



Residents Share their Stories:



“Now you see nice healthy vegetables, you wish you could grow your own”

Now you see nice healthy vegetables, you wish you could grow your own – but you can't really. They had rows and rows of collard greens which are my favorite. This is a picture of a farm in Dorchester, my sister lives over in that area. The vegetables look like old-fashioned where you can pick them from the ground – “cause my father used to grow any type of vegetable he could put in the ground.”

“When I don't eat before leaving the house I tend not to feel well. Make time for yourself”



I'm eating this grilled & roasted piece of chicken. I'm hungry. This chicken has all of this juicy skin. I cut half of it and next to it is my side order of salad. I'm eating it because I'm hungry. I left my house without eating before shopping. Just to tell you that I was rushing out of the house. I didn't have time to eat. It affects me because when I don't eat before leaving the house I tend not to feel well. This is something I definitely need my doctor to know. The side effects are not very good, lack of energy, tired. Lack of money, not enough money and time throughout the day. Educate others by basically – make time for yourself. No one can survive without food. It doesn't make you feel good. Interesting question – what can we do about this – be organized. When you're not organized that's a big role in it. I fell like if I was organized, I wouldn't be eating like this.

“What does being healthy mean to you?”



Well the fruit looks nice and healthy and try to eat it every day, it not every day fit in sometime. I've never been crazy about fast food because I wasn't raised on it. Pears and peaches and figs and blackberries we used to grow back home. Stay away from all of the sodas – there's too much sugar in it, it's too sweet. I don't even buy drinks, I stick with water.

“Stay away from all the sodas – there's too much sugar in it...I stick with water”



The store near me, Tedeschi, has a lot of frozen food. When you enter the store you can see ice cream (several flavors) and “food” – but everything is frozen. And the kids only want this food. They always say “Mommy, let's go shopping” to get this food. But this frozen food's unhealthy. Sometimes in the afternoon, the kids say they want Hot Pockets. But when I tell them no, they say “Okay then I won't eat.” And sometimes they like bananas, but only in milk shakes with lots of sugar. They don't like vegetables and only eat fruit once every one or two weeks.

“What would motivate you to stay healthy?”

“I love to come here to get peace and quiet and exercise my mind and body”



This is a picture about me standing in the place where I find more peace + serenity when I'm alone. Like going alone. We have a vegetable garden here in the picture, there is trees around, there is a sign above the door (reads “word, mind, path”). I go here to do sword karate, or weaponry. This is my motivator because I love to come here to get peace + quiet and exercise my mind and body. Everyone should have a chance to find peace and experience some kind of martial arts. It's there (resource), but not everyone can access it, you have to be able to afford it. I'm going on my third black belt in wasopony, 1 black belt in karate. I have tried to hand out pamphlets to the community to attend the school but on one has joined. I would like to invite people to come and watch sessions – that would motivate them.

“What makes it difficult to stay healthy?”

“When you enter the store you can see... “food” – but everything is frozen.”

Eating Healthy



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>



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
<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 (chickpea or chickpeas), soups (lentil peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.</p>	<p>Use fruits as snacks, salads, 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 on 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 ingredient 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, choose lactose-free milk or fortified soy milk (soy beverage).</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>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>Have a weekly meal seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

Cut back on sodium and empty calories from solid fats and added sugars

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausage, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 200 per day, based on a 2,000-calorie diet.

Be physically active every day

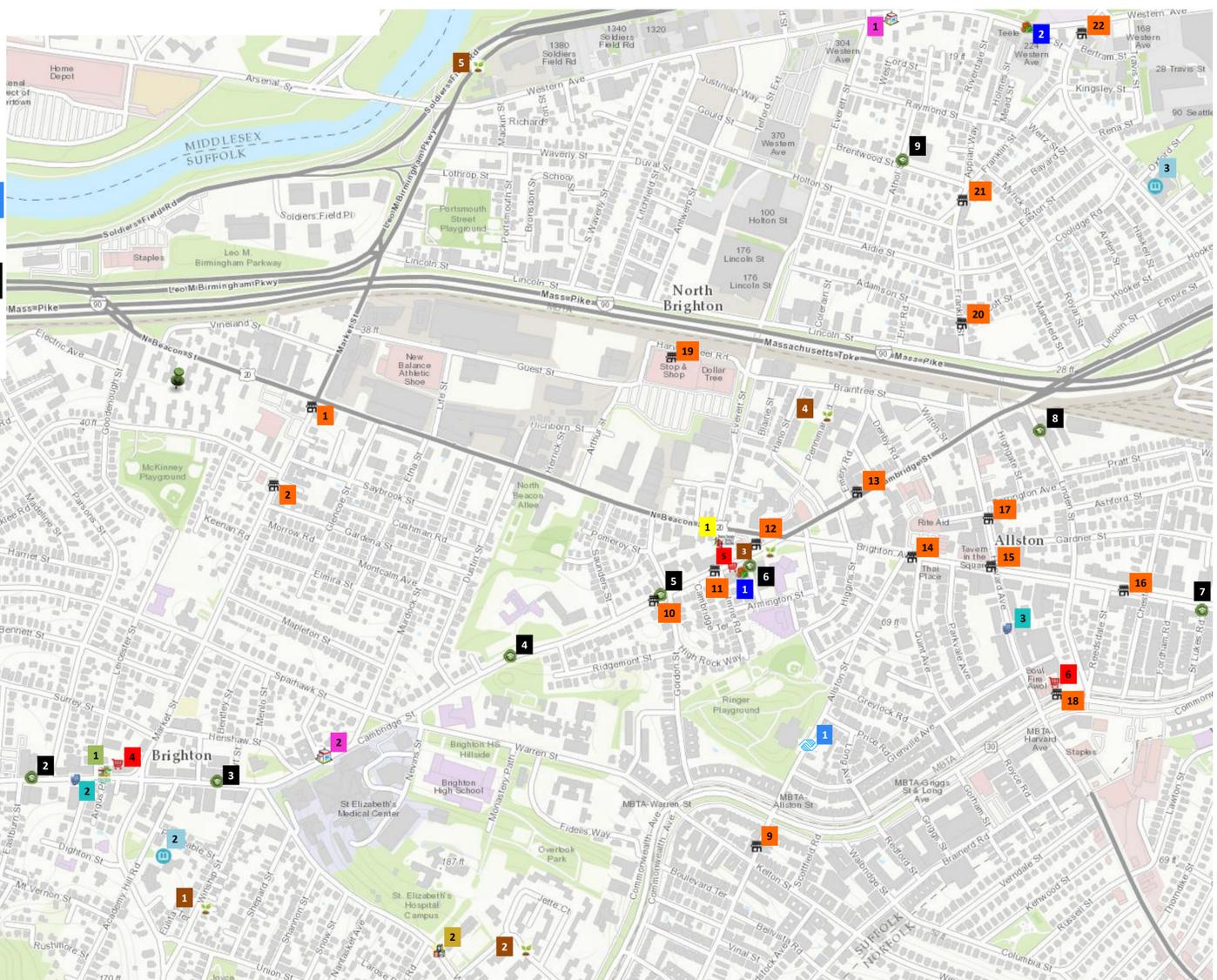
Pick activities you like and do with for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents get 60 minutes or more a day.

Adults get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.

Nearby Resources

- 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**
- Boston Adult Literacy Initiative Sites**
- Corner Stores**
- ABCD Sites**
 - ABCD Head Start and Early Head Start
 - ABCD Neighborhood Sites
 - ABCD Head Start Affiliates
- Public Libraries**
- YMCA Locations**
- Grocery Stores**
- Healthy Corner Stores**



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.gblls.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

Find info and share your tips about these resources below! Access the map online: <http://arcg.is/1gsxOT4>