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Trenton's Greenwood Ave. Farmers Market Encourages Water Preservation at Water Fest

USDA Summer Meal Program Returns for Summer

Trenton, NJ – August 1, 2017 – Residents of the Trenton community learned the importance of water conservation and hydration during the Greenwood Ave.

Farmers Market's Water Fest on Monday, July 31. During the free event, children participated in educational activities at water-themed stations around the market and even play on a 22-ft. water slide. "We want the community to understand the importance of getting enough to drink whether they are playing sports, traveling, or just sitting in the sun," said Chelsea Jackson, Greenwood Ave. Farmers Market manager.

Activities included various water-themed STEM (Science, Technology, Engineering, and Math) exhibits, a sand art creation booth, sand stations, and games such as fishing for prizes and a water balloon toss. Residents will also learn facts about the Delaware River, and the dangers of water pollution.

A second Water Fest is planned for August 31, 2017 and will feature a visit from New Jersey native and Olympic medalist Joetta Clark-Diggs.

**USDA Summer Meal Program Returns for Summer** 

The Greenwood Ave. Farmers Market continues to be the only farmers market in New Jersey to offer free USDA summer meals to children. The summer dinner program officially kicked off on Monday, July 10 and will run through August 28. The program provides free, healthy meals to Trenton kids ages 18 and under and will continue every Monday from 3:30 pm-5:30 pm during the summer months. According to the USDA, the summer food service program aims to serve over 200 million meals this summer, helping to combat hunger when school is not in session.

"We're excited to offer free and healthy summer meals to kids for the second year. After August 28, we look forward to collaborating with the Trenton Area Soup Kitchen to continue offering free meals through the end of the market season," said Marissa Davis, project director for New Jersey Partnership for Healthy Kids - Trenton.

For the first time this year, summer meals are also available on site for purchase by adults. "The availability of adult meals allows people of all ages the opportunity to come and enjoy a healthy meal," stated Davis.

Each week, the market features Jersey Fresh fruits and vegetables, tropical fruits, meat, eggs, and bakery items. Along with healthy food options, the farmers market provides free health screenings, live music, nutrition education, and cooking demonstrations. The market accepts SNAP, WIC and SFMNP vouchers. Matching "Good Food Bucks" (\$2 for every \$1, up to a maximum of \$20) are provided for residents using SNAP to expand access to fruits and vegetables. Individuals using SNAP, SFMNP and WIC vouchers also receive a \$1 match in "Greenwood Green" bucks for each dollar spent at the market.

## **About Greenwood Ave. Farmers Market**

The Greenwood Ave. Farmers Market is the first of its kind in Trenton to provide residents easy access to local healthy food and health screenings. The farmers market is made possible by support from the New Jersey Department of Health, New Jersey Partnership for Healthy Kids (NJPHK), and the Hunterdon and Mercer County Regional Chronic Disease Coalition. It is also in partnership with the City of Trenton, the Trenton Healthy Food and Fitness Network, and Nexus Properties. For more information, visit us on Facebook at GreenwoodAveFarmersMarket and follow us on Twitter at @greenwoodavefm.

## **About New Jersey Partnership for Healthy Kids**

New Jersey Partnership for Healthy Kids (NJPHK) is a statewide program of the Robert Wood Johnson Foundation with technical assistance and direction provided by the New Jersey YMCA State Alliance. The goal of the program is to convene, connect and empower community partnerships across the state to design and implement childhood obesity prevention strategies that support access to affordable healthy foods and increase opportunities for safe physical activity in the cities of Camden, Newark, New Brunswick, Trenton, and Vineland. In Trenton, the initiative is led by the YMCA of Trenton. For more information, visit: <a href="https://www.njhealthykids.org">www.njhealthykids.org</a>. Follow NJPHK on <a href="mailto:Twitter">Twitter</a> and <a href="mailto:Facebook">Facebook</a>.

## **About the YMCA of Trenton**

The YMCA of Trenton is an organization with a long-standing history in the Mercer County area. The organization stands on the foundation of Y-USA, the national organization, which is 21 million strong and has more than 2,600 Y associations nationwide. With the assistance of this network the YMCA of Trenton continues to build stronger programs, engage more volunteers and strengthen the connections of the communities they serve in Trenton, Ewing and Lawrence. For more information, visit <a href="https://www.trentonymca.org">www.trentonymca.org</a>.

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