WHOLE FOODS FUNDRAISER

Use the spare dime in your pocket to support Fit and Food Connection through Whole Foods’ One Dime at a Time fundraiser! From July first through the end of September, customers will have the opportunity to donate ten cents to the FAFC at Whole Foods’ Town and Country location.

FAFC will be providing family cooking classes in August and September including Make Your Own Fruit Roll Ups on Saturday, August 12th at 11am, and Make Your Own Popsicles on Saturday, August 26th at 11am. FAFC will be represented in the store monthly from 10-1 on Saturday, July 22nd, August 26th, and September 23rd. Please refer to our calendar of events to get more detailed information on the children’s programming and cooking events.
FIT AND FOOD HAPPENINGS

FOX 2 SEGMENTS FEATURE FAFC

Fit and Food Connection gave all busy moms the gift of a workout this Mother’s Day. Fox 2 News interviewed the FAFC with New Era Fitness instructor Bryce Mitchell to give moms advice for staying active on Mother’s Day. The segment demonstrated strengthening core movements to help mothers improve balance and reduce stress through exercise.

FAFC was again featured on Fox 2 in a segment about their third annual free summer tennis clinic! Instructed by Harold Webb, a twenty year high school athletics coach, the clinic teaches beginner tennis skills while helping participants get active in the summer months. Racquets, instruction, courts and staff are all free of charge. Join the team every Sunday throughout the summer months from 6:00pm–7:30pm at St. Vincent’s Community Center, 7335 Saint Charles Rock Road.

FOOD ROCKS CONCERT A SMASHING SUCCESS

A standing ovation for the Food Rocks concert with over 140 tickets sold and $4,000 raised! The concert, held on May 13th was the first event presented by the Food Access Cluster, a partnership between Urban Harvest, Metro Market, and Fit and Food Connection.

With such great success, the Food Access Cluster looks forward to providing healthy food and lifestyles for people in the St. Louis area. The event included two bands, food and drinks, sand volleyball and tug of war. Thanks to everyone who came out to support the first Food Access Cluster on a beautiful night!

ORGANIC GARDEN PROFILED IN MAX MAGAZINE

Lauren Healy, Editor and Content Manager at MAX Magazine of Central West End in St. Louis interviewed FAFC at our organic community garden in north St. Louis city. In the interview, which took place on June 15th, Co-Director Gabi discussed the progress of the garden and the different fruits and vegetables being grown. The editor wanted to get a sense of the garden’s purpose and the population served. Our garden provides food for community members lacking access to fresh food, and gives them an opportunity to work in a community garden. We will keep you updated as soon as the segment is published!
Program Spotlights

Food Assistance

delivering weekly groceries to those in need

Fit and Food Connection’s Spring into Summer food drive to support our food assistance families has begun! We are organizing food drives this summer with different businesses and agencies in the St. Louis area. We provide a list of healthy non-perishable food items that each participating business can ask their employees to bring to work and donate. Whether it’s your customers or employees, your organization can host a food drive on behalf of the FAFC to benefit numbers to feed an additional five families per week while adding new food items to the menu.

We are proud to announce that FAFC has a new home for our Food Assistance Program, a pantry and office located at 2545 Doorwood Drive, Jennings, MO 63135. The collection period takes place Saturday from 11:30-2pm, and on Sundays from 12:30 to 3:30, food is sorted, packed, and delivered to those in need. To become a partner or a volunteer, please contact Gabi Cole at gcole@fitandfoodconnection.org

PLEASE REFER A FAMILY and help our low income families within the community gain access to healthy and free food delivered weekly. Go to www.fitandfoodconnection.org or contact gcole@fitandfoodconnection.org

Feeding the hungry takes a village and together we can change lives.

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The Food Assistance Program provides emergency groceries and food delivery which are set up weekly through our food hotline. Partnering with local farmers and organizations including Fit Flavors, Pure Plates, Metro Market, Urban Harvest Food Roof, and Bohlen Family Farms, this program has increased its number of recipients monthly, and will continue to provide healthy food, free of charge, to people in need. Each delivery includes delicious fresh produce with matching healthy recipes. We are looking to expand our
GROUP FIT

offering a variety of classes for healthy movement

MONDAY WELLNESS CLASS

Joy’s Monday class has been going strong for almost 7 years! What started with 5 students is now over 30, and is all free of charge. This class includes a breathing meditation and a stretch, a fitness and nutrition education, a high intensity interval training workout, core work, positive and motivational thinking, and eating.

Joy, with the help of Christi Zalmanoff and a few other volunteers, serves food for 45 people each Monday, showing them how to eat healthy and providing recipes to go along with the delicious food.

ORGANIC GARDEN

growing fresh produce in the food deserts of northern St. Louis

The organic garden began its season on May 18th with help from volunteer group the St. Charles Embassy Suites hotel employees. The ten volunteers helped secure fencing, plant sunflower seeds, and clean up trash at our north city garden. Our Organic Community Garden is made up of three lots located at 4846 St. Louis Ave., St. Louis, MO 63115. This year our garden is helping the immediate community by growing local organic food that goes directly to those in need through the FAFC’s food assistance program. This season our garden is growing asparagus, cabbage, tomatoes, peppers, broccoli, spinach, kale, collards, carrots, and onions, and is currently cared for by community volunteers, 8 weekly garden helpers and a garden leader, Co-Director, Gabi Cole. Come meet other volunteers or bring a group for a great team building experience!

Hours in the 2017 season are Thursdays 8–10am and 5:30–7pm. Please contact Gabi for more information or if you’re interested in bringing your company out to volunteer for a group work day, becoming a garden leader or helper at gcole@fitandfoodconnection.org.

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Boxing

Combining exercise with stress relief is fun at Fit and Food Connection’s beginner boxing class at Gary Gore Center in the Jennings School district. Fitness instructor and owner of Title Boxing Club in Rock Hill, Heath Norton, shared his upbeat, stress reducing, and calorie torching classes with the FAFC community Saturdays from 10:30 to 11:30 for 6 weeks in June and some of July. Rithia Brown was also an amazing guest instructor for Heath’s sessions. Healthy protein packed snacks were provided each week by the Fit and Food Connection. Thanks to the Jennings School District partnership. We are so very excited to bring future programs into this beautiful space. Like the FAFC on Facebook and check our calendar of events for more info about future classes at our new partner space the Gary Gore Center.

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GROUP NUTRITION EDUCATION

offering seminars on healthy eating strategies

EAT THIS NOT THAT SEMINAR

The FAFC’s Eat This Not That seminar, in partnership with Beyond Housing, was held at Rosie Shields Manor on June 24th. The class began with a warm welcome of breathing and stretching followed by a discussion on simple grocery swaps, focusing on the differences between fresh, frozen, and canned. The class also learned how to master their plate by making the best choices at family get togethers and on vacations. Chef Christi shared food and a recipe for a healthy chicken salad which saves 152 calories and 25 grams of fat compared to a traditional chicken salad with mayo.

HEALTHY CHICKEN SALAD RECIPE

5oz Tyson Diced Chicken Breast
¼ cup Plain Greek Yogurt, non-fat
¼ cup Avocado, chopped
1.5 oz Lime Juice
2 tablespoons Cilantro leaves, fresh
¼ tsp Garlic powder
Dash Pepper, black, (0.50 dash)
½ teaspoon Salt

Mix yogurt, avocado, lime juice, cilantro, garlic, salt and pepper together. Fold in cubed chicken breast. Serve on whole wheat pita, use as a dip for veggies, or fold into a lettuce leaf.

UNITED WAY’S GRACE HILL WATER TOWER HUB HEALTH EDUCATION FOR PARENTS

Fit and Food Connection provided United Way’s Grace Hill Water Tower Hub health education for parents of their Head Start Program. FAFC held a wellness session for parents which included healthy snacks, stretching, and a resistance band workout. The class focused on the impact of how small changes and goals can yield big results and educated parents on such things as how to look for sugar hiding in foods, how to make healthier choices when eating fast food, and how to read a nutrition label to improve their grocery store knowledge.

HEALTH HOURS

The Fit and Food Connection, in conjunction with the St. Louis County Library programs, hosted nine FAFC Health Hours during the months of May and June. These informative sessions were taught by certified integrative nutrition coach and personal trainer Jesi Blair, who specializes in simplifying fitness and nutrition, making it easy to fit into everyday life. Health Hour sessions provided make ahead meal recipes, weekly meal preparation tips and tricks, and even a workout with simple exercises that can be done with little to no equipment at home.

“Enjoyed class at Grants View this morning.”

“So many tips on food and exercise that I don’t get at other classes!”

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IDX CORPORATION SEMINAR

Small changes yield big results was the theme at Joy Millner’s health workshop at the IDX Corporation in Earth City. Employees learned practical ways to live a healthy lifestyle while working full time. Examples included eating two extra servings of vegetables a day and always choosing 100% whole wheat grains over bread made from white flour. Joy shared tips on smart grocery shopping, a guide to finding hidden sugar on nutrition labels, and some tasty snack ideas packed with nutrition. Attending Joy’s seminar was the first step for IDX employees to make a commitment to wellness that will lead to life changing results. The Fit and Food Connection is proud to be partnering with local business to enhance employee’s health status and ultimately productivity.
DONNA TROY

Donna was an athlete in high school until a knee injury sidelined her. As an adult her knee injury continued to trouble her and her job kept her in the office most days. Over time her sedentary life took a toll on her health. She found her weight creeping up and, more troubling, her doctor diagnosed her as pre-diabetic. When she joined a friend at the Fit and Food Connection’s GroupFit class, led by FAFC Co-Director Joy Millner, it was the beginning of Donna’s health turnaround. She credits the class, which includes interval training, core work and motivational thinking, with raising her awareness about her nutrition and exercise habits.

“I feel like I’m more flexible, more fit and I’ve changed my body shape. I can see a difference!”

- Cathy Harris

“Opened up my world as far as different food options and exercising options.”

- Lisa Watson

“I think if it hadn’t been for the free programs I wouldn’t have tried to make a change. It really has changed my life and motivated me.”

- Rebecca Houston
Tell us a little about yourself.
I live in Irvine, California (Southern California), about 20 minutes from the beach. I like to hike, camp and travel. I spend much of my time volunteering at my kids’ schools. I am a stay-at-home-mommy, with two kids ages 5 and 7.

I used to be a redevelopment consultant, working with local city governments, writing grants and working on redevelopment projects, including affordable housing. I have a BA in Communications and a Master of Business Administration.

When and why did you get involved with the FAFC?
I started working with the FAFC in January 2016. I wanted to give back to those in need while brushing up on my skills after being a stay-at-home mom for almost 8 years. I also enjoy the ability to work virtually on my own time and schedule. Most of all I appreciate the work they are doing. Living healthfully aligns with my own personal goals for me and my family.

What do you do at FAFC?
I research, write grants and oversee the grant application process while helping with special projects.

Tell us about your experience as a volunteer. What do you think you have gained from this experience?
I love that FAFC is 100% volunteer driven and run. It is both motivating and inspiring to witness so many people of different backgrounds and experiences come together with the common goal of making St. Louis healthier.

ABOUT US
Back in 2013, two local nutrition-based organizations - The Food Place and Living Joyfully - joined forces to form the Fit and Food Connection. The FAFC makes healthy living resources available to families in need throughout Northern St. Louis City and County. Our programs include free group and individual fitness, nutrition education, food assistance, and community gardening. The combination is our dynamic solution to address generational poverty’s impact on health.

We are passionate about empowering individuals through confidence and smiles. We invite those in our community who feel the same to join us.

OUR MISSION:
To provide healthy living resources through Food Assistance, Physical Fitness, and Nutrition to families in need throughout Northern St. Louis City and County.

For More Information:
info@fitandfoodconnection.org | 314.312.2746
Donate | Refer a Family | Volunteer
www.fitandfoodconnection.org

follow us on:
A “BERRY GOOD” HEALTH TIP! TAKE ADVANTAGE OF SUMMER’S PRODUCE BY ENJOYING FRESH BERRIES! THESE POWERFUL FRUITS FULL OF ANTIOXIDANTS CAN PREVENT TISSUE DAMAGE AND AGE-RELATED ILLNESSES. THE FIBER IN BERRIES CAN ALSO HELP KEEP CHOLESTEROL LOW AND PREVENT SOME CANCERS.

Reduce anxiety levels by planting a small garden or even growing a few flower pots. Gardening has a mentally grounding effect which helps relieve stress in our fast-paced lives.

Are you drinking enough water? Every body system depends on water which makes up about 60 percent of your weight. Water flushes toxins out of organs, carries nutrients to your cells, and prevents energy draining dehydration. Your water needs depend on many factors, including your health, activity and location. On average men should be striving for about 13 cups (3 liters) and women should aim for 9 cups (2.2 liters) of total hydrating beverages each day.

The journey of a thousand miles begins with one step.

-Lao Tzu

Starting a meditation practice this summer can reduce levels of anxiety and improve overall psychological well-being. Commit to two minutes a day of sitting in a comfortable quiet place and focusing on your breath to get the life-changing benefits of meditation.