





Indiana FSSA's Division of Aging

August 2024

"Health and cheerfulness naturally beget each other."



- Joseph Addison

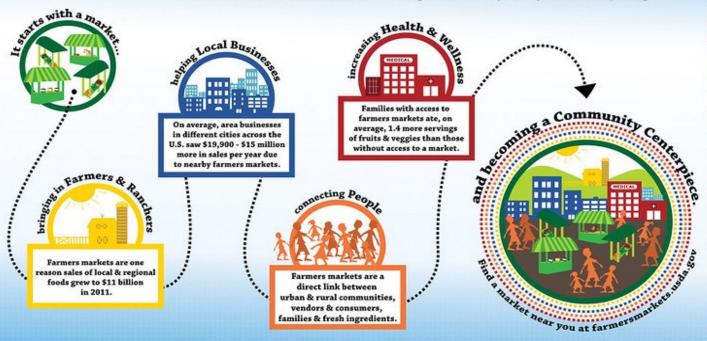
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National Farmers Market August 4-10, 2024

The Food Chain Reaction from a Farmers Market

Farmers markets have become a critical ingredient in local economies, food systems, & communities. Not only are they an economic boost to local farms & businesses, they can also strengthen community ties & promote healthy eating.



<u>USDA</u>

U.S. Department of Agriculture

SOURCES:

Effect of a Targetod Subsidy on Intake of Fruits and Vegetables among Low-Income Women in the Special Supplemental Nutrition Program for Women, Infants, and Children (www.ncbi.nlm.nih.gov/pmc/articles/PMC2156076). Specially Epode Association (www.ncbi.nlm.nih.gov/pmc/articles/PMC2156076).

USDA is an equal opportunity employer and provide

Protect Your Vision From DIABETES

Have a **dilated eye exam** every year, and follow these steps to keep your health on **TRACK**.

Take your medications as prescribed by your doctor.



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Reach and maintain a healthy weight.





Add more physical activity to your daily routine.





Control your ABC's—A1C, blood pressure, and cholesterol levels.





Kick the smoking habit.







Vision loss from diabetes affects some groups more than others.



www.nei.nih.gov/diabetes



Tips for Healthy Eyes



For healthy eyes, eat dark leafy greens (like kale) and fish (like salmon).





Word Search Bank

CHOLESTEROL

COMMUNITIES

DILATED

ECONOMY

EXPOSURE

FARMERS MARKET

FOOD SYSTEMS

INGREDIENTS

LEAFY GREENS

PROTECTION

ROUTINE

SALMON

SUNLIGHT

SUNSCREEN

VISION

WORD SEARCH

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It's easy to protect yourself from UV exposure...





Long-sleeved shirts, pants, and a wide-brimmed hat offer the best protection. If you're wearing a baseball cap or short-sleeved shirt, make sure to put sunscreen on your ears, neck, and arms.



Seek shade as much as possible between 10 a.m. and 4 p.m., which are peak times for sunlight. Avoid indoor tanning.



Use a sunscreen of at least SPF 15 on any exposed skin, and don't forget to re-apply it every two hours, as well as after swimming, sweating, or toweling off.



If you work outdoors, ask about sun protection at your job, like wearing sun-protective clothing.

Somali Summer Salad

Recipe Courtesy: https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/somali-summer-salad

Yield: 8 servings Serving Size: 1/8 of recipe

Nutrition Info: Total Calories 92; Total Fat 5g; Saturated Fat 1g; Sodium 5mg; Carbohydrates 12g; Dietary Fiber 3g; Total Sugars 8g; Protein 1g; Calcium 18mg; Potassium 287mg

Ingredients:

- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 3 apples
- 2 green peppers
- 3 tomatoes
- 2 cucumbers

Salt and pepper (optional)

Directions:

- 1. In a large bowl, combine oil and lemon juice.
- 2. Dice all the fruits and vegetables and then add to the bowl.
- 3. Add salt and pepper to taste (optional).
- 4. Serve chilled

Contact Us

Contact the Division of Aging at

1-888-673-0002

Monday through Friday 8 a.m. to 4:30 p.m. EST

or visit us online: www.in.gov/fssa/2329.htm

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