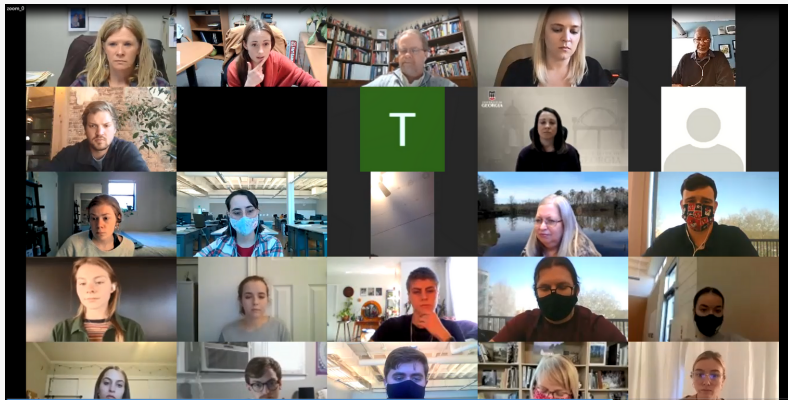


NEWSLETTER

HEALTHIER TOGETHER

Georgia

CLAY COUNTY COMMUNITY MEETING WITH CED STUDENTS



The UGA College of Environment and Design (CED) will be working in Fort Gaines this semester to develop land use plans to increase walkability, bikeability and overall usability of the Fort Gaines community.

On February 2nd, the CED students held an initial meeting with the Fort Gaines community to gather information that will drive their designs.

During the meeting, students asked questions about Fort Gaines in order to personalize their work to the needs of community members. The students asked questions involving pedestrian and car circulation, destinations and open space, historic sites, and demographics.

IF YOU MISSED THE MEETING, YOU CAN STILL PROVIDE FEEDBACK TO THE STUDENTS BY FOLLOWING THE LINK BELOW AND WATCHING THE RECORDING OF THE MEETING:

MEETING RECORDING

THEN, CLICK THIS SURVEY LINK TO LET US KNOW YOUR THOUGHTS:

SURVEY LINK



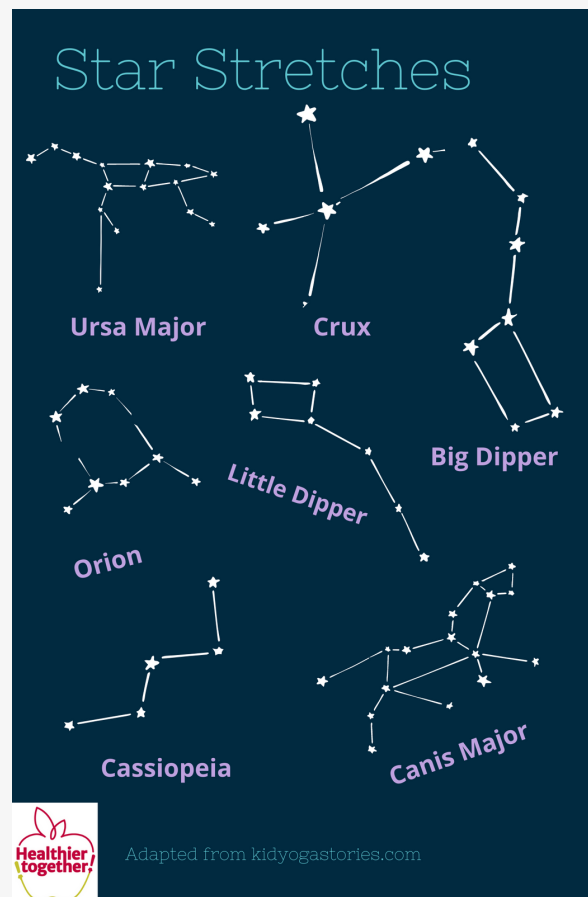
OR TAKE A PHOTO OF THIS QR CODE WITH YOUR SMART PHONE TO ACCESS THE SURVEY

MOVE AND GROOVE WORKOUTS WITH CLAY COUNTY LIBRARY

Healthier Together and the Clay County Library have partnered to create Move and Groove Workouts for Kids to go along with weekly Virtual Storytime!

You can read and groove along with us at the @claycountylibrary Facebook page every Wednesday morning!

You can see examples of the last two themes below - Dinosaurs and the Night Sky - don't miss out on the fun!



VIENNA CITY COUNCIL PRESENTATION

UGA's College of Environment and Design and Healthier Together spent the Fall 2020 semester working virtually in Dooly County to develop Land Use plans to increase access to healthy foods and physical activity for community members.

The students have developed their final round of design and community planning for the City of Vienna. These plans were presented to the Vienna City Council on January 25th before the regularly scheduled City Council meeting. Discussions with city officials about how to begin the implementation of the plans will be ongoing!

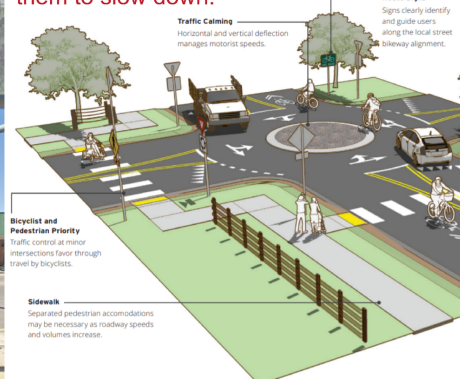


WYNN TACTICAL URBANISM

Dooly County : Healthier Together

PEDESTRIAN CROSSWALKS

Throughout Vienna, the crosswalks are either faded or nonexistent. To prove that Vienna can indeed be walkable, accentuating the crosswalks or creating them where needed are vital tactics. In order to show this, artful and vibrant crosswalks are to be created. This would not only draw the attention of pedestrians and encourage them to walk, but it would also catch the attention of drivers and alert them to slow down.



CALHOUN COMMUNITY GARDEN SEEDLINGS

Calhoun County ANR Agent, Luke Crosson, will be germinating seeds in the greenhouse this winter for spring planting! These seedlings will be available to all Calhoun County Community Gardens.

Not only will Luke be providing seedlings to make Community Garden planting easier, but he will also be providing knowledge to community members who are interested in learning more about seed germination.

Calhoun County Extension will also be creating an outdoor classroom for 4Hers and community members!



RICHLAND COMMUNITY GARDEN SIGNAGE

Richland's Community Garden Signage has been finalized after the results of two surveys sent out to the community. The rules of the garden are listed below!



The Richland Community Garden is designed to provide fresh produce to anyone in the community who might need it! If you are a community member who can help in the garden as well, we would love to have you on the team!

We would love to get more community members involved, so don't be shy! Please reach out to the Stewart County Extension Office with any questions!

BEYOND HARVEST COMES TO OMAHA

Beyond Harvest Foods is a venture of two companies in Phenix City which have merged to form a market and distribution network. They source "locavore" foods, which generally mean foods that are grown and produced within a hundred-mile radius. The idea is to support local farmers and food companies in their ventures. But, in return, consumers get a direct connection to farmers who care about the quality of the food, because their business depends on their neighbors.

Beyond Harvest has agreed to bring food to Omaha on the first Wednesday afternoon of each month. **You should order ahead of time by contacting dustin@beyondharvestfoods.com.**

Those who don't live in Omaha can still participate, however, a larger transportation system needs to be in place to increase the reach throughout the county!

OMAHA ROLLING STORE

First Wednesday Market
2:00-4:00 pm

LOCAL SELLERS BRINGING YOU
THE FRESHEST CROPS



**BEYOND HARVEST
FOOD BOX PROGRAM**

Beyond Harvest Foods Mobile Market will setup once a month with food boxes, dairy, and grocery items to purchase in your community!

- Value Farm box contains an average of 25 lbs seasonal, popular fruits & vegetables at \$25
- Mighty Meat Box contains an average of 25 lbs of locally grown and processed meat at \$40

SNAP/EBT Card Holders Receive 50% Off

PRE-ORDERS RECOMMENDED TO GUARANTEE AN ORDER:
(334)-298-6288 | ORDERS@BEYONDHARVESTFOODS.COM

Get twice the food for less!





*\$50 minimum per transaction

*tentatively every 1st Wednesday 2-4
*Requires 15 box pre-orders to make the trip

**BEYOND
HARVEST**
FOODS

<p>BHF PRODUCE BOX \$25 <i>*((\$12.50 with EBT)*</i></p> <p>Organic Mixed Lettuce 1 lb - Down to Earth Wetumpka, AL Red Beets 2 lb - Hillside Farms Palmetto, GA Collard Greens Chopped 2 lb - Baker Farms Norman Park, GA Sweet Potatoes 5 lb - The Tater Shack Vardaman, MS Organic Broccoli bunch - Down to Earth Wetumpka, AL Oranges 3 lb - Georgia/Florida Citrus Thomasville, GA Apples 5 lb - Scott's Orchard Hazel Green, AL</p>	<p>PANTRY</p> <p>Gouda Cheese (8 oz) - Hawthorne Creek Creamery \$8.6 Green Hill Soft Cow's Cheese (7.5oz) - Sweet Grass Dairy \$10 Griffin Tamae Porter (8oz) - Sweetgrass Dairy \$10 Cumberland Tamae (8oz) - Sequatchie Cove Creamery \$9 Thomasville Tamae (8oz) - Sweet Grass Dairy \$9 Coppinger Semi Soft, ash center (8oz) - Sequatchie Cove \$14 Goat Cheese Log (8oz) \$10 Was Rind Cheddar (8oz) \$10 Fontina, Swiss, Gruyere (1lb) - Wright Dairy \$10 Wildflower Honey (32oz) Four Corners \$25 Wildflower Honey (8oz) Four Corners \$15 Honey w/ Comb Honey (20oz) Griffin Honey Co. \$10 Beyond Harvest Foods Jam - Phenix City, AL \$7 Hornsby Farms Jelly - Auburn, AL \$7 Pickled Green Tomatoes - Auburn, AL \$4 Wickles Dirty Dill Spears - Dadeville, AL \$4 Wickles Wicked Okra - Dadeville, AL \$4 Spicy Red Sandwich Spread - Dadeville, AL \$6 Beyond Harvest Foods Salsa - Phenix City, AL \$9 Oliver Farm Pecan Flour - Pitts, GA \$12 Oliver Farm Artisan Oils - Pitts, GA \$7 Delta Blues Rice/Grits - Ruleville, MS \$6 McEwen & Sons Grits - Wilsonville, AL \$6</p>
<p>BHF MEAT BOX \$60 <i>*((\$30 with EBT)*</i></p> <p>Grassfed Ground Beef (5 lbs) Pork Chops (5 lbs) Whole Chicken (4 lb avg) Skirt Steak (2 lb avg) Link Pork Sausage (2.5 lbs)</p>	
<p>BHF DAIRY BOX \$18 <i>*((\$9 with EBT)*</i></p> <p>Milk 1 gallon Farmhouse Cheese 8 oz Farm Fresh Eggs 1 dozen</p>	

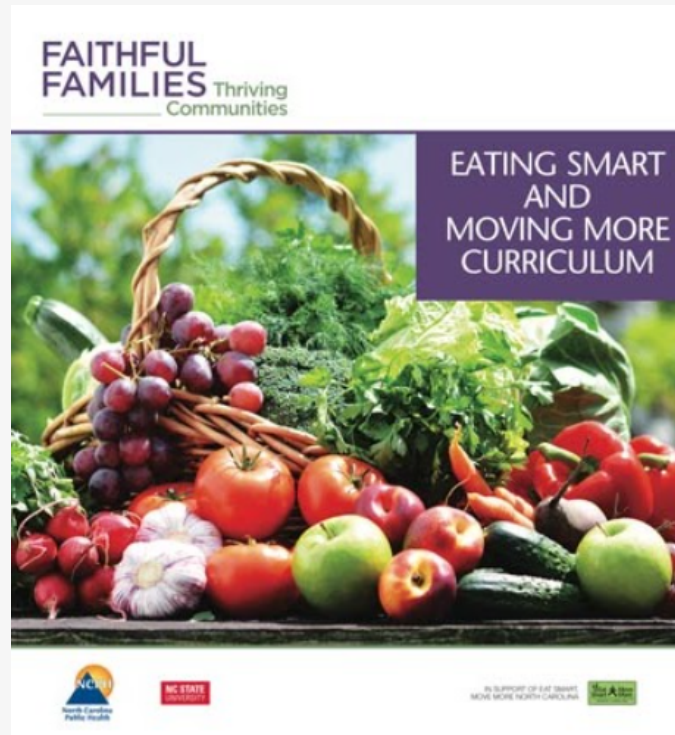
*** **SNAP/EBT receives 50% off fruits & vegetables** ***

**BEYOND
HARVEST**
FOODS

<p>À LA CARTE PRODUCE</p> <p>Apples- Granny Smith, Arkansas Black, Sweet Suzy, \$4 Red, Pink, Gold, Honeycrisp 3 lbs \$4 Oranges, Satsuma, Meyer Lemons, Limes 3 lbs \$4 Organic Radishes or Red Beets 1 lb \$3 Multi-Colored Carrots 1 lb \$3 Herbs-Basil, Rosemary, Thyme, Dill, or Mint 4 oz. \$3 Sweet, Red, or Idaho Potatoes 5 lbs \$4 Organic Sweet Peppers (pint) - Tuskegee, AL \$5 Vidalia Onions 2 lbs - Lyons, GA \$3 Country Cut Collards or Kale 2 lbs \$3 Organic Broccoli or Cauliflower 1 bunch \$3 Organic Mixed Lettuce Greens 1 lb \$5 Avocados 4 ea, Green Beans 1 lb, Garlic 1 lb \$2 Tropical- Papaya, Pineapple, Mango, Kiwi, Bananas \$4</p>	<p>À LA CARTE MEAT</p> <p>Grassfed Ground Beef 5 lbs - Uniontown, AL \$20 Pork Chops 5 lbs \$15 Beef Steak- Bavette, Skirt, Coulotte \$15 Link Pork Sausage 5 lbs \$20 Breakfast Sausage 1 lb \$4 Hickory Smoked Bacon 1.5 lbs \$6 Whole Chicken Each \$6 Cut Steaks: NY Strips 2/10 oz \$12 Ribeye 2/10 oz \$14 Filet Mignon 2/8 oz \$20 Leg of Lamb Boneless 3 lb avg \$24 Chicken Breast Boneless/Skinless 5 lbs \$10 Burger Patties 5 lbs \$10</p>
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**CUSTOM MEAT CUTS
(PRE-ORDER ONLY)**

Our USDA-certified meat processing facility can handle custom cuts and bulk meat orders of beef, pork, and chicken. To learn more or place an order, email or call us!



FAITHFUL FAMILIES

Healthier Together Faithful Families Virtual Programming is Live!

Faithful Families is a nutrition based education program that believes that communities of faith are important health advocates.

The program trains and brings together facilitators and local faith communities to deliver excellent nutrition information in faith settings.

To address the challenges presented by the COVID-19 pandemic, we will be offering the content online on our Healthier Together Georgia website.

Are you part of a faith community that you think could benefit from fun and helpful nutrition education! We can get you everything you need to help make your faith community a healthier place to worship! Just contact your local FACS Agent or Grace Holmes at grace.holmes@uga.edu or 229-386-3551.

<https://site.extension.uga.edu/healthiertogether/resources/faithful-families/>

RECIPE OF THE MONTH

Lemon Pepper Chicken

INGREDIENTS

- 1 ½ pounds chicken leg quarters (bone-in, skin removed)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 2 tablespoons lemon juice (approx. the juice from 1 lemon)
- 1 tablespoon of salt free lemon pepper seasoning



INSTRUCTIONS

1. Wash hands with soap and water.
2. Do not rinse raw poultry. Pat chicken dry with a paper towel prior to seasoning (for crispier texture). Throw out paper towel and wash hands thoroughly with soap and water.
3. In a large bowl, add chicken, garlic powder, onion powder, and paprika. Stir to combine.
4. Cover and set in fridge on bottom shelf for 20 minutes or overnight for better flavor.
5. Wash hands with soap and water, thoroughly clean area raw chicken was prepped.
6. Preheat oven to 425 degrees Fahrenheit when it is time to cook the chicken.
7. Place marinated chicken in a roasting pan and roast until chicken is crispy on the outside and the internal temperature in the thickest part of the chicken reads 165 degrees for at least 60 seconds (approximately 50-60 minutes).
8. Take chicken out of pan while hot and place in a large, clean mixing bowl.
9. Add lemon juice onto the chicken and add lemon pepper seasoning. Toss with tongs to coat evenly, rolling the chicken to ensure lemon juice and lemon pepper seasoning are evenly spread on all pieces. Serve immediately.



HAVE A QUESTION FOR HEALTHIER TOGETHER?

CONTACT YOUR LOCAL EXTENSION OFFICE

OR

GRACE.HOLMES@UGA.EDU — 229-386-3551

TO FIND OUT HOW YOU CAN GET INVOLVED!



<https://site.extension.uga.edu/healthiertogether/>