

NEWSLETTER

HEALTHIER TOGETHER

Georgia

LUMPKIN ENHANCING LOCAL PARKS FOR YOUTH

The City of Lumpkin has been working to enhance local park spaces for youth to be physically active this summer!

With funding from Healthier Together Stewart, Lumpkin has installed a brand new basketball goals at the Oak Street Park and the Highway 27 Park!

Further phases of park renovation will include enhancing the tennis courts at Highway 27, a small walking trail around the perimeter of the park, and outdoor fitness equipment.

We are so excited to see the youth of Lumpkin enjoy these spaces this summer!



PATAULA CHARTER ACADEMY STUDENTS VISIT CALHOUN OUTDOOR CLASSROOM

Healthier Together Calhoun Extension had 2nd grade students from Pataula Charter Academy visit the outdoor classroom this month!

The students were able to transplant sweet corn, tomatoes, watermelon, and broccoli from seeds they started in March during plant science class!



COUNTY SURVEYS

Each Healthier Together County will be receiving community surveys to gauge knowledge and interest in grant projects in respective communities. These surveys are being distributed on paper and online throughout your community, and are open to anyone who would like to participate. The information gained from the surveys will be used by the Healthier Together team to help determine the direction of future projects. Keep an eye out for a survey in YOUR community and make your voice heard! Use the QR Code below to take your county's survey online!

CALHOUN COUNTY



CLAY COUNTY



DOOLY COUNTY



STEWART COUNTY



Interested in taking a survey, but haven't seen one in your community? Call you local Extension Office!

DOOLY COUNTY PREP ACADEMY TEACHING GARDEN



The Dooly County Prep Academy has been working to build raised garden beds provided by Healthier Together Dooly and plant them for the summer! These beds will be taken care of by Dr. Barbara Bryant, as well as Prep Academy students - we are so excited to see this project continue to grow this summer!



BEYOND HARVEST MOBILE MARKET WILL BE COMING TO STEWART COUNTY



FRESH FOOD FOR LESS

Beyond Harvest Foods Mobile Market will setup on **June 2nd in Downtown Lumpkin and Downtown Richland** with food boxes, dairy, and grocery items to purchase in your community!

Value Produce box contains an average of 6 lbs seasonal, popular fruits & vegetables at \$10 - this month, the box will contain peaches, kale, and sweet potatoes!

Take advantage of this wonderful opportunity!

PRE - ORDERS RECOMMENED TO GUARANTEE AN ORDER :

(334) - 298- 6288 | INFO@BEYONDHARVESTFOODS.COM

DOOLY COUNTY LIBRARY YOUTH WORKOUT IN THE PARK

Youth Workout in the Park

WITH THE VIENNA PUBLIC LIBRARY AND
HEALTHIER TOGETHER

THE VIENNA PUBLIC LIBRARY
AND HEALTHIER TOGETHER
DOOLY WITH BE HOLDING A
YOUTH WORKOUT - OPEN TO
ANY DOOLY COUNTY
RESIDENT WHO WOULD LIKE
TO PARTICIPATE!



When? June 9th at 10 AM

Where? George Busbee Park

WANT TO KNOW MORE?

Reach out to the Healthier Together
Educator :

229 - 386 - 3551
GRACE.HOLMES@UGA.EDU



RICHLAND COMMUNITY GARDEN PRODUCING FRESH VEGETABLES

The Richland Community Garden is doing well and producing fresh vegetables that are available to the community!

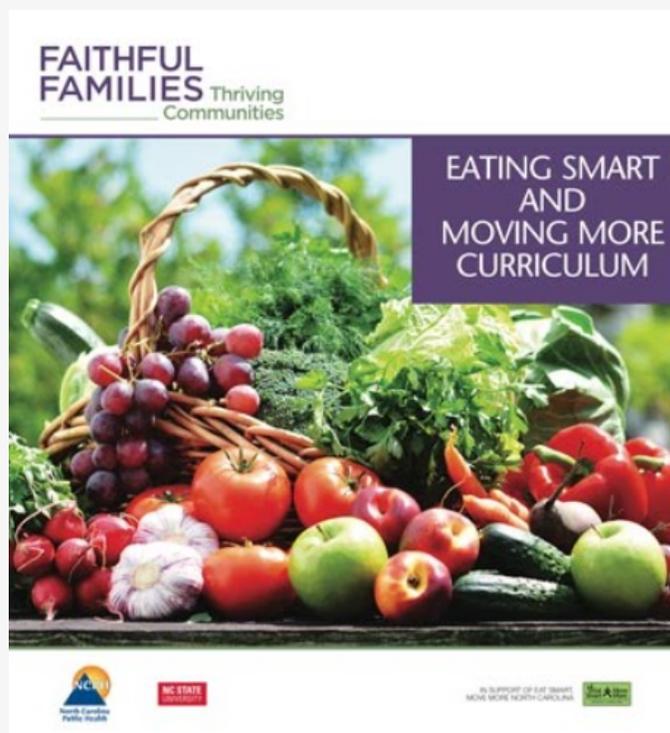
The garden is currently growing squash varieties, peppers, tomatoes, beans, fresh herbs, and more!

Stewart County Extension has recently harvested celery, and there are also curly kale leaves, peppers and squash ready for harvesting!

Make sure to check out our Recipe of the Month below for ideas for using curly kale!

Contact Stewart County Extension to get involved!





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

KALE AND ORANGE SALAD



INGREDIENTS

- 1/4 cup apple cider vinegar
- 1/2 cup nonfat plain yogurt
- 2 tablespoons olive oil, divided
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1/2 small red onion, peeled, thinly sliced
- 1/4 teaspoon pepper
- 8 cups kale leaves, chopped or torn, stems removed (if using kale bunches with stems, purchase 1 lb to result in 8 cups when stemmed)
- 1 (15 oz) can mandarin oranges in juice, drained; reserve 2 tablespoons juice

RECIPE

1. Whisk together apple cider vinegar, yogurt, 1 tablespoon olive oil, crushed red pepper, salt, and pepper. Chill until ready to serve.
2. Massage chopped kale leaves; pour 1 tablespoon of olive oil onto the kale leaves. Using a massaging action (similar to kneading bread dough), rub leaves together for about 2-5 minutes or until the leaves are softened. The leaves will get softer and turn a more vibrant green.
3. Arrange kale leaves in a large mixing bowl. Drain oranges, reserving 2 tablespoons of juice. Add to kale. Drizzle reserved juice over kale. Add the sliced onion and toss well.
4. Drizzle salad with dressing before serving.



HAVE A QUESTION FOR HEALTHIER TOGETHER?

CONTACT YOUR LOCAL EXTENSION OFFICE

OR

HEALTHIERTOGETHER@UGA.EDU



229-386-3551

TO FIND OUT HOW YOU CAN GET INVOLVED!



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