HEALTH FOR A CHANGE

A Kentucky Farmer's Response to COVID-19 and Food Justice

July 10, 2020

Foundation for a Healthy Kentucky’s MISSION

To address the unmet health needs of Kentuckians

Need More Acres Farm, Allen County
Foundation for a Healthy Kentucky’s MISSION

By...

- Developing and influencing policy
- Improving access to care
- Reducing health risks and disparities
- Promoting health equity

www.healthy-ky.org
Area Development Districts welcomed...  
- Buffalo Trace  
- FIVECO  
- Gateway  
- Cumberland Valley

Join us!  
www.smokefreetomorrow.org

COALITION FOR A  
SMOKE-FREE TOMORROW
Webinar July 13 12PM ET
Kentucky Inspired: Community and Capacity Building

Webinar Aug 4 12PM ET
Shifting Helping Responses: COVID-19 is an Opportunity to Increase Collaboration & Streamline Services
A Kentucky Farmers Response to COVID 19 and Food Justice
USE YOUR P-EBT CARD TO GET FREE FRUITS & VEGETABLES AT YOUR LOCAL FARMERS MARKET!

The market manager will swipe your EBT card and give you EBT tokens to spend, plus some bonus Kentucky Double Dollars (KDD) matching tokens.

You will get up to $10 in green KDD Fruit & Vegetable tokens. If you spend more than $10, you can receive up to $8 in additional purple tokens for Meat, Eggs, & Dairy. You may get up to $20 total in KDD tokens per day.

Spend your tokens on eligible items, then take your fresh produce home and enjoy!
Kasey Turner
Payson from ACPC in Scottsville says thank you!!! #togetherky

2 mins  Love  Reply  More
Zucchini & Yellow Squash

Refreshing and crunchy, zucchini and yellow squash are delicious. Try these garden treats on their own, and try them digged in your favorite salad dressing!

**DID YOU KNOW?**

- Zucchini and yellow squash aren’t veggies. They’re fruits! Can you spot the seeds?
- Zucchini is a good source of Vitamin C and dietary fiber. Yellow squash also contains manganese, which helps boost bone strength.
- Zucchini and yellow squash can be the star in lots of delicious recipes, from sweet zucchini bread to soups to spiraled “zoodles.” Try it baked, grilled, and roasted.

**FUN & GAMES**

- Farm Fresh Green Grilled Harvest... Mangecore Related... Soup Squash Summer... Jumbo... Aucassa

(Once the words are read forward, backwards, and at a diagonal.)
TODAY: Survey Via Email

- Give your feedback
- Suggest future topics
- Only 3 minutes
www.healthy-ky.org

CONTACT

Rachelle Seger
Community Health Research Officer

rseger@healthy-ky.org

@kyhealthfacts
(502) 238-2139

www.healthy-ky.org/events/health-for-a-change