



Bureau of Community Services/Nutrition Announcement

December 29, 2021

GrowNYC Nutrition Education Memo

Dear Older Adult Center Community Partner,

We would like to inform you that GrowNYC's "Let's Talk Vegetables" series has been approved as meeting the NYSOFA requirements for nutrition education. This virtual series discusses what's in season at the market, how to use benefits at the market, and features an in-depth discussion of one vegetable each month including buying, storing, preparing and the nutritional content with an opportunity to ask questions. The series counts as one session of nutrition education.

For more information on "Let's Talk Vegetables," please contact Susie Spodek at sspodek@grownyc.org. You may also visit <http://www.grownyc.org/greenmarket/seniors>.

If you have any questions about nutrition education, please contact your DFTA Nutritionist.

Thank You.