

NYC Farmers Market Season Has Arrived!



Enjoy the delicious produce our region has to offer.

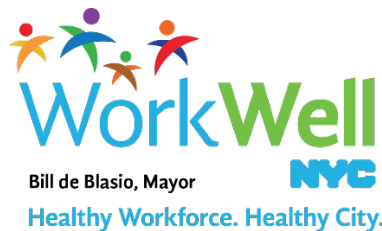
Visit a farmers market near you to fuel up on fruits and vegetables, participate in a healthy cooking workshop or try a sample of an easy, seasonal recipe.

Did you know that eating fruits and vegetables every day can lower your risk of heart disease, obesity, diabetes and some cancers?¹ Fruits and vegetables keep us healthy because they:

- Contain plenty of fiber
- Are naturally low in sodium
- Are important sources of many vitamins and minerals

NYC farmers markets are a fun outdoor venue for purchasing delicious, fresh, seasonal produce.

- **Text** "SoGood" to 877877 or use this [map](#) to find a farmers market near you.
- **Participate** in the Health Department's public cooking demonstrations from July through November. Attendees will receive a \$2 Health Bucks coupon to spend on fruits and vegetables at the market! Look for the carrot icon on this [map](#) to find locations with cooking demonstrations.
- **Use** the Health Department's [recipes](#) to prepare an easy and inexpensive healthy dish.
- **Stay Hydrated!** Water is healthy and has zero calories. **Find** pop-up water fountains in NYC by visiting [nyc.gov](#) or downloading the free NYC Water app, available [here](#). NYC tap water tastes great and best of all, it is free!



www.nyc.gov/workwellnyc | workwell@olr.nyc.gov

¹ [NYC DOHMH Guide to Healthy Eating and Active Living in NYC.](#)