

NEWSLETTER

HEALTHIER TOGETHER

Georgia

BEYOND HARVEST MOBILE MARKET WILL BE COMING TO LUMPKIN

Beyond Harvest Foods Mobile Market will setup on April 7th in Downtown Lumpkin 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

PRE - ORDERS RECOMMENDED TO GUARANTEE AN ORDER :

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

PARK RENOVATION IS CONTINUING IN FORT GAINES

The City of Fort Gaines is continuing the renovation of the courts at Jefferson Street Park, in partnership with Clay County Family Connections. The area will be turned into two brand new basketball courts and a multi-use court.

Healthier Together Clay has partnered with the City and Family Connections to provide four brand new adjustable basketball goals to complete the court renovation.

The UGA College of Environment and Design has also been working in Fort Gaines this semester in partnership with Healthier Together to develop land use plans for the City.

Part of these designs will focus on the continued enhancement of the Jefferson Street Park area, to guide later phases of the renovation project.



MUSICAL EQUIPMENT INSTALLED IN MORGAN

Healthier Together Calhoun was able to provide outdoor musical equipment for the City of Morgan that has recently been installed at the local playground!

The musical equipment is housed in a play house provided by the City!

The playground area also includes a walking trail, and adult exercise equipment so that community members of ALL ages can be physically active together!



Is the spring weather allowing you to get outside and enjoy this beautiful area?

Tag us on Facebook in any photos you take - we will share and highlight your healthy activity!



DOOLY COUNTY HIGH SCHOOL SPRING GARDEN

Our school led community garden beds are continuing to bloom at Dooly County High School! Healthier Together delivered topsoil to the school, and students have begun cultivating garden beds. Top soil has been added to all twelve raised beds and four of the beds have been planted for spring so far. One of these beds is entirely dedicated to pollinator flowers to attract beneficial insects.

These beds will not only provide fresh produce for the community, but also teach students how to maintain healthy food production.



Materials for community garden beds at the K-8 School in Pinehurst have also been delivered, and will be built in the coming weeks!



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 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!

Healthier Together Dooly Survey

Thank you for taking time to tell us what you think.



Contact Information:

Jeremy Register, CEC
229-268-4171
jregister@uga.edu

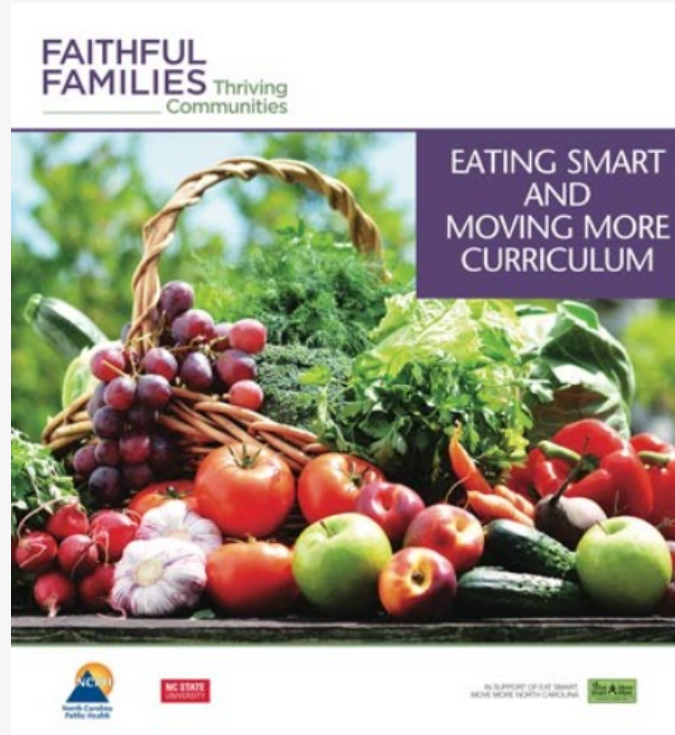
Quadarius Hardy, CEPA
229-268-4171
qhardy@uga.edu

Drop Off Location:

UGA Cooperative Extension, Dooly County
1150 Industrial Drive, Suite 132
Vienna, GA 31092

Your participation in this survey is voluntary and your individual answers will not be shared. Please do not include your name, address, or any other identifying information anywhere on the survey.

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



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/>

Richland Community Garden Planting Day

When? April 10th at 10 AM

Where? 955 Alston Street

Who? All Richland Residents

COME ON OUT AND LEND A HAND AT YOUR LOCAL COMMUNITY GARDEN! A COMMUNITY WIDE "PLANTING DAY" WILL BE HELD APRIL 10TH IN PREPARATION FOR AN EARLY SPRING COMMUNITY GARDEN.

COMMUNITY MEMBERS IN ATTENDANCE WILL BE REQUIRED TO WEAR A MASK AND PRACTICE SOCIAL DISTANCING



RECIPE OF THE MONTH



Homemade Dressings



adapted from: Sprouts Farmers Market

| Dressing | Base | Acid | Sweet | Herbs |
|-------------------------------|--|--|---|---|
| Orange Ginger | <ul style="list-style-type: none"> • 2 tbsp. soy sauce • 2 tbsp. olive oil | <ul style="list-style-type: none"> • 1/2 Roma tomato • 1/2 tsp. rice vinegar | <ul style="list-style-type: none"> • 1 orange (juiced) • 1 tbsp. honey | <ul style="list-style-type: none"> • 1 tbsp. ginger (peeled) • 1 garlic clove |
| Blueberry Cilantro | <ul style="list-style-type: none"> • 2 tbsp. olive oil | <ul style="list-style-type: none"> • 1 & 1/2 tbsp. white wine vinegar | <ul style="list-style-type: none"> • 1/2 cup blueberries • 1/2 tsp. honey | <ul style="list-style-type: none"> • 1/8 cup fresh cilantro |
| Sweet Basil | <ul style="list-style-type: none"> • 3/4 cup olive oil | <ul style="list-style-type: none"> • 2 tsp. Dijon mustard • 1/2 teaspoon rice vinegar | <ul style="list-style-type: none"> • 2 tbsp. honey | <ul style="list-style-type: none"> • 2 cups fresh basil • 1 garlic clove |
| Lemon Honey | <ul style="list-style-type: none"> • 1/2 cup sunflower oil | <ul style="list-style-type: none"> • 1 tbsp. Dijon mustard • 2 lemons (juice and zest) | <ul style="list-style-type: none"> • 1 tbsp. honey | <ul style="list-style-type: none"> • 1/2 onion • 2 garlic cloves |
| Strawberry Basil | <ul style="list-style-type: none"> • 2 tbsp. olive oil | <ul style="list-style-type: none"> • 1 tbsp. balsamic vinegar | <ul style="list-style-type: none"> • 1 cup strawberries • 1 tsp. honey | <ul style="list-style-type: none"> • 1/8 cup fresh basil |

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/>