

WELCOME to the Spring issue of the Just Say Yes to Fruits and Vegetables Newsletter! This edition includes a variety of resources to share with your clients to promote a healthy and active season. You'll find a healthy recipe, urban farming opportunities and a free physical activity resource to share with your clients!

What are Added Sugars?

Added sugars are any type of sugar that does not naturally occur in a food. Added sugars have many different names, which can make it difficult to identify them in food. This can lead to excessive amounts of sugar in one's diet.

High sugar intake has been directly linked to many health related illnesses such as obesity, diabetes, heart disease, cancer and Alzheimer's.

An alarming amount of beverages and foods have added sugar. One helpful tip to find these sugars is to look out for any ingredient ending in -ose which indicates it is a form of sweetener. Two examples of added sugar are maltose and sucrose. Still there are many others that do not end in -ose, [check out this listing](#) for many other "sugar terms" to look out for.

Most dietary added sugars come from beverages such as fruit juice, soda and energy drinks. Water is the healthiest way to hydrate and [naturally flavored infused](#) waters such as JSY's are a healthy alternative.

Common sugar names

- High-fructose corn syrup (HFCS)
- Molasses
- Sorbitol
- Corn syrup solids
- Pancake syrup
- Xylitol
- Brown sugar
- Maltose
- Sucrose
- Dextrose
- Fructose
- Fruit Nectar

Tis the season to mix fresh fruit with vegetables! JSY's **Spinach and Orange Salad** recipe is a light refreshing meal, perfect for the spring! It includes a nice combination of citrusy orange, spinach and tangy red onions. You'll get vitamin C, vitamin A, tons of antioxidants and fiber - yum! Share this recipe with your pantry or make this at your next meal service!



Did you know there are free exercise classes available throughout out New York City?

Shape Up NYC hosts a variety classes such as Yoga, Zumba, Boot Camp, Kick Boxing and Stretching.

Some awesome benefits of physical activity are increased energy and flexibility, improved mood, and increased strength.

All it takes is finding a class you enjoy and giving it a try.

You can have an instructor come to your site to host classes or start a group with clients and staff at a location nearby.

Take a look at the classes and locations available!



Urban Farming Educational Opportunities (FREE)

There are two exciting urban farming training opportunities coming up. Urban farming is an excellent way to provide low- cost produce in your community for your clients. Do not miss the following opportunities!

- The Food Bank For New York City in partnership with Snug Harbor Heritage Farm, is providing a 8-week training series designed to help Member Agencies to design, build and launch agriculture projects at their sites. Applicants will be prioritized based on desire and capacity to launch urban gardening projects.

To learn more please contact Stephanie Alvarado at salvarado@foodbanknyc.org or 212-566-7855 ext.8349 Here is the [application link](#) for the training series.

Registration is now open!

- On Thursday, May, 5 2016, JSY will host an Urban Farming Training at Los Sure Food Pantry. We will tour their beautiful vertical rooftop garden and provide many valuable resources to launch urban gardening projects. To register for the training please contact Brandy Gray at Bgray@foodbanknyc.org or 212-566-7855 ext#3



FBNYC Agency Spotlight

SAGE is the largest and oldest organization in the country serving Gays, Lesbians, Bisexual and Transgender Elders (LGBT) older adults, providing an array of services from housing to healthcare.

The food pantry located at the headquarters 305 Seventh Avenue 15th Fl, New York, NY serves clients from all SAGE satellite locations. JSY has been providing nutrition education to their clients at their Queens, Staten Island, and Bronx locations!

Here is a photo of the fun spirited group in the Bronx after trying JSY's Black-Eyed Pea and Celery Salad recipe; they are wearing JSY aprons given as a gift for attending the workshop!

[Click here to learn more about this amazing organization!](#)

Name: SAGE Services and Advocacy for, Gays, Lesbians, Bisexual and Transgender Elders (Bronx)
Location: 260 E. 188th Street, Bronx, NY 10458
Founded: 1978
Food Pantry: Monday-Friday by Appointment (At headquarters location only)

