

Residents Share their Stories:



My photos represent a journey through many communities, and what is viewed that relates to your daily life travels. There are several stores that provide foods that may be or may not be healthy, you have to be aware of how much you take in to maintain a healthy lifestyle. Being mindful of what you take in helps you keep the exact amount of nutrients, vitamins, and calories at a particular level for healthy living. Daily exercise is key if not daily at least 3-4 times a week, along with daily vitamins if prescribed by Physician. Also stay hydrated with water with not only hydrates you but also cleanses you from poisons and impurities attacking your body.

"A garden beginning to grow...can help children learn about healthy foods early"



I see a garden beginning to grow. The plants will start to bloom soon and then the vegetables will come up. It related to us because we all can grow a garden and have food, to eat, sell to others or even give to the community. It can also help children learn about healthy foods early and how to grow things and how important it is.

"What does being healthy mean to you?"

"You have to be aware of how much you take in to maintain a healthy lifestyle"



The garden that is well kept the area is very clean and seeing things grow make you feel happy. The next picture of children racing if make you want to learn games with the children, we learn from children too and you are happy to teach new games to them. You are getting exercise. The last picture, a large tree growing in the yard. You are able to sit and read and relax, you can enjoy an apple why reading. These are simple things you can do to keep your health.

"You are able to sit and read and relax...these are simple things you can do to keep your health."



Air Quality. The theme of what my photograph represents is air quality. In this picture there are a number of trash buckets lined up just outside my kitchen and bathroom windows. Unfortunately I do not have air conditioning in my apt so I most often in fact always have those windows open. A short while after people have deposited their trash in these buckets, the trash start to emit very dangerous odors. This situation causes me to shut the windows, therefore depriving me of so much needed FRESH AIR. If I cannot breathe quality air, I cannot enjoy my meals. If I will not enjoy my meals, I cannot be healthy.

"What would motivate you to stay healthy?"

"Group activities can be motivating especially if you'll eat and exercise together as a group."



Biking can be a great way to stay healthy along with exercising daily. Having a set plan to do what motivates you to push to achieve that goal(s). Group activities can be motivating especially if you'll eat and exercise together as a group. Building a walk team is also a great way to stay healthy by you walking a few blocks, taking in some fresh air is a plus to healthy living. Family activities can be a great way to stay healthy, rather its sports walking, biking or even hanging out at the pool are great healthy exercise resources.

"What makes it difficult to stay healthy?"

"Trash in these buckets...deprives me of so much needed fresh air"

Eating Healthy

What's on your plate?
ChooseMyPlate.gov



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



| Vegetables | Fruits | Grains | Dairy | Protein |
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| <p>Eat more red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (chickpeas, lentils, peas or beans), soups or stews.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "no-salt-added" or "no-salt-added" canned vegetables.</p> | <p>Use fruits as snacks, in cereals, and desserts. At breakfast, top your cereal with bananas or strawberries, add blueberries to pancakes.</p> <p>Buy fruits that are small, frozen, and canned in water or 100% juice, as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p> | <p>Substitute whole grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p> | <p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fresh salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soy milk (soy beverage).</p> <p>Choose lean meats and ground beef that are at least 90% lean. Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p> | <p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean. Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p> |

For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.

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| <p>Eat 2½ cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p> | <p>Eat 2 cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup of dried fruit</p> | <p>Eat 6 ounces every day</p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p> | <p>Get 3 cups every day</p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soy milk; 1½ ounces natural or low-fat processed cheese</p> | <p>Eat 5½ ounces every day</p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 tablespoon butter; 1 ounce of nuts or seeds; 3-cup beans or peas</p> |
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USDA U.S. Department of Agriculture • Center for Nutrition Policy and Promotion

Healthy Recipes Online

Find nutritious recipes by ingredient: <http://gfbf.org/modules/clickcook.php>
Healthy recipes, cookbooks, and more: <http://www.whatscooking.fns.usda.gov/>
Recipes featuring canned foods: <http://mealtime.org>
Sample 2 Week Menu on a Budget: <http://www.choosemyplate.gov/budget/downloads/2WeekMenusAndFoodGroupContent.pdf>

Cooking on a Budget Courses:

<http://ma.cookingmatters.org/events>

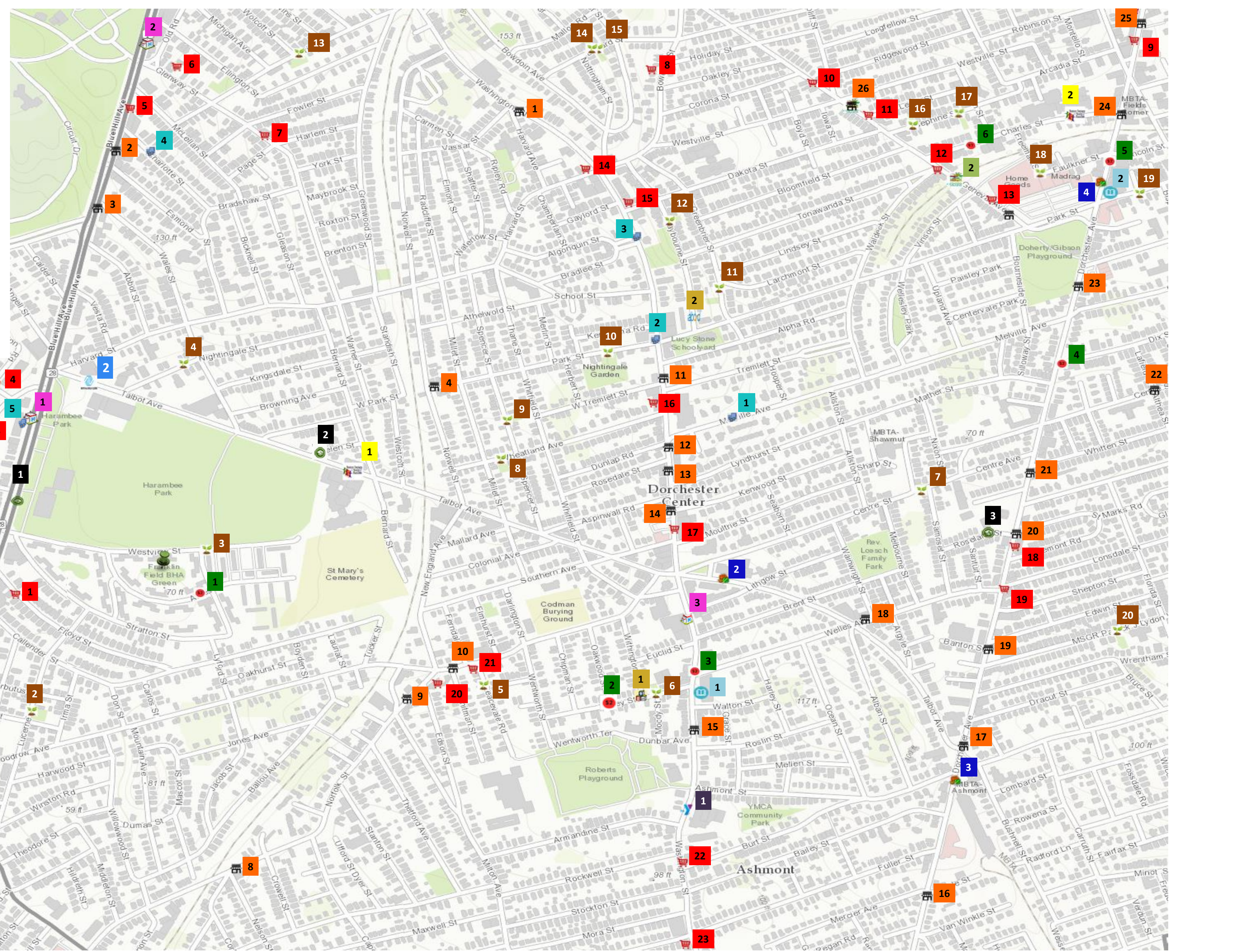
Diet and Exercise Planners and Trackers

<https://www.supertracker.usda.gov/>
<http://www.thedailyplate.com>

My foods. My fitness. My health.

Nearby Resources

- Legend**
- Farmer's Markets**
 - BCYF Community Centers and Pools**
 - Community Center
 - Pool
 - Outdoor Pool
 - Senior Center
 - Health Centers**
 - Community Gardens**
 - Boys and Girls Club of Greater Boston**
 - Public Libraries**
 - YMCA Locations**
 - Boston Adult Literacy Initiative Sites**
 - Corner Stores**
 - ABCD Sites**
 - ABCD Head Start and Early Head Start
 - ABCD Neighborhood Sites
 - ABCD Head Start Affiliates
 - Healthy Corner Stores**
 - Grocery Stores**
 - Food Pantries**
 - Fair Foods \$2 a Bag**



Other Resources

- The Mayor's Health Line:** 1-800-847-0710
<https://www.helpsteps.com/home.html>
- Food Source Hotline (Project Bread) - 1-800-645-8333**
Hotline Hours:
Monday – Friday: 8 A.M. - 7 P.M.
Saturday: 10 A.M. - 2 P.M.
- Fair Shoes – Free Diabetic Shoes**
To find out if you're eligible:
Call 617-288-6185 or email info@fairfoods.org
- Walking and Cycling Map**
<http://trailmap.mapc.org/>
- Mental Health Resources:**
www.namimass.org/resources
- Free Legal Help**
For information: www.masslegalhelp.org
For an attorney: **Greater Boston Legal Services**
Toll-free number: 1-800-323-3205
Walk-in info: <http://www.gbpls.org/get-legal-help/hours-of-operation>
- MA Domestic Violence Safelink Hotline – 1-877-785-2020; TTY: 1-877-521-2601**
For emergency situations, call 911
- One Stop Career Centers**
Boston Career Link:
1010 Harrison Avenue, Boston, MA 02119
Tel: (617) 536-1888
Fax: (617) 536-1987
www.bostoncareerlink.org
- Career Solution**
75 Federal Street, Boston, MA 02110
Tel: (617) 399-3131
Fax: (617) 451-9973
www.theworkplace.org
- Massachusetts Adult Literacy Hotline – (800) 447-8844**
Information about adult education programs and resources