

WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

August 2018



Farmer's Market Week

August 5-11, 2018

USDA's Local Food Directories help you locate farmers markets, on-farm markets, CSAs, and food hubs.

- [Farmers Markets](#)
- [On-farm Markets](#)
- [CSAs](#)
- [Food Hubs](#)

Visit <https://www.ams.usda.gov/services/local-regional/food-directories> for more information!

Farmers Market Coalition

Why Farmers Markets?

Year	Number of Markets
1996	2,410
2002	2,863
2006	3,706
2010	6,132
2014	8,238
2017	8,735

Stimulate Local Economies

Growers selling locally create **13 full time jobs** per \$1 million in revenue earned. Those not selling locally create 3.

Locally-owned retailers, such as farmers markets, **return more than three times as much of their sales to the local economy** compared to chain competitors.

Chain	local \$
Locally-owned	

Preserve Farmland & Rural Livelihoods

The U.S. loses an acre of farmland a minute to development.

The **7** Seattle farmers markets hosted by the Neighborhood Farmers Market Alliance support **9,491 acres of farmland in diversified production.**

25% of vendors derive their sole source of income from the market.

Increase Access to Fresh Food

\$22.4 million in SNAP benefits (food stamps) were spent at farmers markets in 2017. That's fresh food for low-income Americans and increased revenue for local farmers.

60% of farmers market shoppers in low-income neighborhoods say that **their market had better prices than the grocery store.**

Markets bring fresh food to the neighborhoods that need it most.

Support Healthy Communities

People who shop at farmers markets have **15-20 social interactions per visit.**

They would have only **1-2 per visit** to the grocery store.

Proximity to farmers markets is associated with lower body mass index.

RECIPE OF THE MONTH

On-the-Go Egg Cups

Source: www.superhealthykids.com



Make these grab-and-go breakfasts ahead of time! Store extras in an air tight container in the refrigerator for 1 week or freezer for 1 month. Microwave thawed cups for 45-60 seconds.

Prep: 10 minutes
Cook: 20-25 minutes
Makes: 12 servings

Ingredients:

- 1 – cooking spray
- 6 large – egg
- 1/4 cup – milk
- 1/8 teaspoon – salt
- 1/8 teaspoon – black pepper, ground
- 1 medium – bell pepper, red
- 3/4 cup – spinach
- 1/4 cup – cheddar cheese, shredded

Directions:

1. Spray a muffin tin with cooking spray. Preheat oven to 375°F.
2. Whisk the eggs and milk together in a bowl. Season with salt and pepper.
3. Dice the bell pepper into small pieces. Stack the spinach leaves, roll, and slice thin.
4. Add the peppers, spinach, and shredded cheddar to the egg mixture.
5. Fill muffin cups 3/4 full and bake for 20-25 minutes until centers are set and no longer runny.
6. Allow to cool slightly before serving.

Make Meal Time Family Time

Plan, prep & eat together!



Plan your meals

Avoid stress at mealtime by planning a weekly menu and posting it in a location for everyone to see, like a chalkboard in the kitchen.



Prep ahead

Have ingredients for the week ready. After you shop, cut vegetables and measure ingredients in advance for easier meals.



Make mealtime a priority

Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



Think beyond dinner

If evenings are too hectic at your house, consider other meals for family time such as a weekend brunch or even afternoon snack time.



Keep meals fun and focused

Keep the family table a media- and stress-free zone. Use your valuable family time to "unplug," interact, and focus on each other.

From www.ChooseMyPlate.gov



Back to School is a new start!

Much like New Year's Day, your first day back to school represents a new start. Perhaps, this is the perfect time for you to consider creating new physical activity habits to enhance your health.

Whether you are a beginning exerciser who needs help getting started or someone who wants to add some spice to your fitness routine, the American Council on Exercise (ACE) Exercise Library offers a variety of movements to choose from. Browse through total-body exercises or movements that target more specific areas of the body. Each comes with a detailed description and photos to help ensure proper form. You can choose from three levels (Beginner, Intermediate and Advanced), by body part and by equipment. Be sure to include resistance, flexibility and cardio in your workouts. Get started today! Here's a sneak peek ----->

Visit <https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/> to view the whole library!



Cat-Cow


BODY PART:
Back, Chest

EQUIPMENT:
No Equipment

DIFFICULTY:

Beginner

[VIEW DETAILS >](#)



Bent Knee Push-up

BODY PART:
Arms, Chest, Shoulders

EQUIPMENT:
No Equipment

DIFFICULTY:

Beginner

[VIEW DETAILS >](#)

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