



# GROWING COMMUNITY

ON A MISSION TO FOCUS  
OUR EFFORTS AROUND  
OUR COMMUNITY'S  
NEEDS... 2023 & BEYOND!

THE FIT AND FOOD CONNECTION SPRING NEWSLETTER | 2023



# LETTER TO OUR READERS: HAPPY SPRING!

The best way to jump into Spring this year is to get some fresh air and be in nature. You can do this in a variety of ways like trying something new or helping one another. As the days seem to zoom by, I find myself looking for the motivation and creativity to show up for others and realize it starts with me. We must take care of ourselves this Spring and getting out in the yard or picking up trash and debris on your street, somehow, gives us the self-care and positive push we need. In addition, we get physical movement, the smell of fresh flowers, or seeing another person appreciative for keeping the community clean.

I encourage the Fit and Food family and friends to get outdoors and go for walk, plant or visit a garden, and clean up the community.

Signed,



Gabi Cole, Co-founder & Executive Director

# FIT AND FOOD HAPPENINGS

**CHECK IT OUT!**

## CHECK OUT OUR ANNUAL REPORT!

2022 was a big year for Fit and Food! Growth, community, reflecting, and assessing. The numbers are in and our community members who participate in our programs have spoken.



Check out our [2022 Annual Report](#) today to learn more about our community, our impact last year, and what we're up to next.

## BREAKING GROUND ON EARTH DAY

Earth Day at the garden was \*everything\*! We broke ground together and kicked off the growing season in our expanding garden. To get involved in the Growing Community 2026 project, visit [us](#) at [fitandfoodconnection.org/growingcommunity/](http://fitandfoodconnection.org/growingcommunity/)





Stay tuned for more details about this awesome event raising funds and friendship for our community. We look forward to seeing you there!



## SAVE THE DATE

Our Annual Farm to Table Fundraiser at our organic garden will be on Saturday, October 7th from 3:00-6:00PM.



## CORPORATE VOLUNTEERISM IS THRIVING AT FIT AND FOOD!

We are excited to be welcoming several large corporate volunteer groups this spring/summer to help us work our expanding garden plot. We look forward to spending time with United Healthcare, Purina, Enterprise Holdings, Bayer, and Schnucks!



## VOLUNTEERS



If your employer or company supports the community through volunteerism, please contact Fundraising Director Rebecca Punselie ([rebecca@fitandfoodconnection.org](mailto:rebecca@fitandfoodconnection.org)) and we'll get you on the calendar!



# PROGRAM HIGHLIGHTS

CHECK IT OUT!

## WELCOME OUR NEW STAFF

We recently onboarded some new faces, and we are excited to welcome Heather Zago as our Program Director, Shaknote'ya (Nadia) Jones as our Program Manager, and Drew Foster as our Urban Garden Coordinator.

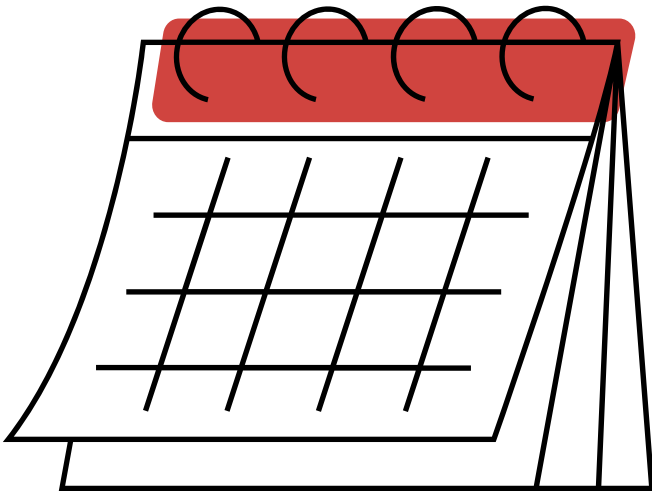


At Fit and Food, we believe that our team can achieve great things when we all work together with our community, and we are confident that Heather, Nadia, and Drew will make amazing contributions to our organization. We look forward to working with them as we continue to grow and expand our programs to create healthier, more sustainable communities



## PANTRY REMINDER

Reminder! The Food Pantry schedule has moved from weekly to twice a month. Please reference the calendar [HERE](#) for the new schedule. We are continuing to expand our capacity to move community members off of our waitlist, and we need your help!



By signing up to volunteer as one of our delivery drivers you'd be directly helping to put healthy groceries into the hands of families who need them. Join us in serving our community members with the gift of health! You can sign up to volunteer [HERE](#).



## SPRING WELLNESS SERIES

The Fit and Food Connection kicked off the Spring Wellness series on April 5th with a Health Screening, in collaboration with medical professionals who volunteered from the Washington University Living Well Center. The screening provided valuable health knowledge to participants, such as blood pressure and important health stats such as their A1C. These baseline stats were then discussed one-on-one with a medical professional to help in creating an understanding of the values and the best next steps to take in their wellness journey. The screening ended with a 20-minute demo of what types of movement classes to expect throughout the rest of the series.



The series is led and instructed by our Program Manager, Shaknote'ya (Nadia) Jones, and it includes goal setting, touches on nutrition and is filled with exercise classes that focus on functional training, strength and mobility that is suited for all levels.



## SPRING PROGRAMMING

Come join us for the next class, the series continues through May 10th from 6-7PM at St. Peters UCC located at 1425 Stein Rd, Ferguson, MO 63135. Visit our Program Calendar to get registered!



## A LOOK AHEAD AT SUMMER PROGRAMMING

Make sure to stay connected and get on our mailing list if you're not already! We are working on bringing our community members a fun variety of wellness opportunities this Summer from,



a Summer Wellness Series, our annual Tennis Series, Cooking Demonstrations and Kids Club in the Garden. More details to come.



# VOLUNTEER SPOTLIGHT

## THERESA RAMSEY

Theresa Ramsey, has been volunteering with The Fit and Food Connection for over a year now, primarily assisting with sorting and delivering food as a part of our Food Access Program.



When chatting with Teresa she said, “I came across the non-profit organization after volunteering for an event with United Way. Although I enjoyed volunteering for that one-day event, I was still very much interested in helping people on a consistent basis. So, as I began to look on the United Way website, that is where I found The Fit and Food Connection. I am so happy to be a volunteer for the Food Assistance & Delivery service, helping to sort and drop off food. This not only allows me to meet other volunteers who want to prepare healthy food for low-income families, but to also see the faces of families whom we serve and see how much they appreciate the food we bring to their home.”

# VOLUNTEER NEEDS

We need volunteer drivers!!!  
Twice per month we sort and deliver healthy groceries to community members in North City and County on Sunday's. You can sign up to volunteer [HERE](#).



Have a connection to an individual or company that you know would love to support us, either through volunteerism or as a donor? Please share our Volunteer Application Form link for individuals, or send corporate groups to Fundraising Director Rebecca Punselie at [rebecca@fitandfoodconnection.org](mailto:rebecca@fitandfoodconnection.org).

# THE FIT AND FOOD CORNER: YOUR HOLISTIC WELLNESS RESOURCE

## MOTIVATIONAL THOUGHT



With Spring upon us, it is a great time to incorporate ways to cleanse your mind, body and soul. Doing so can make a world of difference in how you feel day to day and can help jump start your healthy lifestyle journey. Now is your time to Spring into

Wellness!

## STRESS RELIEF



Boundaries are one of the hardest things for us to set and stick to. With boundaries put in place you will find that stress levels will begin to decrease significantly. Start with thinking of things that bother you and choose a couple of them to put a stop to.

Setting a boundary can look like, “Please pick up your toys when you are done playing. I will not be cleaning up the floor after I am finished cooking dinner”. This spring lets practice boundary setting to decrease stress.



## BUILDING HEALTHY EATING HABITS

Cut out fads/dieting - fads/ diets can be okay in the short-term, however to maintain and keep up the benefits you need to build healthy habits and make changes that are realistic and sustainable



Incorporate colorful foods into your diet – chances are if the food on your plate is all one color, you are missing a chance to indulge in a meaningful, fulfilling and nourishing meal.” Foods like dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals.”- CDC

Grab a cookbook – Cookbooks can be found at your local library or even a local thrift shop. Add one new healthy recipe a week to the menu.



Prepare meals as a family – when making a meal incorporate family time into it. This allows for the meals to be special and adds a positive mindset around eating. Preparing meals as a family also allows for time to educate children about the importance of eating healthy



## TRY THIS HEALTHY RECIPE!

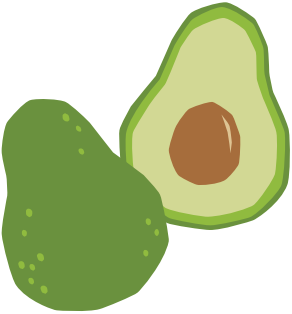
### KALE CHOP SALAD

This delicious recipe makes 1 serving and can be prepared within 20 minutes!



Keep reading to find all of the ingredients and directions for this recipe!

For 1 serving, you will need:

- 2 tablespoons olive oil
  - ¼ cup water
  - ½ teaspoon paprika
  - ½ teaspoon garlic powder
  - ½ teaspoon onion powder
  - 1 small sweet potato, peeled and diced
  - 2 cups of chopped kale
  - 1 small tomato, diced
  - 1 small avocado, peeled and diced
- 
- 2 tablespoons of diced red onion
  - 2 tbsp of sliced jalapenos
  - ¼ cup diced cucumber
  - ½ cup canned garbanzo beans, rinsed and drained
  - Salad dressing of your choice

Follow these quick directions!

1. Wash all vegetables.
2. Collect, dice, and measure all ingredients before starting to prepare the recipe.
3. Heat oil in a large skillet over medium heat.
4. Add in garbanzo beans, sweet potato, and diced tomato
5. Add in seasonings and  $\frac{1}{4}$  cup of water and let simmer for 10 mins



6. Stir ingredients until they begin to slightly brown then remove from heat

\*Cook until vegetables are tender, but still crisp.



7. In a serving bowl add kale, cucumber, avocado, jalapeno and onion
8. Top with the cooked ingredients & serve with your favorite salad dressing!



# JOIN FIT AND FOOD'S HEALTHY GIVING CLUB

BECOME A MONTHLY DONOR TODAY  
AND HELP SUSTAIN US AND THE  
HEALTH OF OUR COMMUNITY!

CLICK HERE TO SIGN UP



GIVE THE GIFT OF HEALTHY LIVING

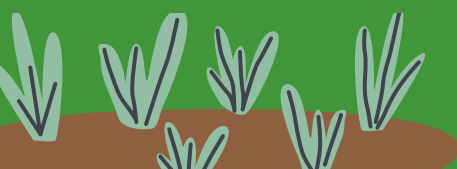


# TOGETHER WE GROW!

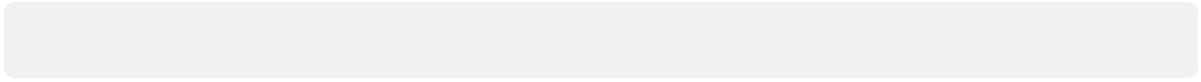


## FIT AND FOOD COMMUNITY SNAPSHOT

Members of the community coming together to support The Fit and Food Connection's vision where people in underserved communities all have strong minds and healthy bodies.



# NOTES



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