“Healthy Environment, Healthy Lifestyles, Healthy Community”

Spend a Day at the Market

It’s November and that means Thanksgiving and the holiday season are right around the corner. It also means that local Farmers’ Markets are opening to provide the community with local, fresh produce to enjoy during this season. Miami now has over seven local Farmers’ Markets which are working to “Make Healthy Happen” by making fresh, healthy and local food a reality for everyone. Each of the markets listed below offers, or will offer the Double Value Coupon Program (DVCP).

This initiative allows consumers to double the value of federal Supplemental Nutrition Assistance Program (formerly food stamps) dollars at participating markets. In other words SNAP customers get twice as much fresh produce. The goal of the Double Value Coupon Program is to provide access to produce for at-risk consumers. The DVCP program is designed to feed the nation's hungry and to nourish vulnerable families, providing children with better nutrition, improved self-esteem, piece of mind, and food security. We encourage everyone to come to the Farmers’ Market nearest you and shop for produce for yourself and your family.

- Katie Powell
  Food Equity Coordinator, Public Ally
  Catalyst Miami
  Health and the Built Environment Committee

Miami-Dade County Farmers’ Markets

Homestead Harvest Market at Verde Gardens
12690 SW 280 Street,
Homestead, 33032
Fridays from 4:00PM – 8:00PM

Upper Eastside Farmers’ Market
NE 79th St and Biscayne Blvd.
Saturdays from 9:00 PM – 2:00 PM
Bus routes 3, 16, 33, 79, 93 and L

Roots in the City
Overtown
3rd Ave and 16th Street
Fridays from 9:00AM – 5:00PM

Brownsville Farmers’ Market
Jesse Trice Community Health Center, right off the Brownsville Metrorail stop
NW 27th Ave and 56th St
Fridays from 11:00AM – 3:00PM
Opening December, 2011!

War on Poverty
Nathan B. Young Elementary
14120 N.W. 24th Avenue,
Opa-Locka, Florida 33054
Wednesdays from 2:00PM – 4:00PM
Coming Soon!

City of North Miami Farmers’ Market
MOCA Plaza
770 NE 125 Street, North Miami,
Florida, 33161
Thursdays from 1:00PM – 6:00PM
Opening December 1, 2011!
One of the ways the City of North Miami is advancing healthy lifestyle changes is by encouraging “active” transportation choices. If almost 28% of trips are less than one mile, why not ride your bike? To facilitate this choice, the City has embarked on a program to create a system of bicycle routes and parking racks. More than 60 bicycle racks have been installed in all public facilities, such as parks and the library; at private businesses and multi-family homes; and at transit stops. The City has also adopted a Bicycle Route master plan to designate certain roadways as bicycle routes. One bicycle path has been completed linking a beautiful City road to an environmental preserve and to the FIU Biscayne Bay campus. On the other side of town, a roadway is being widened to accommodate new bicycle paths and should be complete by early 2012. In October of this year, the City finalized the installation of shared-use lane striping, called “sharrows,” along 2 miles of its major downtown roadway, from I-95 to Biscayne Bay; Miami-Dade County has installed sharrows on a major north-south route through the City on NE 16th Ave, and have committed to stripe Griffing Blvd as well. Also, City of North Miami mayor Andre D. Pierre has sponsored (and participated in) a monthly bicycle ride called “Get into Gear,” to get the word out on the benefits of bicycling.

- John O’Brien
  Transportation Manager
  City of North Miami
  Health & the Built Environment Committee
Since receiving the Communities Putting Prevention to Work Grant in March 2010, Miami-Dade County Public Schools (M-DCPS) has been empowered to make great strides in providing opportunities for students in high school physical education, expanding the curriculum in elementary physical education to include 200 elementary schools implementing Sports, Play and Active Recreation for Kids (S.P.A.R.K.), in addition to the 40 elementary schools funded through the Health Foundation of South Florida, and implemented a District Wellness Center enabling those with extended work hours to exercise before work, during lunch time, and after work.

The senior high school 7th period day, originally through Adult Education, was developed as an innovative way to increase the number of senior high school students taking physical education beyond the one credit already completed from high school graduation. The program started out slow, as this was a new concept, but began to pick up steam as the school year progressed. However, after the July 2011, Legislative session, Adult Education was no longer allowed to offer elective classes. Therefore, for the 2011-2012 school year, the 7th period physical education classes are now offered as hourly through the day school program. As a new concept this once again began slowly, but if more time was available, this too would pick up steam.

S.P.A.R.K., an evidence based physical education program was implemented to ensure that students were physically active most of the physical education class. This was a critical program to implement as class sizes in physical education increased, more students were inactive waiting a turn. S.P.A.R.K., along with the funds that schools received to purchase supplemental physical education equipment, had once again made a difference in the quality of physical education programs delivered to our students.

The District Employee Wellness Center, the third spoke in our funding wheel, has made it possible for district level administrators to engage in a minimum of 30 minutes of daily physical activity as required by the Physical Activity Guidelines for Americans. This was a missing link, as district administrators work from 8:00AM to 4:30PM daily, making it difficult to go to a gym, get home, cook dinner, spend time with the family and prepare for the next day. By having a District Employee Wellness Center, employees can work out before work from 6:30AM – 7:45AM; during lunch hours from 11:30AM – 1:30PM; and after work from 4:30PM – 7:30PM. The program has been a HUGE success!

The CPPW funding has made a huge impact on M-DCPS Physical Education and Employee Wellness!

- Dr. Jayne D. Greenberg, District Director
  Mr. Louis Lazo, Curriculum Support Specialist
  Physical Education and Health Literacy
  Children Issues Committee
Healthy Eating Tips for Thanksgiving

- Eat a healthy breakfast and lunch
- Watch your portion size
- Limit high fat items
- Drink plenty of water

### Healthy Thanksgiving Recipe Substitution Tips

<table>
<thead>
<tr>
<th>Recipe Calls for:</th>
<th>Substitution:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 whole egg</td>
<td>2 egg whites</td>
</tr>
<tr>
<td>Sour cream</td>
<td>Low fat plain yogurt or low fat sour cream</td>
</tr>
<tr>
<td>Milk</td>
<td>Skim milk or 1% milk</td>
</tr>
<tr>
<td>Ice cream</td>
<td>Frozen yogurt</td>
</tr>
<tr>
<td>Heavy cream (not for whipping)</td>
<td>1:1 ratio of flour whisked into non fat milk (e.g. 1 cup of flour + 1 cup of non fat milk)</td>
</tr>
<tr>
<td>Whipped cream</td>
<td>Chilled evaporated skim milk or other low fat whipped products such as Nutriwhip</td>
</tr>
<tr>
<td>Cheese</td>
<td>Low-fat cheese (please note: non-fat cheese does not melt well if use in cooking or baking)</td>
</tr>
<tr>
<td>Butter</td>
<td>Light butter</td>
</tr>
<tr>
<td>Cream of mushroom</td>
<td>Fat-free cream of mushroom</td>
</tr>
</tbody>
</table>