A Brooklyn Guide to Healthy Eating

Presented by
Brooklyn Borough President Eric L. Adams

2018
Mediterranean Plate

Shopping List:
• Chickpeas
• Garlic
• Olive oil
• Lemon
• Carrot sticks
• Pita bread

Supplies:
• Food processor

Make your own hummus for a terrific source of protein. Combine chickpeas, garlic, olive oil, and lemon in a food processor. Pack with carrot sticks and pita bread cut in shapes for a delicious lunch.

Visit fideliscare.org/lunchology for more recipes.
I want Brooklynites to know that being diagnosed with diabetes, whether it is Type 1 or Type 2, is not a death sentence. Like me (I was diagnosed with Type 2), you too can choose a healthier lifestyle to combat the disease. I have taken steps to correct some of the factors that caused my own condition, and I want others to do the same.

You can possibly reverse hypertension, some forms of heart disorders, and many other adverse health conditions if you learn to make healthier eating choices and begin the practice of putting the correct foods into your body.

According to experts, although the diabetic trait can be handed down from our parents, the reality is that diabetes is a dietary disease. We cannot simply take a pill and think that our diabetes will disappear. Research has shown that far too often, the treatments start out with pills, but before you know it, pills give way to insulin injections, and insulin injections are often the gateway to amputations, dialysis, and eventually death. In fact, in 2015, the American Diabetes Association listed diabetes as the seventh-leading cause of death in the United States. So, if we want to get diabetes under control, as a start, we must get our diets under control. I decided to take control of what foods I allowed inside my body.
By doing so, I learned that one of the most important roles in my overcoming diabetes was the one I, as a patient, played myself. Immediately, I began reading everything I could get my hands on that examined treatments and even cases of reversing the disease. After doing all this research, I decided that a major lifestyle change for me was in order. You’ll notice that I did not say “go on a diet,” because I made the decision that I would instead change how I was living.

I stopped eating processed foods and sugar and began following a plant-based diet. I started making my own cereal and bread using chia, flax, and hemp seeds, with a measured amount of fruit.

I learned about “glycemic index” (GI) and “glycemic load” (GL), and I began to understand how different types of vegetables and fruits can impact my blood sugar levels.

After three weeks, I noticed a dramatic change in my health. My vision, which had previously begun to become impaired, cleared up, and my blood sugar levels became stable. My doctor took me off one of my medications, as we continued to work toward my being removed from taking another low dose of Metformin (marketed under the tradenames Glucophage, Glumetza, Riomet, and Fortamet) and often the first-line medication for the treatment of Type 2 diabetes.

Now, more than two years since my diagnosis, I have never felt better and more in control of my health and life. I am making healthier choices in my food selections, no longer eating “food-like” products such as fast food, artificial ingredients, refined sweeteners, cakes, and processed foods that I used to consume in the past. A helpful documentary that motivated me was “Forks Over Knives”, a 2011 film that deserves a viewing by everyone, as well as the 2017 documentary film What The Health. The book “How Not to Die”, written by Michael Greger, MD, was another instrumental tool that I used in my journey to living a healthier life.

New York State Department of Health statistics for 2016 reveal that more than 29 million Americans are living with diabetes, and 86 million are pre-diabetic, which increases a person’s risk for Type 2 diabetes and other chronic diseases. It is my goal to show Brooklynites how they too can take control of their wellness. It is my mission to show you how foods can be your medicine and put you on the path to a healthier lifestyle.

My goal is to coordinate a boroughwide health campaign by partnering with health care institutions, community-based organizations, and primary care networks to educate Brooklynites about diabetes. In particular, I am excited to host many community events at Brooklyn Borough Hall since I started my own journey to inspire others to do the same for their health and wellbeing. I am proud to host Plant-Based Vegan Meetups every three months, bringing together people to discuss plant-based/vegan nutrition and programming. I am also excited about our Healthy Cooking Workshops, which provide attendees with ideas on how to cook delicious and affordable plant-based/vegan meals, new recipes, and a forum to meet others interested in healthy cooking. I hope to see you at one of our upcoming events soon, and I will continue to provide information and resources that can put you on the path to a happier and healthier YOU!
SWEET POTATOES LOADED WITH LENTIL SOUP

Recipe by Eric L. Adams

INGREDIENTS

- 3 medium sweet potatoes (any kind: garnett, purple, Japanese, Hawaiian, etc)
- 1 cup green or brown lentils, rinsed (dry)
- 1 large red onion
- 3 stalks celery
- 2 large carrots
- 4-6 cloves garlic
- 1 cup mushrooms, sliced
- 1 cup cherry tomatoes, sliced
- ¼ cup fresh rosemary
- ¼ cup fresh thyme
- 2-3 cups swiss chard, chopped
- 1 lemon, juiced

DIRECTIONS

Preheat oven to 350 degrees. Poke sweet potatoes and bake for 1 hour or until soft.

In a pot, combine lentils, onion, celery, carrots, and garlic with 4 cups water. Bring to a boil then simmer for approx. 30 minutes.

Add mushrooms, tomatoes, and spices, and simmer another 7-10 minutes.

Check to be sure that lentils are soft. Remove from heat. Stir in swiss chard and lemon juice.

Slice open sweet potato and spoon lentil stew into crevice.
**Bed Bath & Beyond:** Valid in store only. Copies not accepted. Limit one coupon, Savings Certificate, special offer or discount per item, cannot be combined with a price match. Coupon valid for one use only; electronic copies of physical coupons are treated as one coupon. Any return of purchase will reduce your savings proportionately. The costs of shipping or delivery, taxes or gift cards are not counted toward any minimum purchase required, and coupon cannot be applied to such items. Not valid for wholesale purchases or home and furniture installation services. Company reserves the right to limit quantities. Valid only in the U.S. Offer excludes the following: A Pea in the Pod®, Amazon, Arlo, August Home, Austin®, Baby Jogger®, Baby Tubs, Babyletto®), Baby's Dream Furniture, BABYZEN™, BEABA®, Breville®, BRITAX®, Bugaboo, Canopy, Clek®, Circle with Disney®, Consavvy®®, CYBEX®, Davinci®®, Demeyere®®, DKNY®, DockATot®, Doona®, Disney®, Elite®, Franklin & Ben®, Fuji, Global Couture, Google®, HALO®, Bassinest®, HALO® Snoo®, Pad™, M.P. Schofield, Jumii, Joie, Juju, Keen, Kenneth Cole, Le Creuset®, Luma, Medela, Magnolia Home, Michael Aram, Michel®, Million Dollar Baby, Classic®, Modern Motherhood, Mattress, Nautica®, Nest®, Nursery Works®, Ovulet®, Peg Perego®, Petunia Pickle® Bottom®, Philips Hue®, PlayStation®, Polara®, Ring, Raku®, Roomba® 800 & 900 Series Vacuums, Scarlett®, Sink, Sphero®, Star Wars®, Battle Gears®, Staub, Stokke®, Swiva®, Technivorm, Moccamaster®, Thelma, TP-Link®, UPPAbaby®, Vera Bradley®, Vera Wang®, Vitamix®, Waterford®, Wusthof®, diapers, wipes, formula, baby food, or portrait studio services. Alcoholic beverages excluded where required by law. This offer does not apply to alcoholic beverages purchased in New Jersey. Additional online items excluded. See www.bedbathandbeyond.com/exclusions.

**Harmon Face Values:** Valid in-store only. No photocopies please. Limit one coupon, special offer, or discount per item. Coupon must be surrendered at time of purchase; any return of purchase will reduce your savings proportionately. The price of gift cards or sales tax are not counted toward any minimum purchase required, and coupon cannot be applied to such items. buybuyBABY: Valid in store only. Copies not accepted. Limit one coupon, Savings Certificate, special offer or discount per item, cannot be combined with a price match. Coupon valid for one use only; electronic copies of physical coupons are treated as one coupon. Any return of purchase will reduce your savings proportionately. The costs of shipping, delivery, taxes or gift cards are not counted toward any minimum purchase required, and coupon cannot be applied to such items. Not valid for wholesale purchases or home and furniture installation services. Company reserves the right to limit quantities. Valid only in the U.S. Offer excludes the following: A Pea in the Pod®, Amazon, Arlo, Austin®, Baby Jogger®, Baby Tubs, Babyletto®, Babyletto®), Baby's Dream Furniture, BABYZEN™, BEABA®, Breville®, BRITAX®, Bugaboo, Clek®, CYBEX®, DockATot®, Doona®, Dyson, Franklin & Ben®, Fuji, HALO®, Bassinest®, HALO® Snoo®, Pad™, Jumii, Joie, Juju, Keen, Kenneth Cole, Le Creuset®, Luma, Medela, Magnolia Home, Michael Aram, Michel®, Million Dollar Baby, Classic®, Modern Motherhood, Mattress, Nautica®, Nest®, Nursery Works®, Ovulet®, Peg Perego®, Petunia Pickle® Bottom®, Philips Hue®, PlayStation®, Polara®, Ring, Raku®, Roomba® 800 & 900 Series Vacuums, Scarlett®, Sink, Sphero®, Star Wars®, Battle Gears®, Staub, Stokke®, Swiva®, Technivorm, Moccamaster®, Thelma, TP-Link®, UPPAbaby®, Vera Bradley®, Vera Wang®, Vitamix®, Waterford®, Wusthof®, diapers, wipes, formula, baby food, or portrait studio services. Additional online items excluded. See www.buybuybaby.com/exclusions.

**Cost Plus World Market:** Valid 6/1/18-9/30/18 at Beyond at Liberty View. Cost Plus World Market store only on a purchase of one regular-price item. Not valid online, not valid on alcoholic beverages and gift cards. One-time use only. Cannot be combined with other coupons and offers. Discount will be applied to current selling price. Sweetened beverages may be subject to sweetened beverage tax recovery fee in certain locations. Employees not eligible. No adjustments to prior purchases. No cash value or rain checks issued. When you return an item, you will forfeit the discount applied to that item. Cashier instructions: 1. Scan the item to be discounted. 2. Scan coupon barcode. 3. Press CLEAR. 4. Scan any remaining items. 5. Press TOTAL and complete transaction. 6. Retain coupon.
HOW SUGAR CAN BE LISTED ON LABELS — KNOW THE TERMINOLOGY!

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN [VITAMIN B2], FOLIC ACID), 1-CORN SYRUP, 2-SUGAR, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS) CORN SYRUP SOLIDS, 3-DEXTROSE, 4-HIGH FRUCTOSE 5-CORN SYRUP, FRUCTOSE, GLYCERIN, CONTAINS 2% OR LESS OF COCOA (PROCESSED WITH ALKALI), POLYDEXTROSE, MODIFIED CORN STARCH, SALT, DRIED CREAM, CALCIUM CARBONATE, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFAE), DISTILLED MONOGLYCERIDES, HYDROGENATED PALM KERNEL OIL, SODIUM STEAROYL LACTYLATED, GELATIN, COLOR ADDED, SOY LECITHIN, DATEM, NATURAL AND ARTIFICIAL FLAVOR, VANILLA EXTRACT, CARNAUBA WAX, XANTHAN GUM, VITAMIN A PALMITATE, YELLOW #5 LAKE, RED #40 LAKE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBO-FLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), CITRIC ACID, FOLIC ACID, RED #40, YELLOW #5, YELLOW #6, BLUE #2, BLUE #1

Agave nectar • Brown sugar • Cane crystals • Cane sugar • Corn sweetener • Corn syrup • Crystalline fructose • Dextrose • Evaporated cane juice • Fructose • Glucose high-fructose corn syrup • Honey • Invert sugar • Lactose • Maltose • Malt syrup molasses • Organic evaporated cane juice • Raw sugar • Sucrose • Sugar
**SATURATED FAT:** The goal for people is to eat less than 10% of calories from saturated fat. Saturated fat grams are listed on the Nutrition Facts food label under total fat.

**TRANS FAT:** For a heart-healthy diet, you want to eat as little trans-fat as possible by avoiding all foods that contain it. Trans-fats are listed on the label. Look for words like hydrogenated oil or partially hydrogenated oil.

**MONOUNSATURATED FAT:** Is not required on the label, but many foods that are a good source do list them on their labels.

**POLYUNSATURATED FAT:** Are “healthy” fats. The ADA recommends that you include these in your diet as well as monounsaturated fats. Like the other healthy fats, you want to replace the sources of saturated fat in your diet with polyunsaturated fats.
10 SUPERFOODS FOR MAINTAINING OVERALL GOOD HEALTH

**Apples** are packed with a soluble fiber, which slows digestion and can regulate blood glucose levels.

**Asparagus** is packed with fiber, low in carbohydrates, and high in folate, vitamin C, and glutathione.

**Beans** are a great meat alternative, because they’re high in fiber and protein.

**Blueberries** are packed with dietary fiber, vitamin C, and flavonoids.

**Carrots** are full of beta-carotene that can help prevent cancer and heart disease.

**Grapefruit** is packed with antioxidants, especially in the ruby red variety.

**Nuts** are full of protein and fiber; high in calories because of their fat content, but the fat is the healthy, monounsaturated kind.

**Oatmeal** is high in starch, but all of its fiber makes it a very healthy option.

**Sweet Potatoes** have been shown to stabilize blood-sugar levels by lowering insulin resistance.

**Tomatoes** are high in lycopene, which is an antioxidant that helps neutralize free radicals in the body.
THE BENEFITS OF LEAFY GREENS
Make roughage an essential daily requirement to your diet.

Dark green, leafy vegetables are very nutrient-dense and incredibly healthy. They are a vital source of antioxidants that are very beneficial to providing weight loss help.

BOK CHOY:
NUTRITION INFO: (ONE CUP) 9 CALORIES, LESS THAN 1G FAT, 1G PROTEIN, 2G CARBS, 1G FIBER
Bok choy is a low-calorie, low fat, low carb vegetable, perfect to add to many dishes. It is rich in antioxidant content, especially beta carotene, which contributes in warding off various diseases such as cancer.

BROCCOLI:
NUTRITIONAL INFO: (ONE CUP) 30 CALORIES, 0G FAT, 2G PROTEIN, 6G CARBS, 2G FIBER
Broccoli contains a high amount of potassium, which helps maintain a healthy nervous system and optimal brain function, as well as promotes regular muscle growth.

CABBAGE:
NUTRITION INFO: (ONE CUP) 22 CALORIES, 0G FAT, 1G PROTEIN, 5G CARBS, 2G FIBER
Cabbage ranks right up there with broccoli, cauliflower, and brussels sprouts for its reputation for fighting cancer. It’s also a good source of vitamin C, fiber, potassium, and other nutrients.
**Collard Greens:**
**Nutritional Info: (One cup)** 20 calories, 0.1g fat, 1.2g of protein, 4.4g carbs and 3.5g fiber
Collard green leaves are laden with fiber, which minimizes the severity of (LDL) low-density lipoprotein (“bad”) cholesterol in blood.

**Kale:**
**Nutritional Info: (One cup)** 70 calories, 0g fat, 4g protein, 10g carbs, 5g fiber
Beyond antioxidants, the fiber content of cruciferous kale binds bile acids and helps lower blood cholesterol levels, while reducing the risk of heart disease, especially when kale is cooked, instead of raw.

**Mustard Greens:**
**Nutritional Info: (One cup)** 15 calories, 0.1g fat, 1.5g protein, 2.7g carbs, 1.8g fiber
Mustard greens are very helpful in reducing the risk of certain types of cancers such as bladder, breast, colon, lung, prostate, and ovarian cancer.

**Rapini (Broccoli Rabe):**
**Nutrition Info: (One cup)** 9 calories, 0g fat, 1g protein, 1g carbs, 1g fiber
Rapini is a cancer-preventing powerhouse full of phytochemicals. Studies show that these compounds are particularly effective against stomach, lung, and colon cancers, and research hints at protective effects against breast and prostate cancers.

**Red Leaf Lettuce:**
**Nutrition Info: (One cup)** 4 calories, 0.06g fat, 0.37g protein, 0.63g carbs and 0.3g fiber
Red leaf lettuce contains minerals essential for bone production and repair, hormone production and the regulation of your heartbeat.

**Spinach:**
**Nutritional Info: (One cup)** 7 calories, 0.12g fat, 0.86g protein, 1.09g carbs, 4.3g fiber
Spinach is an excellent promoter of cardiovascular health due to its antioxidant properties (water-soluble in the form of vitamin C and fat-soluble beta-carotene), which work together to prevent the harmful oxidation of cholesterol—a danger to the heart and arteries.

**Swiss Chard:**
**Nutritional Info: (One cup)** 7 calories, 0.7g protein, 0.07g fat, 0.6g fiber and 1.4g carbs
One cup of cooked Swiss chard has enough calcium to support healthy bones and prevent osteoporosis.
**Turnip Greens:**
**Nutritional Info: (One Cup) 32mg of Magnesium, 5g of Fiber, 1.6g Protein, 197mg Calcium**

One of the most notable nutrients present in a serving of turnip greens is vitamin A, which acts as an antioxidant in your body and promotes healthy vision and prevents certain age-related eye disorders.

**Watercress:**
**Nutrition Info: (One Cup) 4 Calories, 0g Fat, 1g Protein, 0g Carbs, 0g Fiber**

Watercress contains many phytochemicals, which are plant compounds that offer disease prevention.
Herbs and Spices

Cuts down on some less healthy ingredients, such as salt, sugar, and saturated fat.
**Basil:** Helps to cure cough, cold, and heartburn issues.

**Chia Seeds:** Rich in omega-3 fatty acids, which can lower your triglycerides and raise your good HDL cholesterol level.

**Cinnamon:** Has a sweet aroma, and is great in lowering blood glucose levels when consumed daily.

**Cumin:** Lowers blood glucose levels and blood pressure levels as well.

**Flax Seeds:** Three tablespoons of flax seeds will provide you with omega-3, fiber, protein, and vitamin B1.

**Garlic:** On a daily basis helps to lower cholesterol levels and to regulate blood pressure and blood sugar levels.

**Ginger:** Improves the absorption of food nutrients and increases the availability of active ingredients in body tissues.

**Hemp Seeds:** Provide a hefty load of protein and are full of energy and enzymes. Rich in omega-3, 6 and 9, which are all vital for brain functions.

**Mint:** Mint leaves aid in digestion, and are great in lowering blood sugar levels.

**Turmeric:** The spice with anti-inflammatory properties also has certain qualities to lower blood glucose levels.
Farmers markets are noted for their offerings of fresh, organic and healthy options for fruits and vegetables. There are loads of farmers markets near and around Brooklyn. Try patronizing a farmers market in your neighborhood to help support the community, local vendors and small businesses. Each market offers a variety of unique tastes and style, so shop around. Many welcome approved coupons and Electronic Benefit Transfer (EBT card), for your convenience.

Consult the farmers market listings (featured in circulars and online) that cover your geographic area directly, for their seasonal operating schedule, or use the one provided below to get started.

**AGAPE’S BOUNTY FARMERS MARKET**
8712 Glenwood Road between 87th and 88th streets
Saturday, 9:00 AM – 3:00 PM

**BARTEL-PRITCHARD SQUARE GREENMARKET**
Prospect Park West at 15th Street
Wednesday, 8:00 AM – 3:00 PM and Sunday, 9:00 AM – 3:00 PM

**BAY RIDGE GREENMARKET**
Third Avenue and 95th Street
Saturday, 8:00 AM – 3:00 PM

**BENSONHURST GREENMARKET**
18th Avenue between 81st and 82nd streets
Sunday, 9:00 AM – 4:00 PM

**BORO PARK GREENMARKET**
14th Avenue between 49th and 50th streets
Thursday, 8:00 AM – 3:00 PM

**BROOKLYN BOROUGH HALL GREENMARKET**
Court and Montague streets
Tuesday, Thursday and Saturday, 8:00 AM – 6:00 PM

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Learn how we can be here for you too
HealthfirstIsHere.org
Here for the Moores
Here for you too

A commitment to people, not profits, for more than 25 years.

Health insurance plans for

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BROWNSVILLE PITKIN AVENUE YOUTH MARKET
Pitkin Avenue and Thomas Boyland Street
Saturday, 10:00 AM – 3:00 PM
Brownsville Rockaway Youth Market
Rockaway and Livonia avenues
Friday, 12:00 PM – 5:00 PM

BUSHWICK FARMERS MARKET
Maria Hernandez Park
Knickerbocker Avenue and Starr Street
Saturday, 9:00 AM – 4:00 PM

BUSHWICK FARMERS MARKET
Halsey Street and Broadway
Thursday, 2:00 PM – 7:00 PM

CARROLL GARDENS GREENMARKET
Carroll Street between Court and Smith streets
Sunday, 8:00 AM – 3:00 PM

CORTELYOU GREENMARKET
Corlelyou Road between
Argyle Road and Rugby Road
Sunday, 8:00 AM – 3:00 PM

CYPRESS HILLS YOUTH MARKET
Fulton and Richmond streets
Friday, 10:00 AM – 5:00 PM

DUMBO DOWN TO EARTH FARMERS MARKET
Pearl and Water streets
Wednesday, 12:00 PM – 7:00 PM

EAST NEW YORK FARMERS’ STAND
New Lots Avenue
between Alabama and Georgia avenues
Wednesday, 3:30 PM – 6:30 PM

EAST NEW YORK FARMERS MARKET
Schenck Avenue
between New Lots and Livonia avenues
Saturday, 9:00 AM – 3:00 PM

EDIBLE SCHOOLYARD NYC’S FARMERS’ STAND
Public School 216 (Sept-Nov only)
Avenue X and East First Street
Friday, 1:45 PM – 2:45 PM
FLATBUSH JUNCTION YOUTH MARKET
Nostrand and Flatbush avenues near subway entrance
Saturday, 8:30 AM – 3:00 PM

FORT GREENE PARK GREENMARKET
Washington Park between DeKalb and Willoughby avenues
Saturday, 8:00 AM – 4:00 PM

GRAHAM AVENUE FARMERS MARKET
Cook Street and Graham Avenue
Saturday, 8:00 AM – 5:00 PM

GRAND ARMY PLAZA GREENMARKET
Prospect Park West and Flatbush Avenue
Saturday, 8:00 AM – 4:00 PM

GREENPOINT MCCARREN PARK GREENMARKET
Union Avenue between Driggs Avenue and N 12th Street
Saturday, 8:00 AM – 3:00 PM

HARVEST HOME CLINTON HILL FARMERS MARKET
Lafayette Street between Waverly Avenue and Washington Avenue
Tuesday, 8:00 AM – 4:00 PM

HARVEST HOME CONEY ISLAND HOSPITAL FARMERS MARKET
Ocean Parkway between Avenue Z and Shore Parkway
Wednesday and Friday, 8:00 AM – 4:00 PM

HARVEST HOME KINGS COUNTY HOSPITAL FARMERS MARKET
Clarkson Avenue between East 37th and East 38th streets
Wednesday, 8:00 AM – 4:00 PM

HARVEST HOME MARCY PARK FARMERS MARKET
Myrtle and Marcy avenues
Thursday, 8:00 AM – 4:00 PM

HATTIE CARTHAN AFTER CHURCH FARMERS MARKET
49 Van Buren Street between Tompkins and Throop avenues
Sunday, 1:00 PM – 6:00 PM

HATTIE CARTHAN COMMUNITY FARMERS MARKET
Marcy Avenue and Clifton Place
Saturday, 9:00 AM – 3:00 PM

HIGH SCHOOL FOR PUBLIC SERVICE YOUTH FARMERS MARKET
600 Kingston Avenue between Rutland Road and Winthrop Street
Wednesday, 2:30 PM – 6:30 PM

ISABAHLIA FARMERS’ STAND
Rockaway and Sutter avenues
Friday, 12:00 PM – 5:00 PM

ISABAHLIA FARMERS’ STAND WINTER MARKET
(Nov-Dec only) New Lots Avenue and Sackman Street, inside greenhouse
Saturday, 8:00 AM – 1:00 PM

ISABAHLIA FARMERS MARKET
Livonia Avenue between Powell and Junius streets
Saturday, 8:00 AM – 4:00 PM

KENSINGTON YOUTH MARKET
Fort Hamilton Parkway between East Fourth and East Fifth streets
Saturday, 8:00 AM – 4:00 PM

LIVE MARKET PAERDEGAT PARK
East 40th Street between Foster Avenue and Farragut Road
Sunday, 9:00 AM – 3:00 PM

MALCOLM X BLVD FARMERS MARKET
Malcolm X Boulevard between Marion Street and Chauncey Street
Saturday, 8:00 AM – 3:00 PM
MARCY PLAZA COMMUNITY
FARMERS MARKET
Fulton Street and Marcy Avenue
Wednesday, 11:00 AM – 6:00 PM

MCGOLRICK PARK’S DOWN TO EARTH
FARMERS MARKET
Russell Street and Nassau Avenue, center of park
Sunday, 10:00 AM – 4:00 PM

PARK SLOPE’S DOWN TO EARTH
FARMERS MARKET
5th Avenue and 4th Street
Wednesday, 3:00 PM – 7:00 PM and
Sunday, 10:00 AM – 4:00 PM

PARKSIDE PLAZA GREENMARKET
Parkside and Ocean avenues
Sunday, 8:00 AM – 4:00 PM

PITKIN VERDE FARMERS MARKET
2094 Pitkin Avenue at Pennsylvania Avenue
Tuesday, 9:00 AM – 5:00 PM

PROJECT EATS BROOKLYN MUSEUM
FARMERS MARKET
200 Eastern Parkway
Thursday, 10:00 AM – 4:00 PM

PROJECT EATS MARCUS GARVEY VILLAGE
FARMERS MARKET
300 Chester Street at Dumont Avenue
Tuesday, 10:00 AM – 4:00 PM

RED HOOK FARMERS MARKET
580 Columbia Street
Saturday, 8:00 AM – 3:00 PM

SARATOGA YOUTH MARKET
Saratoga Avenue and Fulton Street
Saturday, 10:00 AM – 2:00 PM

SUNSET PARK GREENMARKET
4th Avenue between 59th and 60th streets
Saturday, 8:00 AM – 3:00 PM

URBAN OASIS FARMERS MARKET
Clarkson and Troy avenues
Wednesday, 2:00 PM – 5:30 PM

WILLIAMSBURG GREENMARKET
Taylor Street and Lee Avenue
Thursday, 8:00 AM – 4:00 PM
FOOD PANTRIES
IN BROOKLYN

AGAPE SOCIAL SERVICES MINISTRY
929 Marcy Avenue – Bedford-Stuyvesant
(718) 636-8500 x16
Tuesday and Thursday, 10:30 AM to 2:00 PM;
Wednesday soup kitchens
12:00 PM to 2:00 PM; Need ID

BLESSED SACRAMENT CHURCH
198 Euclid Avenue – Cyprus Hills
(718) 827-1200
First and Third Wednesday,
1:00 PM to 2:00 PM, Call ahead

CALVARY FOOD PANTRY
151 Woodruff Avenue – Flatbush
(718) 435-2731
Thursday, 11:00 AM to 1:00 PM; Need ID

CALVARY FREE WILL BAPTIST CHURCH
1520-30 Herkimer Street – East New York
(718) 498-3767
Thursday, 12:00 PM to 1:00 PM;
Need ID or referral

CHURCH OF THE LIVING GOD
212 Schenectady Avenue – Crown Heights
(718) 493-2821
Saturday, 9:00 AM to 11:00 AM,
ID preferred

CORNERSTONE BAPTIST CHURCH
562-74 Madison Street – Bedford-Stuyvesant
(718) 574-5900
Tuesday, 11:00 AM until finished; Need ID

CUYLER WARREN U.M. CHURCH
450 Warren Street – Downtown Brooklyn
(718) 875-8502
Tuesday, 1:30 PM until finished; Need ID

HOLY CROSS CHURCH
2530 Church Avenue – Flatbush
(718) 469-5900
Tuesday, and Thursday, 2:00 PM to 3:30 PM;
Need picture ID, proof of address and birth
certificates for children

LOVE FELLOWSHIP TABERNACLE
464 Liberty Avenue – East New York
(718) 235-2266
Tuesday, 2:00 PM to 5:00 PM;
Need ID for all adults in family

MAKE THE ROAD
301 Grove Street – Bushwick
(718) 418-7690
Friday, 9:00 AM until food runs out; Need
ID, come early
MT. MORIAH CHURCH OF GOD & CHRIST
1149 Eastern Parkway – Crown Heights
(718) 953-4364
Saturday, 11:00 AM to 1:00 PM;
ID preferred, come at 9:30 AM for a ticket

MT. PARAN BAPTIST CHURCH
1665 Broadway – Bushwick
(718) 443-8217
Tuesday, 10:30 AM to 11:30 AM;
Call ahead, need ID with proof of address

NEW BAPTIST TEMPLE
360 Schermerhorn Street – Downtown Brooklyn
(718) 875-1858
Every Saturday, of the month except the 1st,
9:30 AM to 10:30 AM; Seniors served first;
no ID needed

NEWMAN MEMORIAL U.M. CHURCH
257 Macon Street, corner of Throop Avenue
Bedford-Stuyvesant
(718) 622-7955
Tuesday, 9:00 AM to 2:00 PM, or until food runs out;
Need ID for each person receiving food

OPEN DOOR CHURCH OF GOD IN CHRIST
999 Greene Avenue – Bedford-Stuyvesant
(718) 455-3545
Saturday, 8:30 AM to 10:00 AM;
Bring your own bags

OUR LADY OF GRACE PASTORAL MINISTRY
2322 E. 4th Street – Gravesend
(718) 375-0668
Tuesday and Friday, 9:00 AM to 11:30 AM;
Need ID and proof of family size

OUR LADY OF MERCY
680 Mother Gaston Boulevard – Brownsville
(718) 346-3166
Monday and Friday, 9:00 AM to 11:00 AM;
Need referral, ID and proof of address

OUR LADY OF REFUGE R.C. CHURCH
2020 Foster Avenue – Flatbush
(718) 434-2090
Wednesday, 9:30 AM to 12:00 PM;
ID preferred for all in household

ST. CHRISTOPHER OTILIE, BETHANY HOUSE #1
164 Suydam Street – Bushwick
(718) 574-6300
Thursday, 11:00 AM to 1:00 PM, Need ID

ST. JOHN THE BAPTIST R.C. CHURCH
75 Lewis Avenue – Bedford-Stuyvesant
Tuesday, 8:00 AM (call to confirm time)
(718) 455-6864
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889 Rutland Road – Crown Heights
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Thursday, 3:00 PM to 6:00 PM;
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2340 Atlantic Avenue at the corner of
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TORTILLA SOUP

Recipe submitted by Chef Chloe Coscarelli

INGREDIENTS

2 tbsp. vegetable oil
1 onion, roughly chopped
3 small soft corn tortillas, torn into large strips
1 ½ tsp sea salt
1/4 cup tomato paste
3 garlic cloves, minced
1 jalapeño, seeded and minced
1 tbsp. taco seasoning
3/4 cup (6 ounces) frozen sweet yellow corn
3 cups vegetable broth
1 (14.5-ounce) can fire-roasted diced tomatoes, with juice
1/8 tsp. cayenne pepper
Freshly ground black pepper
Crispy tortilla strips
Lime wedges
Chopped fresh cilantro
Diced avocado (optional)
Corn kernels (optional)

DIRECTIONS

In a large saucepan, heat the oil over medium-high heat. When it shimmers, add the onion and cook, stirring occasionally, for 5 to 7 minutes, until soft. Add the soft tortilla strips and season with the salt. Cook for about 1 minute. Add the tomato paste, garlic, jalapeño, and taco seasoning, and cook for about 3 minutes, until fragrant. Add the corn, broth, diced tomatoes, and their juices, and bring to a boil. Boil for about 5 minutes, until the flavors come together; then remove the pot from the heat.

Puree the soup directly in the pot using an immersion blender, or, working in batches, transfer the soup to a blender and puree until smooth (be careful when blending hot liquids); return the soup to the pot. Stir in the cayenne and black pepper to taste. Distribute the soup among bowls, then garnish with crispy tortilla strips, lime wedges, cilantro, and other toppings as desired.
ASIAN BUCKWHEAT NOODLE SALAD

Recipe submitted by Natural Gourmet Institute

INGREDIENTS

1/2 lb. fresh shiitake mushrooms (18), stemmed, thinly sliced
1/4 cup brown rice vinegar
1/4 cup tamari
3/4 cup water
1/4 cup rice syrup
4 oz. carrots, cut into matchsticks
1 tsp. toasted sesame oil
1/2 lb. buckwheat (soba) noodles, boiled, drained, and rinsed w/ cold water
1/2 medium cucumber, thin diagonal slices
3 scallions, thin diagonal slices
2 tbsp. sesame seeds, toasted

DIRECTIONS

In 2-quart saucepan, combine mushrooms, vinegar, tamari, water, and rice syrup. Bring to boil; reduce heat, and simmer uncovered 3-5 minutes or until mixture slightly thickens. Add carrots and simmer another 30 seconds. Whisk in sesame oil.

Combine vegetables with noodles and toss to combine.

Fan cucumbers around plate, top with noodle salad, and garnish with scallions and sesame seeds.
MALI PEANUT STEW

Recipe submitted by Harvest Food Box Company

INGREDIENTS

1 medium onion, finely minced
3 cloves garlic, finely minced
1 tbsp. powder ginger
1/2 tsp. crushed red chili pepper (optional)
1 15 oz. can diced organic tomatoes
1/2 cup peanut butter
1 tsp. dried coriander
4 cup water
2 vegetable bouillon cubes
1 large sweet potato (about 1 lb), peeled and diced
1 15 oz. can black beans, drained and rinsed
1 cup frozen organic peas
1 cup frozen organic corn
Salt and pepper (to taste)
1/2 cup uncooked organic quinoa
4 cup hearty leafy organic greens (spinach, arugula, kale, collard)

DIRECTIONS

Place all the ingredients into the crock-pot except for the leafy greens and cook on low for 6-8 hours or high for 3-5 hours until the sweet potatoes are soft.

Add in the greens, allow to wilt.
MONK’S MEATS CHILI

Recipe submitted by Rebecca Lopez Howes of Monk’s Meats

INGREDIENTS

1 tbsp. vegetable oil
3 medium onions, chopped
6 garlic cloves, chopped
Coarse salt and ground pepper
1 can (6 ounces) tomato paste
3 tbsp. chili powder
2 tbsp. chopped canned chipotle chilies in adobo sauce
1/2 tsp. ground cinnamon
1-pound ground Chipotle Monk’s Meats or seitan (food processor works great)
1/2 cup of chopped carrots
1/2 cup of raw whole cashews
3 cans (14.5 ounces each) diced tomatoes in juice
1 can of Blue Point toasted lager (any other mild lager, optional)
3 cans (14.5 ounces each) of beans, rinsed and drained (such as kidney or black beans)

DIRECTIONS

In a Dutch oven or large (5-quart) heavy pot, heat oil over medium-high heat. Add onions and garlic. Season with salt and pepper, and cook, stirring occasionally, until softened, 3 to 5 minutes.

Add tomato paste, chili powder, chipotles, and cinnamon. Cook, stirring, until mixture has begun to brown, 2 to 3 minutes. Add seitan, cashews, and carrots; cook about 7-10 minutes.

Add tomatoes with their juice, beer, and beans. Bring to a boil and reduce to a rapid simmer. Cook over medium heat until chili has thickened, and beans and carrots are tender, 25-30 minutes.

Top with any desired condiments, such as Tofutti sour cream.
MISIR WOT
Recipe submitted by Bunna Cafe

INGREDIENTS

2 cup whole red lentils, rinsed
2 medium red onions, roughly chopped
2 medium tomatoes, chopped
3 cloves garlic, roughly chopped
1 big knob of fresh ginger, peeled and roughly chopped
6 tbsp. cooking oil
3 tbsp. Berbere spice (available at Bunna Cafe or online markets)
1 tsp. salt

DIRECTIONS

Rinse the red lentils thoroughly in a strainer.
Heat a large sauté pan to medium; add onion and oil until onions are cooked and soft.
Add tomato and cook for 5 minutes, then add the chopped garlic and ginger.
Wait one minute and add berbere; sauté for 5 more minutes.
Add the rinsed lentils to the mixture, along with one cup of water and the salt. Continue to cook until the lentils are soft and ready.
ROOT VEGGIE ROAST WITH TARRAGON

Recipe submitted by Local Roots NYC

INGREDIENTS

- Approximately 1 lb. local root vegetable of your choice: rutabaga, turnips, carrots, etc.
- 1 tbsp. Dijon mustard
- 2 tbsp. white wine vinegar
- 1 shallot, minced
- 1 tbsp. tarragon, chopped
- 1 tsp. olive oil

DIRECTIONS

Peel and cut vegetables the same size, toss with olive oil and salt, and roast at 400 degrees for 10-15 minutes or until tender and caramelized on the outside.

Mix mustard, vinegar, pinch of salt.

Slowly whisk in olive oil and mix thoroughly.

Stir in shallots and tarragon.

Once veggies have cooled, pour the dressing over vegetables, and toss to coat.

Refrigerate until ready to serve, best at room temperature.
BOOKS
How Not to Die
Michael Greger, MD
nutritionfacts.org/book

The Forks Over Knives Plan
Alona Pulde and Matthew Lederman
forksoverknives.com/fokplan

COMMUNITY SUPPORT
Senior Farmers’ Market
Nutrition Program
agriculture.ny.gov
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DOCUMENTARIES
Forks Over Knives
What The Health

FURTHER RESOURCES
brooklyn.usa.org/plant-based-nutrition
masteringdiabetes.org
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