



SESSION 1 A FRESH START!



Lesson highlights

Eating more fruits and vegetables — why is it important?



The goal of KC Fresh Rx is to help you eat more vegetables and fruit. Eating more produce is strongly linked to better health and can help lower blood pressure, and reduce the risk for heart attack, heart disease and stroke. Fruit and veggies can also be helpful for your blood sugar, lowering the risk for diabetes. Eating a variety of fruits and vegetables that are different colors can help give your body the nutrients it needs to stay healthy, such as vitamins, minerals and fiber.

How does KC Fresh Rx work?

KC Fresh Rx provides money in the form of a gift card to buy **only fresh fruits and vegetables** at 25 participating grocery stores. (The list of stores is to the right.) The cards will be reloaded each month with \$40 for you plus \$20 for each additional person in your household.

In addition, classes and educational materials will provide you with information about buying, storing and cooking with fresh produce. Both in-person classes and online learning opportunities will be offered.

In-person classes

You can join us in person each month to receive a fun gift and learn more about ways to include fruits and vegetables in your meals. Come to one of these three locations below for our next in-person class in May.

- **Tuesday, May 13, 1:30–2:30 p.m.**
University of Kansas Medical Center, Room 1001 Miller
2100 Olathe Boulevard, Kansas City, Kansas
- **Wednesday, May 14, 5:30–6:30 p.m.**
Merriam Community Center, Campbell Room
6040 Slater Street, Merriam, Kansas
- **Thursday, May 15, English, 1–2 p.m.; Spanish, 2:30–3:30 p.m.**
Samuel U. Rodgers Health Center, Propeller Building, Main Room
2100 E. 9th Street, Kansas City, Missouri

A reminder with dates and times will also be sent via text and email. For a full schedule of dates and times visit marc.org/kcfresh.

Online options

If you can't join us in person, a monthly lesson with a cooking demonstration and highlights from the in-person class will be delivered to you via text or email. You will also receive weekly messages with additional information and fun tips on different fruits and vegetables.

Participating grocery stores

Hen House Markets

2724 W. 53rd St., Fairway, Kansas
8120 Parallel Pkwy, Kansas City, Kansas
11721 Roe Ave., Leawood, Kansas
15000 W. 87th St., Lenexa, Kansas
13600 S. Blackbob, Olathe, Kansas
11930 College Blvd, Overland Park, Kansas
6900 W. 135th St., Overland Park, Kansas
4050 W. 83rd St., Prairie Village, Kansas
6950 Mission Rd., Prairie Village, Kansas

Payless Discount Foods

2101 E. Santa Fe St., Olathe, Kansas

Price Chopper stores — Kansas

7600 State Avenue, Kansas City
2107 S. 4th Street, Leavenworth
15970 S. Mur-Len Road, Olathe
7000 W. 75th Street, Overland Park
4950 Roe Boulevard, Overland Park
12010 W. 63rd Street, Shawnee

Price Chopper stores — Missouri

207 N.W. Englewood Road, Kansas City
500 N.E. Barry Road, Kansas City
8430 Wornall Road, Kansas City
5665 E. Bannister Road, Kansas City
12220 S. 71 Highway, Grandview
520 S. Commercial, Harrisonville
1600 S.E. Blue Parkway, Lee's Summit

Sun Fresh stores

241 S. 18th Street, Kansas City, Kansas
2803 S. 47th Street, Kansas City, Kansas

See locations on a map at
marc.org/kcfresh



Snack ideas



Pair your favorite raw vegetables, like carrots, broccoli, bell peppers, cucumbers, tomatoes, celery and radishes with a tasty dip. Try hummus, low-fat yogurt mixed with lemon juice and garlic powder, guacamole or low-fat cottage cheese.

Food safety tip



Keep fruits and vegetables separate from other raw foods like meat in your refrigerator.

What's in season now?



ASPARAGUS



RADISHES



SPINACH



Did you know?



Roasting radishes will give them a sweeter flavor. Just cut your radishes in half and roast them with other vegetables, like carrots and potatoes, or enjoy radishes on their own.

You can find radishes in grocery stores all year long.



Recipes for the month



Visit www.marc.org/kcfresh to access recipes online.

- Asparagus, Peas and Pasta
- Easy Roasted Vegetables
- Radish and Spinach Salad
- Creamy Vegetable Dip — *as seen in our meeting!*

Join us at one of our next in-person classes to receive recipe cards and a fun gift!