

## NEWSLETTER

# HEALTHIER TOGETHER

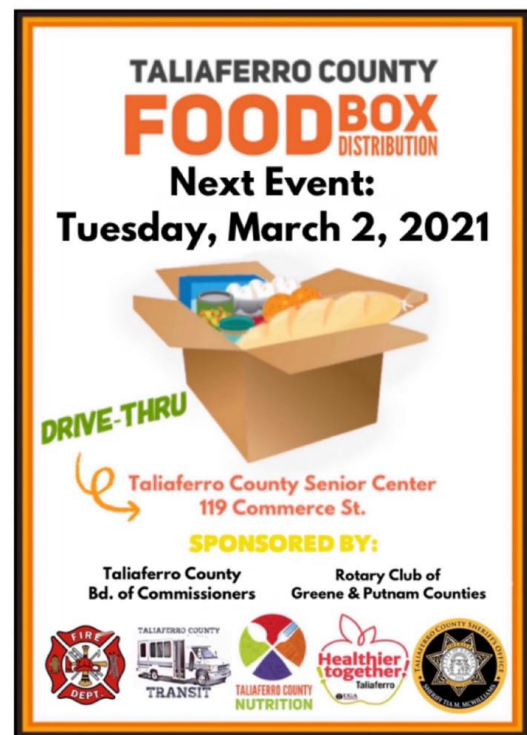
## Georgia

### TALIAFERRO COUNTY FOOD DISTRIBUTION SUCCESS

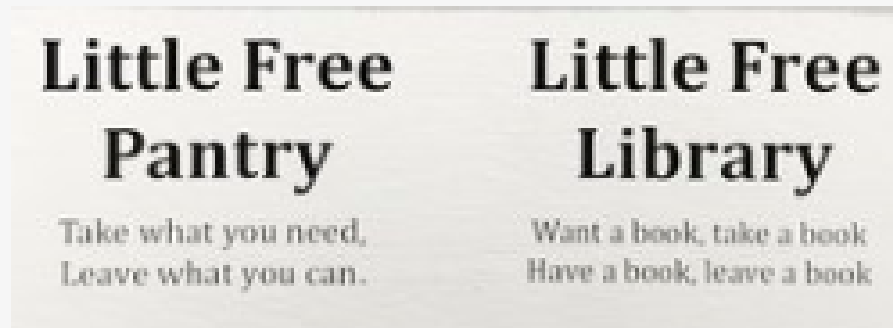
On Tuesday, February 9th, 2021 Healthier Together Taliaferro collaborated with the Taliaferro Board of Commissioner, the Rotary Club of Greene and Putnam Counties, The Taliaferro County Sheriff's Office, the Taliaferro County Fire Department, Taliaferro County Transit, and Taliaferro County Nutrition to host a drive through food box distribution.

A total of 150 boxes were distributed to the community during this event!

The next drive through food box distribution will be held on Tuesday March 2nd at 3:00 PM at the Taliaferro County Senior Center!



# LITTLE FREE LIBRARY AND FOOD PANTRY COLLABORATION WITH CLAY COUNTY FAMILY CONNECTIONS



Healthier Together, Clay County Family Connections and the Clay County Library have partnered to create "little free libraries" that will double as satellite food pantries throughout the Clay County community.

Family Connections and the Clay County Library have partnered to provide books to stock the libraries for kids and adults alike.

The Family Connections Food Pantry will stock the satellite pantries, but they will also be open to donation from community members!

We would love donations to follow these guidelines, whenever possible:

- Reduced sodium canned food products
- Canned fruits in 100% fruit juice products
- Low fat or reduced fat dairy products
- Low or reduced sugar products
- Whole grain products

These guidelines will ensure that we are helping to provide access to healthy food for our Clay County community members! Keep an eye out for a Little Free Library and Mini Pantry coming to your neighborhood!

# BEYOND HARVEST MOBILE MARKET WILL BE COMING TO LUMPKIN

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 \$60



## LUMPKIN MARKET

First Wednesday Monthly  
11:30-1:00 pm

LOCAL SELLERS BRINGING YOU  
THE FRESHEST CROPS

[WWW.BEYONDHARVESTFOODS.COM](http://WWW.BEYONDHARVESTFOODS.COM)

## SNAP/EBT CARD HOLDERS RECEIVE 50% OFF

## PRE - ORDERS RECOMMENDED TO GUARANTEE AN ORDER :

## ( 334) - 298- 6288 | [INFO@BEYONDHARVESTFOODS.COM](mailto:INFO@BEYONDHARVESTFOODS.COM)

## <https://beyondharvestfoods.com/>



# ROUTE REPAIR COMPLETED IN FORT GAINES

Healthier Together Clay has partnered with the City of Fort Gaines to help complete route repair on Hancock Street in front of the new bank.

This sidewalk on Hancock Street serves as an important route for Fort Gaines residents for both access to downtown and physical activity.





# DOOLY COUNTY HIGH SCHOOL SPRING GARDEN

Our school led community garden beds are starting to bloom at Dooly County High School! The Agriculture students at Dooly County High School have built the garden beds provided by Healthier Together Dooly and are ready to get started cultivating a spring garden! We are so excited to begin to see the fruits (and vegetables) of their labor later this spring!!

Healthier Together will be delivering topsoil in partnership with the City of Vienna Public Works to supply a gardening space at each school in Dooly County.



# COUNTY FOCUS GROUP MEETINGS

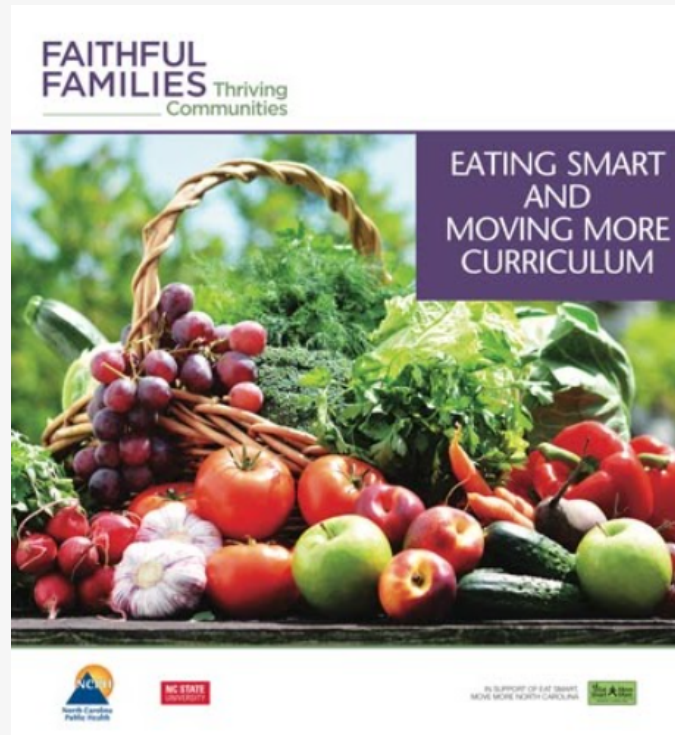
Each Healthier Together County Coalition will be holding a focus group meeting in the upcoming weeks. Last year, due to COVID, these interviews were conducted via the phone. This year, we are moving to a live discussion with community members via Zoom in order to express their opinions about the Healthier Together Grant!

Please make sure to check out the dates below and mark your calendar for your county's meeting!

- Dooly County Focus Group - **March 9th at 12:00 PM**
  - <https://zoom.us/j/91855036495>
- Calhoun County Focus Group - **March 24th at 12:00 PM**
  - <https://zoom.us/j/94909666033>
- Stewart County Focus Group - **March 25th at 12:00 PM**
  - <https://zoom.us/j/99001163088>
- Clay County Focus Group - **April 13th at 12:00 PM**
  - <https://zoom.us/j/97040481093>







## 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](mailto:grace.holmes@uga.edu) or 229-386-3551.

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

# RECIPE OF THE MONTH

## Fresh Corn Salsa

### INGREDIENTS

- 5 TEASPOONS OLIVE OIL, DIVIDED
- 1 TABLESPOON LIME JUICE
- 1/4 TEASPOON HOT PEPPER SAUCE (OR TO TASTE)
- 1 1/2 CUP FRESH CORN, CUT FROM COB (ABOUT 2 EARS)
- 1 TEASPOON SALT (OPTIONAL)
- 1 1/2 CUP CHERRY TOMATOES (HALVED)
- 1/2 CUP CUCUMBER (CHOPPED)
- 1/4 CUP RED ONION (CHOPPED)
- 2 TABLESPOONS FRESH BASIL (MINCED, OR 2 TSP DRIED)
- 1/4 CUP FETA CHEESE (CRUMBLED)

### INSTRUCTIONS

1. IN A SMALL BOWL, WHISK 4 TEASPOONS OIL, LIME JUICE, SALT AND HOT SAUCE; SET ASIDE.
2. IN A LARGE SKILLET, COOK AND STIR CORN IN REMAINING OIL OVER MEDIUM-HIGH HEAT UNTIL TENDER. TRANSFER TO A SALAD BOWL; COOL SLIGHTLY.
3. ADD THE TOMATOES, CUCUMBER, ONION AND BASIL
4. DRIZZLE WITH DRESSING AND TOSS TO COAT. LET STAND FOR 10 MINUTES BEFORE SERVING OR REFRIGERATE UNTIL CHILLED. SPRINKLE WITH CHEESE JUST BEFORE SERVING.



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EXTENSION

## Baked Flour Tortilla Chips

### INGREDIENTS

- 4 WHOLE GRAIN WHEAT OR CORN TORTILLAS (ABOUT 7")
- 1 TEASPOON CANOLA OR VEGETABLE OIL
- 1/8 TEASPOON SALT, GARLIC POWDER OR CHILI POWDER (OPTIONAL)

### INSTRUCTIONS

1. PREHEAT OVEN TO 400 DEGREES.
2. PLACE TORTILLAS ON CUTTING BOARD.
3. DRIZZLE OIL EVENLY OVER TORTILLAS. USE THE BACK OF A SPOON TO SPREAD OIL EVENLY OVER TORTILLAS. IF DESIRED, SPRINKLE LIGHTLY WITH OPTIONAL TOPPING.
4. WITH PIZZA CUTTER OR KNIFE, CUT EACH TORTILLA INTO 8 TRIANGLES, LIKE A PIZZA.
5. SPREAD TORTILLA WEDGES IN ONE LAYER ON 1-2 BAKING SHEETS.
6. BAKE UNTIL SLIGHTLY LIGHT BROWN ON EDGES (ABOUT 4 MINUTES). MOST OF THE WEDGE WILL REMAIN WHITE. CAREFUL TO AVOID BURNING.
7. USE A POT HOLDER TO REMOVE BAKING SHEETS FROM OVEN. PLACE HOT BAKING SHEETS ON A COOLING RACK OR POTHOLDERS.



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SUPPLEMENTAL  
NUTRITION  
ASSISTANCE  
PROGRAM  
EDUCATION



SNAP-Ed



**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/>**