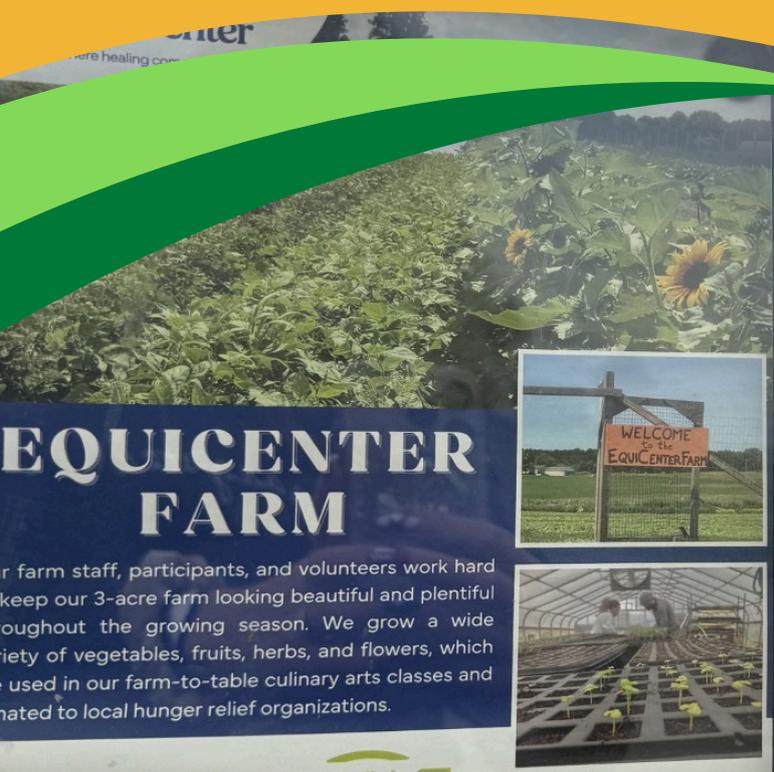


# FOOD PHARMACY

## RESOURCE GUIDE



**EQUICENTER  
FARM**

Our farm staff, participants, and volunteers work hard to keep our 3-acre farm looking beautiful and plentiful throughout the growing season. We grow a wide variety of vegetables, fruits, herbs, and flowers, which are used in our farm-to-table culinary arts classes and donated to local hunger relief organizations.

Partner Options:





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# WELCOME

02

Welcome to Food Pharmacy! We are hoping you learn a lot throughout the duration of this program. Sometimes it can be challenging to remember all of the information you have been provided, and skills learned, so please use this as a guide that you can refer to at any point!

As reviewed in orientation, it is an expectation to record your blood pressure at least twice a week using the loaner blood pressure cuffs provided by Trillium Health. Included in this resource guide are additional blood pressure tracking forms.

This guide includes a section where you can take notes on what you've learned and/or any questions you may have for educators! It can be a place to jot down any thoughts you may have and would like to re-visit in the future.





# THERAPEUTIC HORTICULTURE

03

Therapeutic horticulture is the process through which participants enhance their well-being through active or passive involvement in plants and plant-related activities. We will be spending the next six months practicing these activities together and learn how we can re-create activities at home.

The EquiCenter and Trillium Health will be our therapeutic horticulture platforms, where you will be provided with cost-effective planting strategies, in addition to plant maintenance. Feel free to share anything you learn with friends, family, and others!

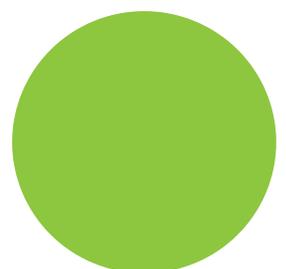
## ADVANTAGES OF THERAPEUTIC HORTICULTURE

*Community Engagement*

*Improves Memory*

*Learn New Ways to Problem Solve*

*Helps Cognition*



# FARM-TO-TABLE COOKING

04

Each educational session will provide you with recipes using all of the ingredients that are in the produce boxes. The purpose of these sessions are to teach how nutrient-dense produce can be used to create delicious, accessible meals for you and your family. You will be taught multiple skills and techniques for using chef knives. These primary techniques are listed below:

## KNIFE CUTS EXAMPLES:



*Chiffonade*



*Dice*



*Julienne*



*Mince*





# FOOD PRESERVATION

05

Sometimes fresh produce can be really expensive, and not everyone is able to access these items. Not only can access be challenging, fresh produce is not shelf stable and may become spoiled within a week of purchase. There are many ways that we can preserve the fresh produce we receive! Using the methods below, we can turn our produce into healthy, shelf-stable foods.

## PRESERVATION METHODS

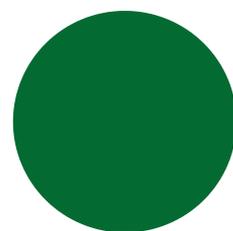
Canning

Pickling

Jams / Jellies

Freezing

Dehydration





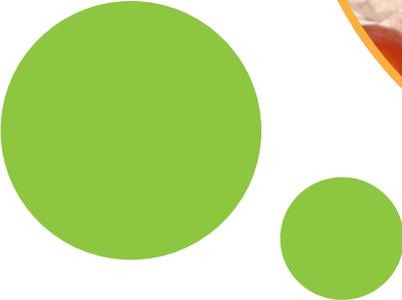
# PRODUCE BOXES

You will be provided with fresh produce boxes for each educational session! Trillium Health and EquiCenter have partnered with Headwater Food Hub to provide city residents with fresh, local produce and other pantry staples, such as but not limited to beans, rice, and eggs.

Using the notes section in the back, write down any fruits and vegetables you received in the boxes that you found to really enjoy! It is highly encouraged to ask any of the educators for any recipes using those specific ingredients that you fell in love with!



Headwater





# YEAR-ROUND PRODUCE

07

There are many produce items out there that are accessible all-year round! If you find it challenging to purchase seasonal produce, refer to this guide so you can still receive essential nutrients provided from fruits and vegetables!

Apples

Lemons

Bananas

Limes

Carrots

Onions

Celery

Potatoes

Herbs

Squash

# SEASONAL PRODUCE

08

Buying in-season produce is a cost-effective way to add healthy foods into your diet! Below is a seasonal produce guide that you can refer to at any point!

## WINTER

Avocados  
Beets  
Brussels Sprouts  
Cabbage  
Collard Greens  
Grapefruit  
Kale  
Kiwifruit  
Leeks  
Oranges  
Parsnips  
Pears  
Pineapples  
Pomegranates  
Pumpkins  
Rutabagas  
Sweet Potatoes  
Swiss Chard  
Turnips  
Winter Squash  
Yams

## SPRING

Apricots  
Asparagus  
Broccoli  
Cabbage  
Collard Greens  
Garlic  
Kale  
Kiwifruit  
Lettuce  
Mushrooms  
Peas  
Pineapples  
Radishes  
Rhubarb  
Spinach  
Strawberries  
Swiss Chard  
Turnips

## SUMMER

Apricots  
Avocados  
Beets  
Bell Peppers  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Corn  
Cucumbers  
Eggplant  
Garlic  
Green Beans  
Honeydew Melon  
Lima Beans  
Mangos  
Okra  
Peaches  
Plums  
Raspberries  
Strawberries  
Summer Squash  
Tomatillos  
Tomatoes  
Watermelon  
Zucchini

## FALL

Beets  
Bell Peppers  
Broccoli  
Brussels Sprouts  
Cabbage  
Cauliflower  
Collard Greens  
Cranberries  
Garlic  
Ginger  
Grapes  
Green Beans  
Kiwifruit  
Lettuce  
Mangos  
Mushrooms  
Parsnips  
Pears  
Peas  
Pineapples  
Pomegranates  
Pumpkin  
Radishes  
Raspberries  
Spinach  
Sweet Potatoes  
Winter Squash



# ASSESSMENTS AND FEEDBACK

09

As a program expectation, health literary assessments will need to be taken twice - once at the beginning and once at the end. This will help instructors develop sessions based on overall responses and feedback.

We greatly value your feedback because this helps instructors provide the highest quality of services and support as possible! About halfway through the program, instructors will provide you with a survey to check in on how things are going. Feedback will also be taken at the very end of the program, however, never hesitate to let educators know how to improve your experience!

The overall goals of this service are for participants to develop a healthier lifestyle overall, in addition to understanding the benefits of adding nutrient-dense foods into your diet.

**If you have questions or concerns at any given point during the Food Pharmacy, please let educators know! We are here to help!**





# PROGRAM OUTLINE 10

time allotment	breakout group 1 (7-8 people)	breakout group 2 (7-8 people)
40 min	Leave Trillium, Travel, Arrival, Welcome & Check-In	Leave Trillium, Travel, Arrival, Welcome & Check-In
50 min	<b>Horticulture Activity</b> Location: Farm/Greenhouse <i>Instructor: Katie</i>	<b>Farm-to-Table Cooking</b> Location: Kitchen <i>Instructors: Ellen &amp; Amie</i>
10 min	Bathroom Break & Activity Transition	Bathroom Break & Activity Transition
50 min	<b>Farm-to-Table Cooking</b> Location: Kitchen <i>Instructors: Ellen &amp; Amie</i>	<b>Horticulture Activity</b> Location: Farm/Greenhouse <i>Instructor: Katie</i>
40 min	Lunch & Reflection/Discussion	Lunch & Reflection/Discussion
40 min	Travel Back, Clean Up, Goodbye, & Check-Out	Travel Back, Clean Up, Goodbye, & Check-Out

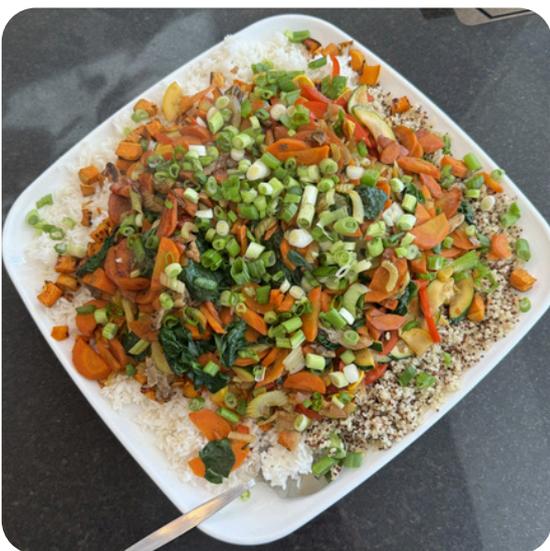
*\*This outline is designed for the educational sessions that are held at EquiCenter. The sessions at Trillium Health will be held in the learning kitchen and conference space with Calla and Hannah*

# HOW CAN I STAY HEALTHY?

11

Our bodies need to take in essential nutrients from foods, which is important to keep our immune systems strong! All of the items we receive in the produce boxes will help us maintain a healthy eating pattern through getting more fruits and vegetables in our diets!

## ADDITIONAL METHODS OF STAYING HEALTHY



- Staying physically active
- Eat fruits, vegetables, whole grains
- Stick with lean proteins, such as beans and legumes
- Drink at least 8 - 10 cups of water a day
- Aim to get 7 - 9 hours of sleep a night

# CONTACT INFORMATION

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Headwater

