



FRESH AIR, COMMUNITY AND MORE!

IN-PERSON PROGRAMMING RESUMES
AND THE GARDEN IS IN FULL-SWING

THE FIT AND FOOD CONNECTION SUMMER NEWSLETTER | 2021



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LETTER TO OUR READERS: STEPPING INTO SUMMER TOGETHER

Here at The Fit and Food Connection, the importance of community support and connection is clearer than ever after such a challenging year.

Thanks to our amazing volunteers and supporters who helped us thrive through such uncertain circumstances, allowing us to serve more families than ever before! We are looking forward to what this next chapter has in store for us!

We are excited and optimistic for the future as our in-person programming resumes. Cheers to a healthy and active summer of bringing our community together!

Joy Millner and Gabi Cole
Co-Founders and Co-Directors

FIT AND FOOD HAPPENINGS

CHECK IT OUT!

MIND BODY SOUL MAGAZINE FEATURE

We were so proud to be featured in Mind Body Soul's premier magazine issue that recently launched on June 10th. Creators, Cara Moon Schloss and Stacy Oliver Neal, developed the magazine to inspire connection, creativity and community.

As Fit and Food strives to connect community and creative positive change, we feel that we share that vision with Mind Body Soul Magazine. Stress in our communities is at high levels, so surrounding ourselves with peace and feel-good offerings are so very important.



Fit and Food Featured in Mind Body Soul Magazine

The magazine accomplishes this peaceful feeling and provides offerings that are ultimately calming. We strive to continue to work together as a community to create a healthy environment, and we thank Mind Body Soul for giving the opportunity to share our organization.



Fit and Food Featured in Mind Body Soul Magazine

SCAN THE QR CODE TO
READ THE FEATURE IN
MIND BODY SOUL MAGAZINE!



SAVE THE DATE!

FIT AND FOOD'S ANNUAL FARM TO TABLE
FUNDRAISING EVENT IS COMING UP ON
OCTOBER 3RD.

We will have a chef, live music, and a farm to table
style menu from our farm site and local partners.
More details to come!

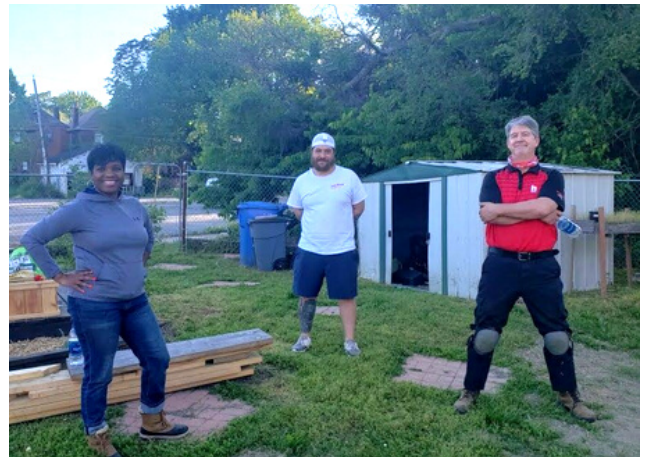


CORPORATE VISTORS IN THE GARDEN

We love having visitors in the garden and thankful to a team from Heartland Coca-Cola, who rolled up their sleeves and got to work to help us plant crops this past May.



Corpoate visitors in the Garden



Corpoate visitors in the Garden

We can't do it without you as a community, and we invite other corporate workgroups to come and join our Fit and Food family in the garden on day.

To partner with The Fit and Food Connection please email info@fitandfoodconnection.org



PLEASE DONATE TODAY TO TAKE
A FAMILY OFF OUR WAITING LIST!

JOIN FIT AND FOOD'S HEALTHY GIVING CLUB

Your monthly gift of just \$5 or more, will provide long-term healthy living resources to our families in need.

SCAN THE QR CODE TO
COMPLETE YOUR
REGISTRATION!



GIVE THE GIFT OF HEALTHY LIVING

PROGRAM HIGHLIGHTS

WELLNESS PROGRAM

GUIDE TO A HEALTHY LIFESTYLE

Elizabeth Huseman, one of our volunteer registered dietitian's, led our Guide to a Healthy Lifestyle nutrition series in June at our partner location, St. Peters Church of Christ, in north St. Louis.

The series was a great way to kick off the return of our in-person programming, as clients learned practical tips in addressing everyday health issues.



Guide to a Healthy Lifestyle Seminar

Elizabeth made learning about nutrition fun and approachable and simplified complex concepts giving our clients valuable tips to help them along their journey. Elizabeth highlighted topics such as metabolism, portion sizes, knowing what to eat, and more. We are lucky to have her on our team and our clients are really looking forward to her next nutrition series!

STEPS TOWARD CONNECTION

Some of us may have needed to ease our way back into our fitness routines and our weekly walking group followed by outdoor yoga led by volunteer instructor, Andrea Driver, did just that. Andrea guided clients on a 30-minute walk in St. Vincent's Community Park, followed by a yoga session that was focused on both building connection while also helping clients make consistent progress towards their health and wellness goals.

This walking group followed by a beginner level fitness class is still ongoing throughout the summer months.

Throughout July, we are featuring a strength and conditioning class post-walk with volunteer trainer, Maddie Monken, and in August we will be highlighting a core conditioning class post-walk, as having a strong core can contribute to better balance and stability, reducing your risk of injury. Make sure to always check out our programming calendar on our website for updates!



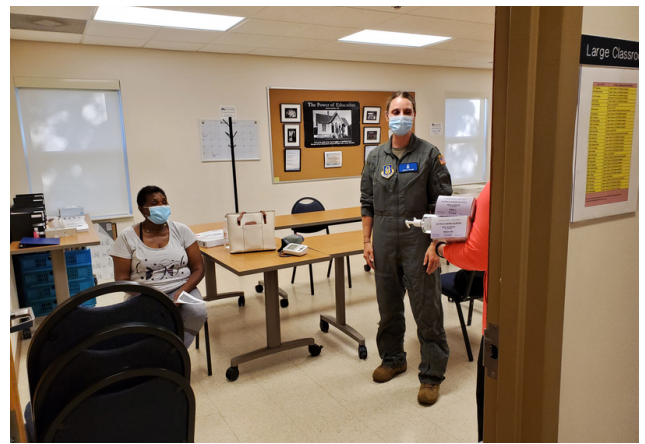
Steps Toward Connection + Yoga Class

HEALTH SCREENING EVENT

We are so thankful for our incredible group of nurses and wellness volunteers that help in providing life-changing education to our clients, apparent at our recent health screening event that was held on June 3rd.

Participants had the opportunity to get their health stats taken plus meet with a nutrition and fitness specialist one-on-one to discuss their health goals and the steps to achieve them.

One of our clients stated, “The fitness and nutrition wellness programs offered by The Fit and Food Connection, whether in-person or virtual, have played an essential role in helping me maintain my fitness goals.”



Health Screening Event

We love hearing amazing feedback like that and we couldn't keep doing what we do without our wonderful team of nurses, nutrition specialists and personal trainers. After attending our summer wellness programming, clients will have the opportunity to participate in follow-up Client Health Screening event to track and celebrate their progress on August 29th from 2:00PM-4:00PM at St. Peter's Church of Christ Community Center.

FIT AND FOOD PROGRAM CALENDAR

WHAT'S COMING UP

SCAN THE QR CODE TO CHECK OUT ALL OF OUR UPCOMING PROGRAMS & TO REGISTER



WELLNESS PROGRAM

Fitness Thursdays at 5:30 PM
July Walking Group: Steps Towards Connection Followed By Strength and Conditioning at St. Vincent's Community Park-7335 St. Charles Rock Road, St. Louis, MO 63135

Nutrition Sundays at 2:00 PM
July Guide to a Healthy Lifestyle nutrition seminar series held online via ZOOM

Last Saturday of Each Month at 11:00 AM
July Meal Prep & Cooking Demonstration at the Fit and Food garden at 4846 St. Louis Avenue, St. Louis, MO 63115.

FOOD ACCESS PROGRAM

- **Kid's Club in the Garden** - Every 1st and 3rd Tuesday from June to August at 4:30 PM at 4846 St. Louis Avenue, St. Louis, MO 63115

SPECIAL ONGOING PROGRAMS

- **One-on-One Programming**- Ongoing availability - Please contact us at programs@fitandfoodconnection.org for more details if you are interested in this life-changing wellness opportunity
- **Referral Program Opportunities**- Ongoing availability - Fit and Food can connect you with programs designed to help manage specific chronic diseases. Please contact us at programs@fitandfoodconnection.org to get started with the enrollment process for self-paced or group coaching options to meet your health goals

PROGRAM HIGHLIGHTS

FOOD ACCESS PROGRAM

HEALTHY FOOD PANTRY DELIVERY

James Donegan, Fit and Food's Food Pantry Manager and our amazing SLU Intern, Elaine Badr, work with a wonderful group of volunteers who are dedicated to addressing food insecurity, and together they work diligently to serve our Food Access Program clients.

Each week they sort and package fresh produce, frozen meals and meat, pre-packaged meals, healthy snacks and non-perishables to send out with our volunteer drivers to directly deliver healthy options to our families in need.

Once garden season comes to a close, we rely even more on our individual donors and partners to help us continue reaching as many people on our waitlist as possible. In the coming months, we will be reaching out to the community for our annual winter food drive. If you or your business would like to participate in this year's food drive, please email info@fitandfoodconnection.org for more information. A combination of produce gift cards and healthy non-perishables off of our Amazon wish list would be greatly appreciated!

SCAN THE QR CODE TO
VIEW OUR AMAZON WISH LIST!



ORGANIC GARDEN IRRIGATION

We want to give a big shoutout to our Give STL Day supporters who contributed this past May! Thanks to YOU, we are able to put in a new and improved irrigation system at our Project Sunflower Organic Garden. Food grown and harvested in the garden is a resource to the surrounding food deserts community.

Last year we harvested over 1,400 pounds of healthy fruits and vegetables that directly helped in supporting our healthy food pantry and delivery service. Thanks to our supporters the new upgraded irrigation system will help us feed more families, as our goal is to harvest 3,000 pounds this year!



Project Sunflower, Fit and Food's Organic Garden

Help your community by purchasing items you already buy!

1. Go to smile.amazon.com
2. Log into Your Account
3. Search/Select - Fit and Food Connection
4. You Shop & Amazon Gives!!!!



MEAL PREP IN THE GARDEN

Fit and Food is celebrating garden season and the ability to come together as our in-person programming resumes with our first ever meal prep demonstration in the garden!

Volunteer Chef, Tom Clutter, helped us whip up a healthy combination of fresh flavors, featuring kale from the garden, to create a tasty twist on an easy summertime meal during our monthly meal prep demonstration in June.



Meal Prep and Cooking Demonstration

Leafy greens such as kale are high in fiber and water, both which help with regularity and a healthy digestive tract. Kale also contains antioxidants, calcium, vitamins C and K, iron, and a wide range of other nutrients that can help prevent various health problems.

Kale can be purchased or can be grown fairly easily in your own garden. It's also very versatile as it's really great even sautéed or air-fried!

We will be heading back to the garden for our next meal prep class with Keri Lenihan on July 24th from 11:00AM-12:00PM, which will demonstrate how you can still enjoy a Summer BBQ while maintaining your healthy habits and eating choices.



KIDS CLUB IN THE GARDEN

Summertime is a great time to get dirty! Kids Club in the Garden, held at our Project Sunflower Organic Garden gets the kids outside and provides opportunities to learn through exploration with fun activities like planting and harvesting, composting, bug exploration, and a garden scavenger hunt.

This exploration help to increase their awareness of where food comes from in hopes to inspire healthy eating habits.



Kids Club in the Garden



Kids Club in the Garden

Fit and Food works hard to provide healthy living resources to families as a whole. We see amazing results when children and their parents work together to get healthy!

This special event is available every 1st & 3rd Tuesday through the month of August and registration can be found by visiting our program calendar on our website.

Thank you to all of our incredible volunteers and partners; Chef Robert Rusan, Arielle Wright from Urban Harvest, Tyrean Lewis from Heru Urban Farming and Tonia Scherer from Greening Gateway, for helping us bring such a wonderfully unique program to our youth!

Our Mission:

The Fit and Food Connection (Fit and Food) offers people living in food and fitness deserts access to free nutritious food, physical activities, educational workshops, and personal coaching to encourage and support healthy living.

For More Information:

info@fitandfoodconnection.org | 314.312.2746

Follow us on:



CLIENT SPOTLIGHT

SHIRLEY HARVEY

I began participating in Fit and Food wellness programming beginning in 2013. Since joining the organization, I have had the opportunity to engage in numerous physical fitness activities as well as nutritional wellness workshops to maximize a healthy lifestyle.

I have been educated on how to choose and prepare healthy foods by learning how to shop for nutritional food items and read and interpret the ingredient labels. I have benefited immensely from the programs that are offered by the organization.

Since becoming a client, I have been able to maintain a healthier lifestyle, lower my cholesterol, and keep my blood glucose at a healthy level. My thanks to all of the volunteers and supporters who help make this possible. I am extremely proud to be a part of this organization. THE FIT AND FOOD CONNECTION is my Lifeline to Living a Healthy Life.



CLIENTS ALSO REPORTED

Since our Spring Newsletter, our clients report to feeling healthier and more empowered. In the last 3 months, Fit and Food has touched well over 1,000 lives!



“Fit and Food programs have helped me lose about 25 pounds, my numbers have improved, my A1C has gone down, and all this in a very short period of time.”

“Fit and Food programs have helped me improve my health by offering classes and programs that are interesting and beneficial to my well-being.”

VOLUNTEER SPOTLIGHT

ANGELINE SOON

The food donation bin at Yoga 6 Des Peres was how I came to learn about The Fit and Food Connection. Through my work, I've learned about the challenges with food insecurity, and paired with my personal interest in fitness, I felt a tug in my heart string to learn more about this organization.

I joined the Operations Team assisting with backend system and data migration and I've been volunteering for the last 2 years, and I feel that I reap more than I sow. This is a way that I can help underserved communities, by leveraging my transferable skills from the corporate world to support Fit and Food. I've gained a deeper appreciation for the founders and staff members in their relentless pursuit of Fit and Food's mission.

Occasionally, when I am not hunched at my desk doing IT work, I like to take the opportunity to travel near and far with my husband, sometimes accompanied by my two stepsons. I'm also a big believer in purpose-driven business, and am working on getting certified as a Conscious Capitalist consultant.

VOLUNTEER NEEDS

Fit and Food has current volunteer needs on our Marketing and Development Committees and we are always looking for volunteers to help on a Sunday afternoon in North County at our healthy food pantry to sort and package items, in addition to delivery drivers for our Food Access Program.

Please reach out to our volunteer coordinator nia@fitandfoodconnection.org to learn more details about these opportunities.



YOU'RE JUST A STEP AWAY FROM REACHING YOUR WELLNESS GOALS!

Wellness Goal: Commit to going up and down one step for 5 minutes two to three times per week. Right foot first for 30 seconds. Rest for 15. Left foot first for 30 seconds. Repeat for a total of five minutes.

INFUSED ICE CUBES FOR A REFRESHING TWIST OF FLAVOR



These fun drinks are the perfect way to keep yourself hydrated during the hot days of summer! All you need is a couple of ingredients and an ice cube tray.

Ingredients

- Plain or favorite flavor of sparkling water
- Plain water (optional)
- Berries of choice
- Herbs of choice, basil or mint recommended



Directions

1. Take an empty ice cube tray and place a few berries in each slot.
2. Fill the cubes the rest of the way with the sparkling water.

3. Once cubes are frozen, fill clear glasses with water or seltzer and place a few cubes in each glass.
4. Feel free to garnish with basil or mint.

MOTIVATIONAL THOUGHT

“Strength doesn't come from what you can do, it comes from overcoming the things you once thought you couldn't.”

STRESS RELIEF

Scheduling time for yourself can help in managing stress and will make a big difference in your overall wellness. Make sure to always pencil in self-care time, even if you have to wake up an hour earlier some days. Your body will thank you for taking intentional time to pause and recharge!

FIT AND FOOD CORNER: OUR HOLISTIC HEALTH BLOG

SUMMERTIME ACTIVITIES YOU CAN DO WITH THE KIDS

- Take a walk in the park or around the neighborhood.
- Go swimming in a nearby lake or river for the afternoon.
- Borrow a bike or buy a used one, and take a bike ride.
- Play with your friends or family — like baseball, volleyball, soccer, basketball, etc.
- Visit a nearby playground.
- Start a dance party just for fun!



WILTED KALE & WATERMELON SALAD

Try this kale salad for a healthy combination of fresh flavors with a bit of natural sweetness for a tasty twist on an easy summertime meal. - as featured in our June meal prep demonstration.

Ingredients

For the Salad:

- 1 bunch of kale (or two cups chopped)
- 1 1/2 cups watermelon, cubed
- 3 watermelon radishes
- 1 red onion, sliced
- 1/4 cup crumbled feta (optional)

For the Dressing:

- 1/2 cup carrot, peeled and roughly chopped (about 1 large carrot)
- 1 tbsp white onion, minced
- 3/4 inch piece fresh ginger, peeled
- 2 tbsp olive oil
- 1 tsp lemon juice
- 1/2 tsp toasted sesame oil



Directions

1. Prep your ingredients: wash, chop, dice, peel and mince accordingly.
2. Combine your kale, watermelon, watermelon radish and red onion together in a bowl and set aside.
3. In a separate bowl, combine your salad dressing ingredients and whisk together.
4. Pour dressing over kale mixture and toss to evenly coat the salad.
5. Top with feta (if desired) and serve. Enjoy!