**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]](#footnote-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](http://www1.nyc.gov/assets/doh/downloads/pdf/cdp/farmers-market-map.pdf) 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](http://www1.nyc.gov/assets/doh/downloads/pdf/cdp/farmers-market-map.pdf) to find locations with cooking demonstrations.
	+ **Use** the Health Department’s [recipes](https://www1.nyc.gov/assets/doh/downloads/pdf/cdp/stellar-farmers-markets-recipes.pdf) 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](http://www.nyc.gov/html/dep/html/drinking_water/wotg.shtml) or downloading the free NYC Water app, available [here](https://itunes.apple.com/us/app/wateronthego.nyc/id450161933?ls=1&mt=8). NYC tap water tastes great and best of all, it is free!



[www.nyc.gov/workwellnyc](http://www.nyc.gov/workwellnyc) | workwell@olr.nyc.gov

1. [NYC DOHMH Guide to Healthy Eating and Active Living in NYC.](http://www1.nyc.gov/assets/doh/downloads/pdf/cdp/healthy-eating-active-living-guide.pdf) [↑](#footnote-ref-1)