

Residents Share their Stories:



"Take time for yourself to sit in a quiet place and just reflect"

Hi this picture shows that it is very important to take time for yourself to sit in a quiet place and just reflect on you. Whether you're a mother or a busy person. I value time and I think it's important to organize your cluttered brain. Like just taking a few minutes, seconds, or even an hour. Just thinking about you and how you use your time. It's very important to enjoy sitting in your favorite area just being alone with yourself. This helps you stay healthy and centered. That is what my picture is all about.



"...it is about trying to eat healthy"

I picked this picture because it is about trying to eat healthy. Like baked chicken and rice, and mac & cheese. Mixed vegetables are good for you too. 100 percent juice is good for you too, so eat healthy so you can be strong. Be strong for you and your family. Eat small portions of everything and you will be much better.

"What does being healthy mean to you?"



Hi, I took a picture of Roxbury Community College. I took this picture because I go to school over there from level 2 level 3 level 4. For me this picture means I would like to recommend a friend of mine to go to school there to get a good education. I don't have anything else to say I would like to say thank you for having a community group.

"I would like to recommend...to go to school there to get a good education"



"What makes it difficult to stay healthy?"

"The weather makes it hard to stay at a healthy weight"

Most of all it would be the weather that makes it hard to stay at a healthy weight. I like to walk a lot, not motivated to do exercise class or aerobics I wish that I could, but walking is what I do. When the weather is bad I stay in and all I do is eat and sleep; it's not healthy to eat all throughout the day.

"What would motivate you to stay healthy?"



"I want to raise a healthy baby"

I took a picture of my mom cooking yellow rice with beans and it was mixed with a sauce we make that is called sofrito. Sofrito has cilantro oregano, red peppers, dried chilies, green peppers onions and celery. It gives the rice flavor. I wanted to take a picture of this because I want to practice to cook just like my mother. I grew up eating rice and beans and I would like my daughter to eat the same instead of frozen food, or junk. I want to raise a healthy baby. So that later in the future there won't be no health concerns. Rice and beans is special to me, so therefore I want to keep it in my family.

Eating Healthy



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Vegetables	Fruits	Grains	Dairy	Protein
<p>Eat more red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (chicken or turkey), soups (chili peas or lentils), 100% juice, as well as fresh fruits.</p> <p>Choose products that name a whole grain first on the ingredient name.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "no-salt-added" or "no-salt-added" canned vegetables.</p>	<p>Use fruits as snacks, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Buy fruits that are dried, frozen, and canned in water or 100% juice, as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredient name.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fluid salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soy milk (soy beverage).</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Have a weekly meal plan to make sure you eat a variety of protein foods.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>
<p>For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.</p>	<p>For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.</p>	<p>For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.</p>	<p>For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.</p>	<p>For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.</p>



Healthy Recipes Online

Find nutritious recipes by ingredient: <http://gfbf.org/modules/clickcook.php>
 Healthy recipes, cookbooks, and more: <http://www.whatscooking.fns.usda.gov/>
 Recipes featuring canned foods: <http://mealtime.org>
 Sample 2 Week Menu on a Budget: <http://www.choosemyplate.gov/budget/downloads/2WeekMenusAndFoodGroupContent.pdf>

Cooking on a Budget Courses:

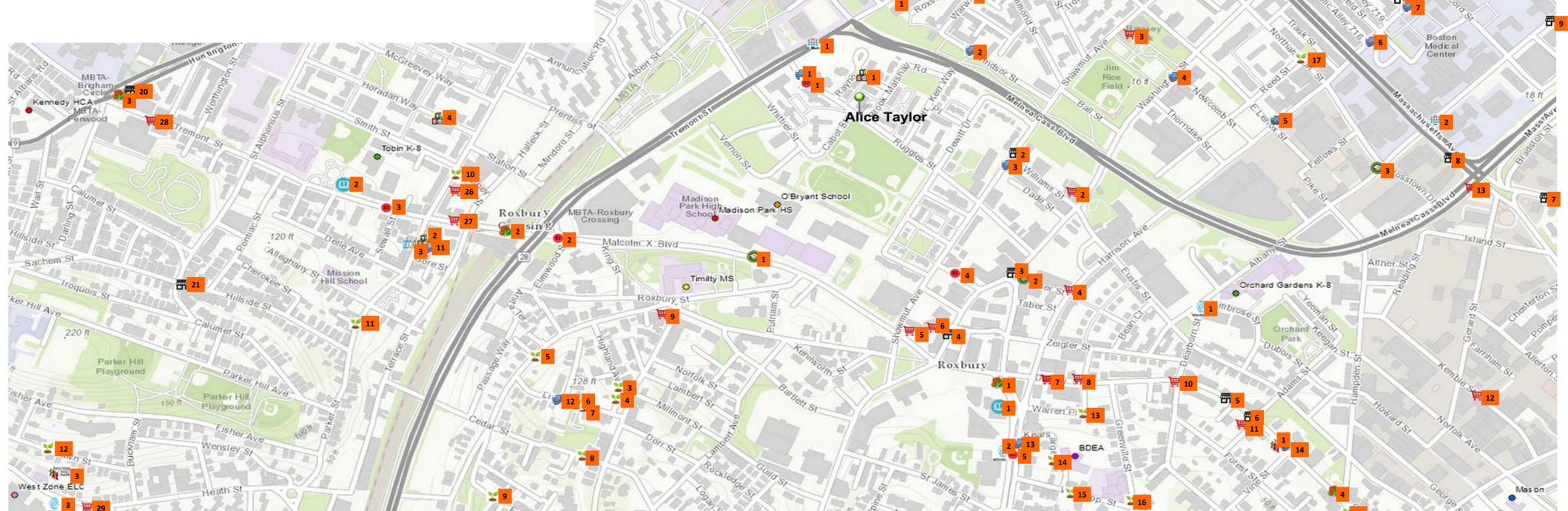
<http://ma.cookingmatters.org/events>

Diet and Exercise Planners and Trackers

<https://www.supertracker.usda.gov/>
<http://www.thedailyplate.com>

Nearby Resources

- Legend**
- Farmers Markets**
 - BCYF Community Centers and Pools**
 - Community Center
 - Pool
 - Outdoor Pool
 - Senior Center
 - Health Centers**
 - Community Gardens**
 - Boys & Girls Club of Greater Boston**
 - Public Libraries**
 - YMCA locations**
 - Boston Adult Literacy Initiative Sites**
 - Fair Foods Two Dollar a Bag**
 - YMCAs locations**
 - Boston Adult Literacy Initiative Sites**
 - Food Pantries**
 - Grocery Stores**
 - Corner Stores**



Other Resources

- The Mayor's Health Line:** 1-800-847-0710
<https://www.helpsteps.com/home.html>
- Food Source Hotline (Project Bread):** 1-800-645-8333
Hotline Hours:
Monday – Friday: 8 A.M. - 7 P.M.
Saturday: 10 A.M. - 2 P.M.
- Fair Shoes – Free Diabetic Shoes**
To find out if you're eligible:
Call 617-288-6185 or email info@fairfoods.org
- Walking and Cycling Map**
<http://trailmap.mapc.org/>
- Mental Health Resources:**
www.namimass.org/resources
- Free Legal Help**
For information: www.masslegalhelp.org
For an attorney: **Greater Boston Legal Services**
Toll-free number: 1-800-323-3205
Walk-in info: <http://www.gbls.org/get-legal-help/hours-of-operation>
- MA Domestic Violence Safelink Hotline** – 1-877-785-2020; TTY: 1-877-521-2601
For emergency situations, call 911
- One Stop Career Centers**
Boston Career Link:
1010 Harrison Avenue, Boston, MA 02119
Tel: (617) 536-1888
Fax: (617) 536-1987
www.bostoncareerlink.org
- Career Solution**
75 Federal Street, Boston, MA 02110
Tel: (617) 399-3131
Fax: (617) 451-9973
www.theworkplace.org
- Massachusetts Adult Literacy Hotline** – (800) 447-8844
Information about adult education programs and resources

Find info and share your tips about these resources below! Access the map online: <http://arcg.is/1gsxOT4>