



PEAS AND CARROTS



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.



On average, area businesses in different cities across the U.S. saw \$19,900 - \$15 million more in sales per year due to nearby farmers markets.

Families with access to farmers markets ate, on average, 1.4 more servings of fruits & veggies than those without access to a market.

Farmers markets are one reason sales of local & regional foods grew to \$11 billion in 2011.

Farmers markets are a direct link between urban & rural communities, vendors & consumers, families & fresh ingredients.

Protect Your Vision From **DIABETES**

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

T

Take your medications as prescribed by your doctor.



R

Reach and maintain a healthy weight.



A

Add more physical activity to your daily routine.



C

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



K

Kick the smoking habit.



www.nei.nih.gov/diabetes



National Eye Institute



A program of the National Institutes of Health

Vision loss from diabetes affects some groups more than others.



National Eye Health
Education Program
NEHEP

*A program of the National
Institutes of Health*

www.nei.nih.gov/diabetes

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- African Americans
 - American Indians
 - Alaska Natives
 - Hispanics/Latinos
 - Older Adults

Tips for Healthy Eyes



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



National Eye Institute

Word Search Bank

CHOLESTEROL

COMMUNITIES

DILATED

ECONOMY

EXPOSURE

FARMERS MARKET

FOOD SYSTEMS

INGREDIENTS

LEAFY GREENS

PROTECTION

ROUTINE

SALMON

SUNLIGHT

SUNSCREEN

VISION

WORD SEARCH

S C N E W X S H W N V A F A Q
M H O X Z A D B E I O A J I D
E O I P T P Z I S B R M O D Q
T L T O W Z E I D M O I L L X
S E C S C P O A E A E J T A U
Y S E U S N H R O U T I N E S
S T T R H U S U N S C R E E N
D E O E B M N D E D A C Z V S
O R R V A H G L E I O D O L P
O O P R S E I T I N U M M O C
F L K M Z E A V O G X J A O H
J E Y Y V L U M S G H Z Y P E
T M I O I W Y O B N I T W V A
G E N D S T N E I D E R G N I
J Q F S N E E R G Y F A E L A

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.



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.



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



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

or visit us online:
[www.in.gov/
fssa/2329.htm](http://www.in.gov/fssa/2329.htm)

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