

# How Can I Get Healthier Food in my Neighborhood?

## Adopt a Bodega

Talk to your neighborhood bodega owner about offering fresh fruits and vegetables and healthier snacks like low-fat milk, 100% juice, water, baked chips, pretzels, and low-fat yogurt.

## Grow Your Own Food.

You can grow plants that produce food even in a small space. Consider using EarthBoxes to grow your own vegetables. You can find out more at [www.earthbox.com](http://www.earthbox.com).

You can even purchase starter plants and seeds with EBT/food stamps at any location that sells seeds and accepts EBT.

## Join or start a Community Garden.

Community gardens can be used by anyone. The South Bronx is home to 185 of them. To find one near you, call 212-788-8070 or visit [www.greenthumbnyc.org](http://www.greenthumbnyc.org).

In addition, the New York Botanical Garden's "Bronx Green-Up" program offers workshops on community gardening throughout the year. For more information call 718-817-8038 or visit [www.nybg.org/green\\_up](http://www.nybg.org/green_up).



Bronx Health REACH works with faith based organizations on nutrition, fitness and eliminating health disparities. For more information contact Carlos Devia at 212-633-0800 ext 1338.



**END**  
**Health Disparity**  
**NOW**

# Eating Healthy In Our Neighborhoods



Eating fruits and vegetables can help prevent diabetes, obesity, heart disease, high blood pressure and other illnesses. It can be hard to find affordable, high quality fruits and vegetables in many neighborhoods.

Fortunately, more places to get fresh fruits and vegetables are sprouting up in the Bronx and Northern Manhattan.

Turn the page to learn more.

*Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." (Genesis 1:29)*

## Visit your local Farmers Market

**What is it?** Groups of farmers sell fruits and vegetables at weekly outdoor markets.

**What will I get?** You choose what and how much to buy. Choices depend on what's growing that week.

**How do I pay?** You can pay by cash but many farmer's markets accept EBT/food stamps and some even accept credit cards. You may even receive coupons to buy more fruits and vegetable when you use EBT/food stamps.

### Where do I find one?

There are 24 farmer's markets in the Bronx. To find one near you, call 311, or visit <http://harvesthomefm.org> or [www.grownyc.org/ourmarkets](http://www.grownyc.org/ourmarkets).

## Shop at a Green Cart

**What is it?** Street vendors that sell fruits and vegetables in neighborhoods that have few food stores.



**What will I get?** You choose what and how much to buy. Choices may include tropical fruits (like mangoes) that are grown in other states and countries.

**How do I pay?** In addition to cash many green carts accept EBT/food stamps.

**Where do I find one?** There are 300 Green Carts in the Bronx. To find one near you, call 311 or visit [www.nyc.gov/greencarts](http://www.nyc.gov/greencarts).

## Join a CSA or Farm Share Program

**What is it?** A farm share is a partnership between a group of community members and a farmer. Community members agree to buy fruits and vegetable from the farmer during a growing season. The farmer makes deliveries to a location in the community each week. Farm shares are also called *Community Supported Agriculture*, or CSAs.

**What will I get?** Once a week, you receive a box or bag with fruits and vegetables fresh and in season from the farm. You may also receive recipes.

**How do I pay?** Each week you pay a set price. Many CSAs accept EBT/ food stamps. Some CSAs set prices based on your income.

### Where do I find one?

- The Bronx CSA delivers to Grand Concourse Seventh Day Adventist Temple (Grand Concourse and 169th). Visit [bronxcsa.wordpress.com](http://bronxcsa.wordpress.com) or call 212-825-0028 x205.
- The South Bronx CSA delivers to Friends of Brook Park (Brook Ave and 140<sup>th</sup>). Visit [www.southbronxcsa.org](http://www.southbronxcsa.org) or call 347-331-0096.
- Corbin Hill Rd Farm delivers to several places in the South Bronx and Northern Manhattan. [www.corbinhillfarm.com](http://www.corbinhillfarm.com)
- To find other CSAs in New York City, visit [www.justfood.org/csalloc/](http://www.justfood.org/csalloc/) or call 212-645-9880 x233.