

BUY FRESH BUY LOCAL

JERSEY CITY

Find & Enjoy
**LOCAL
FOODS**
In A Neighborhood
Near You!

Farmers Markets

**EAT
FRESH**

Van Vorst Park - April 25th through December 19th - Saturdays 8am - 3:30pm
Jersey Avenue @ Montgomery Street

Paulus Hook Farm Stand - May 2nd through Dec. 19th - Saturdays 11am-4pm
Washington Street South of Essex Street in Paulus Hook

Riverview Park - May 3rd through Nov. 22nd - Sundays 10am - 3pm
Palisade Avenue between Bowers Street & Griffith Street

Historic Downtown SID - May 4th through Dec. 21st - Mondays & Thursdays 4pm - 8pm
Grove Street PATH Plaza

Hamilton Park - May 6th through December 9th - Wednesdays 3pm - 7pm
8th Street Between McWilliams Place & W. Hamilton

RTNA / NJCU - May 13th through October 25th - Wednesdays 1pm - 7pm
Culver Avenue near New Jersey City University John J. Moore Athletics Center

Journal Square - June 17th through Dec. 23rd - Wednesdays & Fridays 7am - 8pm
Journal Square Fountain near Journal Square PATH Plaza

Lincoln Park - June 21st through Nov. 1st - Sundays 9am - 2pm
Inside Park Near Fountain - Enter at Westside Avenue & Belmont Avenue

Leonard Gordon Farm Stand - June 27th through November 28th - Saturdays 8am - 2:30pm
Corner of John F. Kennedy Boulevard & Manhattan Avenue

Friends of Arlington Park - July 11th through Nov. 21st - Saturdays 9am - 2pm
Arlington Park at Ocean & Arlington Avenues

#HealthierJC



PRESENTED BY: MAYOR STEVEN M. FULOP, THE JERSEY CITY MUNICIPAL COUNCIL
AND THE DEPARTMENT OF HEALTH & HUMAN SERVICES



For more information, call (201) 547-6800
or visit jerseycitynj.gov



City of Jersey City Official Government Page



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10 tips

Nutrition Education Series

add more vegetables to your day



10 tips to help you eat more vegetables

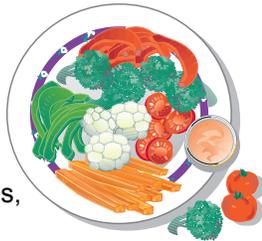
It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.