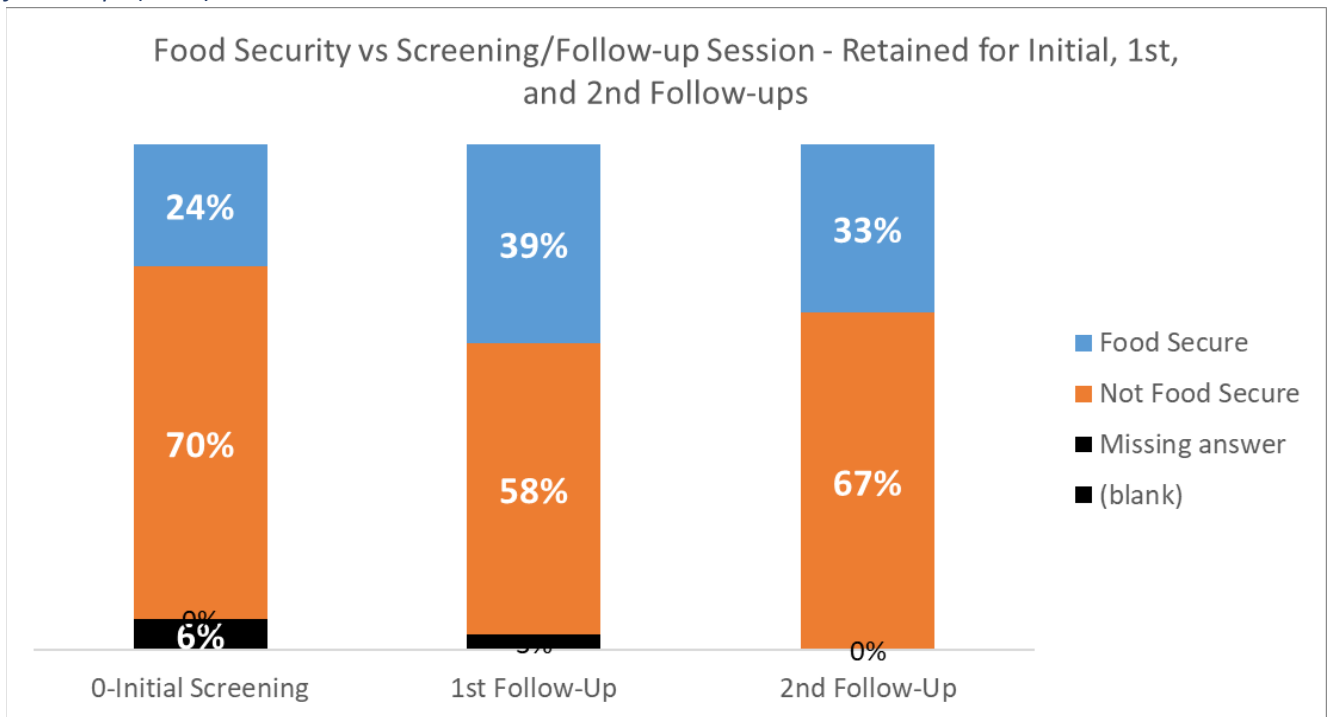
Food Security Status

To examine trends in food security in EHV, we looked at the percentage of participants who identified as food secure and not food secure over each session. **Chart c** includes all participants, where **chart d** is limited to only participants we were able to screen for all three initial, 1st, and 2nd follow-ups.

c. Chart of FS status per session for all participants (n=281)



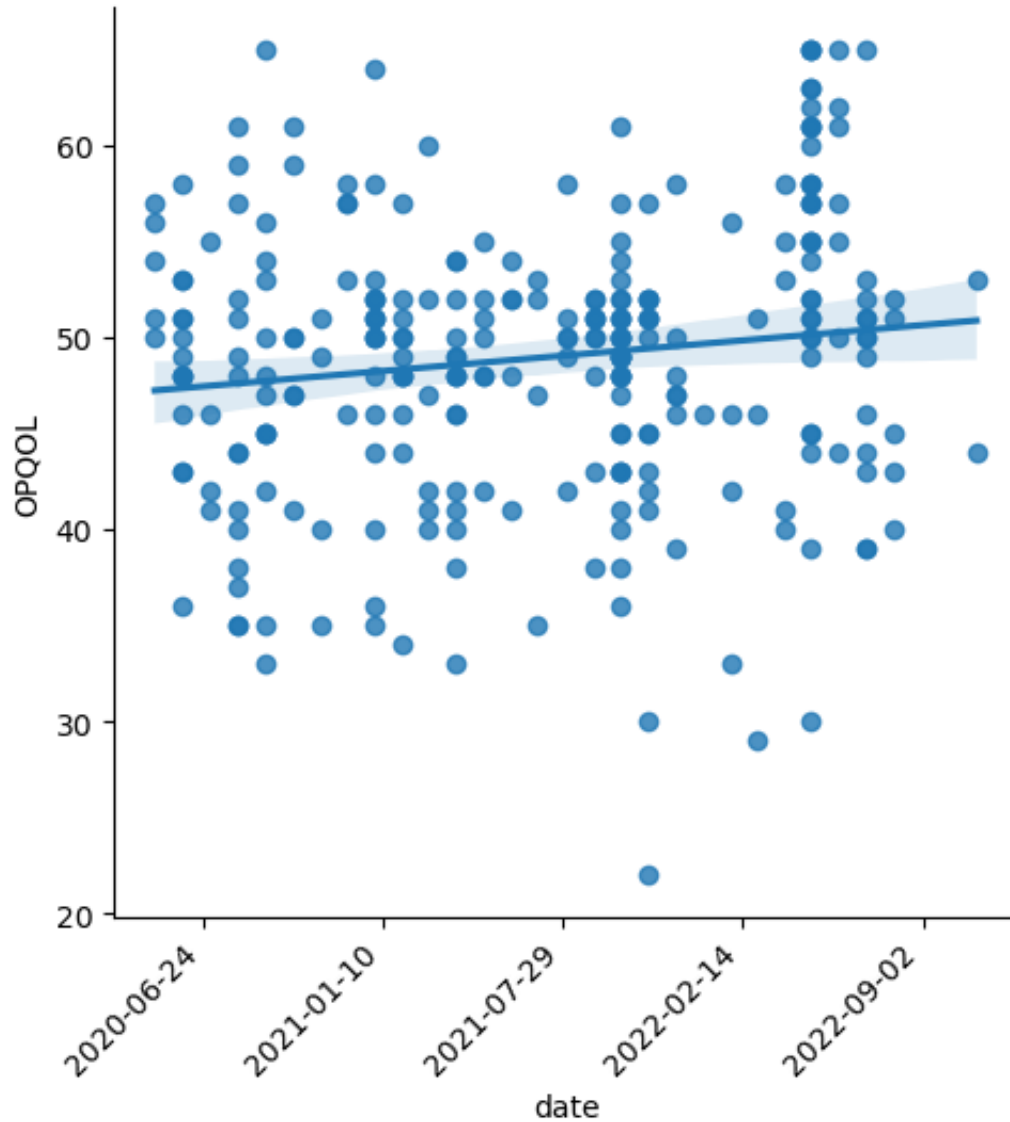
d. Chart of FS status over sessions for participants we were able to screen for all three initial, 1st, and 2nd follow-ups (n=33)



OPQOL over time

We also looked at the distribution of OPQOL scores over the assessment completion date, to see how the initial assessments OPQOL scores changed over the course of years EHV was active (**chart E**). Though there is a slight trend upward in the mean score over time, the trend is not statistically significant.

e. Scatter plot of Initial Assessment OPQOL over time for all participants (n=281)



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