



## Bureau of Community Services/Nutrition Announcement

August 26, 2024

### **GrowNYC Nutrition Education Memo- Updated**

Dear OAC Community Partner,

On November 16<sup>th</sup> 2023, NYC Aging sent out a memo letting you know that GrowNYC's "Let's Talk and Eat Vegetables" quarterly in-person series counts as a nutrition education session. GrowNYC has now expanded their offerings which have been approved as nutrition education sessions. You can view a full list of the sessions in the accompanying handout.

For more information on "Let's Talk and Eat Vegetables," please contact Susie Spodek at [sspodek@grownyc.org](mailto:sspodek@grownyc.org). You may also visit <http://www.grownyc.org/greenmarket/seniors>.

Thank you,  
Bureau of Community Services



# ADULT EDUCATION

## Let's Talk and Eat Vegetables - Presentation Topics

Select the presentation that works best for you and your audience.

Presentations are given on-site at your Older Adult Center. All presentations review benefits that can be used at NYC farmers markets (e.g. SNAP/EBT, Health Bucks, Farmers Market Nutrition Program coupons), information about what is currently in season at local Greenmarkets and Farmstands, and fun facts about local produce.

Handouts and food tastings are offered at each presentation. These topics can be presented to any group at any time of the year. Presentations are 45-60 minutes in length.

Reach out to the presenter, Susie Spodek, if you have questions or would like assistance selecting the ideal topic for your group.

### **Presentation Options - Materials Developed by GrowNYC**

- Sugar
- Salt/Sodium
- Fiber
- Healthier Eating for a Healthier Heart

### **Presentation Options - Materials Developed by NYC Health**

- Beans
- Cut the Salt!
- Fiber: Are You Eating Enough?
- Fruits and Vegetables at the Farmers Market
- Healthy Beverages
- Healthy Portion Sizes
- Just Say Yes to MyPlate
- Planning MyPlate Meals
- Reading Food Labels
- Reduce Food Waste
- Storing Fruits and Vegetables

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**Presenter:** Susie Spodek, Adult Education Coordinator. [sspodek@grownyc.org](mailto:sspodek@grownyc.org)



# ADULT EDUCATION

## Presentation Options - Materials Developed by NYC Health

- A Well-Stocked Kitchen
- Be Food Safe
- Benefits of Beans
- Benefits of Eating Fiber
- Buying in Season
- Cook at Home to Cut the Salt
- Easy Ways to Freeze Produce
- Eat the Rainbow
- Every Sip Adds Up
- Fiber-Rich Food
- Healthy Beverages
- Leafy Greens
- Make Half Your Plate Fruits and Vegetables
- Meal Makeover
- Meal Planning
- Money Saving Tips
- MyPlate for Healthy Eating
- MyPlate Menu
- Plant Proteins
- Understanding Hunger and Fullness Signs
- Reading Nutrition Facts Labels
- Reading Ingredients Lists
- Reduce Food Waste
- Season with Herbs and Spices (and More!)
- Where is it Stored?

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**Presenter:** Susie Spodek, Adult Education Coordinator. [sspodek@grownyc.org](mailto:sspodek@grownyc.org)