

# Harvesting FRESH

MAKIN' GROCERIES MOBILE MARKET NEWSLETTER  
PRESENTED BY SECOND HARVEST FOOD BANK

## Fruit & Veggie Search

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

B F S E A Y A P A P  
R C Q L S R P E A R  
O H U P B A N A N A  
C P A P Y R E L E C  
C S S A Y A M S T E  
O A H E G N A R O K  
L E C A R R O T S I  
I P G R A P E S K W  
B E G G P L A N T I

Find:

Apple	Celery	Orange	Squash
Banana	Eggplant	Papaya	Yams
Broccoli	Grapes	Pear	
Carrots	Kiwi	Peas	



## Benefits of The Mobile Market

The Makin' Groceries Mobile Market is a mobile grocery store initiative launched by Second Harvest Food Bank.

- We bring the grocery store to your neighborhood
- No long lines to wait in
- We offer fresh fruits, vegetables, eggs, and milk
- Some of our produce comes from local farmers
- Buying locally grown food keeps money in the community
- We offer discounted prices to ALL shoppers
- We offer FREE nutrition education and health screenings

Where are you makin' groceries?



## Fall Harvests of Louisiana

These crops are harvested in Louisiana during the fall season:

- apples
- cantaloupe
- corn
- cucumber
- eggplant
- grapes
- greens (collards, mustards)
- kale
- okra
- peas
- peppers
- raspberries
- squash
- sweet potatoes
- tomatoes

# 4 BRAIN BOOSTING TIPS FOR BACK TO SCHOOL



1

## Get a good nights sleep

According to the CDC, school-aged children need 9-12 hours of sleep per night.

2

## Rise and Stretch

Stretching improves blood flow, helps to activate your muscles, and can even improve focus.

3

## Drink Water

Add a lemon, or some berries for a tasty twist

4

## Eat a Healthy Breakfast

Eggs are an excellent source of all those vitamin and nutrients needed for good brain health.

Eat some oatmeal with blueberries. Oatmeal which is packed with fiber is a blank canvas for other delicious and nutritious ingredients.



### INGREDIENTS:

- 1 can refrigerated crescents
- 1/4 cup pizza sauce or marinara
- 3/4 cup shredded mozzarella cheese
- your favorite pizza toppings

1. Preheat oven to 350 degrees. Cover a cookie sheet with foil and spray lightly with cooking spray.
2. Lightly flour a large wooden cutting board. Roll out dough onto the floured surface, and press seams together.
3. Spread pizza sauce evenly over the dough.
4. Top with shredded Mozzarella and pizza toppings.
5. Roll pizza width-wise (the longest side) and seal the edge. Slice into 1-inch pieces.
6. Place pinwheels on the prepared cookie sheet, about 2-inches apart
7. Bake for about 10-12 minutes, or until the tops are golden brown.
8. Allow to cool slightly then serve with marinara or ranch.

\*recipe retrieved from <https://www.yellowblissroad.com/pizza-pinwheels/>



## Brain Food:

- Avocados
- Blueberries
- Broccoli
- Eggs
- Fatty Fish
- Green Tea
- Nuts & Seeds
- Oranges
- Whole Grains