



# 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 24 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 12, 1–2 p.m.**  
**University of Kansas Clinical Research Center, Room 1106**  
4350 Shawnee Mission Parkway, Fairway, Kansas
- **Wednesday, May 13, 5:30–6:30 p.m.**  
**Merriam Community Center, Campbell Room**  
6040 Slater Street, Merriam, Kansas
- **Thursday, May 14, 10–11 a.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](http://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
- 4950 Roe Boulevard, Roeland 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](http://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



## 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.



### RADISHES



## Recipes for the month



Visit [www.marc.org/kcfresh](http://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!*

### SPINACH



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