AUGUST NEWSLETTER

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(Available Wed Only)

Did You Know?

You can improve your high blood pressure by making simple lifestyle changes. Moving more through regular exercise can help lower your blood pressure, boost your mood, and clear your mind. Managing your weight even a small amount of weight loss can make a big difference. Avoiding nicotine from smoking, vaping, or using tobacco products helps prevent spikes in blood pressure. Finally, getting at least seven hours of quality sleep each night is essential, as poor or insufficient sleep is linked to high blood pressure.

National Friendship Day

On the first Sunday in August, we celebrate National Friendship Day to encourage people around the world to connect and reconnect. Let's honor the power of friendship to bridge differences, foster understanding, and bring people together. Whether you make a new friend or reach out to an old one, take this day to celebrate the meaningful connections that enrich our lives and expand our view of the world.

Zumba

Get moving this week with a fun and energizing workout! Try Zumba dancing at home to boost your mood and stay active, or join an in-person class with Jazzercise Poughkeepsie for a lively group fitness experience. No matter where you are dancing, it's a great way to stay healthy and have fun.

DUTCHESS OUTREACH Food Farmacy

Zucchini, Tomato & Basil Salad with Lemon-Basil Vinaigrette

Ingredients:

- 1 medium zucchini (summer squash), thinly shaved or sliced
- 2–3 ripe tomatoes, chopped (heirloom, plum, or cherry)
- A small handful fresh basil leaves, torn
- Olive oil (extra virgin)
- Lemon juice (fresh) – about 1 Tbsp
- Salt & pepper to taste

(Optional additions: thinly sliced cucumber, some sweetcorn kernels, crumbled feta or parmesan)

Instructions

1. Prep the veggies: Use a mandoline or sharp knife to shave the zucchini into ribbons or thin rounds. Chop the tomatoes into bite-sized pieces.
2. In a bowl, gently toss zucchini ribbons, chopped tomatoes, and torn basil leaves.
3. Make the dressing: whisk together 2 Tbsp olive oil, 1 Tbsp lemon juice, and a pinch of salt & pepper.
4. Dress the salad: drizzle vinaigrette over the veggies and toss well.
5. Taste and adjust seasoning if needed.
6. Let it sit for a few minutes for flavors to meld (optional), then serve fresh.

Nutrition Facts:

Serving Size: 1 salad (285 g) | Calories: 181kcal | Carbohydrates: 10.1g | Protein: 2.8g | Fat: 15.7g