



Bureau of Community Services/Nutrition Announcement

November 16, 2023

GrowNYC Nutrition Education Memo

Dear Community Partner,

We would like to inform you that each session of GrowNYC's "Let's Talk and Eat Vegetables" quarterly in-person series counts as a nutrition education session. These presentations give an overview of local vegetables, fruits and herbs that are currently in season. A seasonal dish will be prepared for sampling. Please note that the virtual "Let's Talk Vegetables" series also counts as one session of nutrition education as long as it is implemented following the standards for virtual programming.

For more information on "Let's Talk and Eat 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 NYC Aging Nutrition Advisor.

Thank You.