

REGIONAL HEALTHY FOOD GUIDE

How To Find, Select, and Access Fresh Foods Near You



Adirondack Health Institute



Adirondack
Rural Health
NETWORK

INCREASING ACCESS TO FRESH FRUITS & VEGETABLES

The Adirondack Rural Health Network (ARHN) informs on planning assessment, provides education and training, and offers resources to further the NYS Prevention Agenda. The 2019-2024 NYS Prevention Agenda is the blueprint for state and local action to improve the health and well-being of all New Yorkers and to promote health equity in all populations who experience disparities. In this guide, ARHN will provide resources and information to help increase access to healthy and affordable foods and beverages.

The content of this publication is solely the responsibility of the authors and does not necessarily represent the official views of Health Research, Inc. (HRI), the NYS Department of Health, or the Health Resources and Services Administration (HRSA). Funding for this publication was made possible by HRI, NYS Department of Health, and HRSA, under grant number 6H95RH001223002.

GROCERY AISLE TIPS



FRUITS & VEGETABLES

- Try buying canned fruit in 100% fruit juice and canned vegetables with “no salt added”. Just as fresh but often costs less and lasts longer.
- If you have freezer space, buy frozen vegetables without added sauces.
- Buying in-season produce is usually less expensive and has peak flavor.



GRAINS

- Rice and pasta are low-cost grain options.
- Try to make half of your grain intake whole grains.



PROTEINS

- Choose lean meats such as chicken and turkey and make sure they are at least 93% lean.
- To save money, buy the value or family-sized pack and freeze what you don’t plan to use at that time.
- Eggs, beans, and peas are all great examples of protein-rich foods.



DAIRY

- Low-fat and fat-free milk provide just as much calcium as whole and 2% milk but have fewer calories.
- Look for low-fat or reduced-fat cheese.



WHAT'S IN SEASON?

SPRING



Asparagus	Collard Greens	Peas
Avocados	Garlic	Pineapples
Bananas	Kale	Radishes
Broccoli	Lettuce	Spinach
Carrots	Mushrooms	Strawberries
Celery	Onions	Turnips

SUMMER



Avocados	Carrots	Garlic	Raspberries
Bananas	Celery	Green Beans	Strawberries
Bell Peppers	Cherries	Honeydew	Squash
Blackberries	Corn	Mangoes	Tomatoes
Blueberries	Cucumbers	Peaches	Watermelon
Cantaloupe	Eggplant	Plums	Zucchini

FALL



Apples	Carrots	Onions	Pumpkin
Bananas	Cauliflower	Parsnips	Raspberries
Beets	Cranberries	Pears	Rutabagas
Bell Peppers	Grapes	Peas	Spinach
Broccoli	Green Beans	Pineapples	Sweet Potatoes
Brussel Sprouts	Mushrooms	Potatoes	Winter Squash

WINTER



Avocados	Grapefruit	Pumpkin
Bananas	Kale	Rutabagas
Beets	Onions	Sweet Potatoes
Brussel Sprouts	Pears	Swiss Chard
Carrots	Pineapples	Turnips
Celery	Potatoes	Winter Squash



FARMERS' MARKET TIPS

Go Early

The best stuff goes fast!

Be Spontaneous

Trying new things is part of the fun of a farmers market!

Go Late

Vendors may discount their produce at the day's end.

Know What's In Season

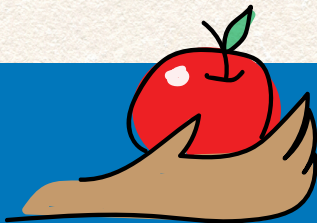
See the facing page for a list of seasonal fruits & vegetables.

BYOB

Bring your own bags, baskets, and don't forget cash!

Talk To Vendors

They're usually more than happy to tell you how to prepare & use their products.



RESOURCES & ASSISTANCE



Adk Wellness Connections

Search for services and resources. Just fill out the easy, secure online form, and one of the Coordination Centers will reach out.

www.adkwellnessconnections.org



Free Meals for Children & Seniors

USDA.gov provides information on how to access nutritious food, through programs such as the National School Lunch Program, School Breakfast Program, Senior Farmers' Market Nutrition Program, and Commodity Supplemental Food Program. To see all the programs they have available, visit:

www.usda.gov/topics/food-and-nutrition



Immediate Food Assistance

Call the USDA National Hunger Hotline at 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273).

Information is available in English and Spanish. The hotline operates Monday through Friday, 7:00 AM to 10:00 PM.

www.usa.gov/food-help#item-213705



SNAP

SNAP helps to supplement the food budget for families in need so they can purchase healthy food. To determine eligibility, visit the website and contact your local SNAP office to apply.

www.fns.usda.gov/snap/state-directory



WIC

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides nutritious foods, education (including breastfeeding promotion and support), and referrals to health and other services. To determine eligibility, visit:

www.fns.usda.gov/wic

Adirondack Food System Network

AFSN is a collaboration of multiple organizations working together to better understand food system issues, identify gaps, and develop realistic solutions. The AFSN website provides information on SNAP/WIC vendors as well as statistics on food network resources and food insecurity in the region.

[ahihealth.org/
adirondack-food-system-network](http://ahihealth.org/adirondack-food-system-network)

Cornell Cooperative Extension

CCE's nutrition education program promotes optimal health to individuals and families. Information and resources are available on food preparation and safety, how to stretch food dollars, preserving food, reducing fat in the diet, and other nutrition topics. To find your county CCE office, visit [cals.cornell.edu/
cornell-cooperative-extension/
local-offices](http://cals.cornell.edu/cornell-cooperative-extension/local-offices)

Office for the Aging

OFA serves the population over age 60, assisting them to access services and address their needs. The OFA Nutrition Program provides healthy, nutritious meals in select senior centers, clubs, housing complexes, town halls, and more. All individuals over 60 are welcome regardless of income level or resources. To find programs available in your area, find your local office on aging.ny.gov/local-offices

Adirondack Harvest

Adirondack Harvest supports and promotes businesses that grow, use and sell local food. Find an interactive map of farms, farmstores, local food retail locations, farmers' markets, and more on their website at adirondackharvest.com

Comfort Food Community

CFC is a non-profit organization that provides access to fresh, wholesome food through a variety of programs, including Food Pantry services, mobile produce distribution, Food Pharmacy, and nutrition education.

For more information, visit comfortfoodcommunity.org

Family Services Association of Glens Falls, Inc.

FSA is a non-profit agency that provides services and support to families in crisis or in an emergency.

For information, visit fsaglensfalls.org

Regional Food Bank of Northeastern NY

Resources and information on food pantries, banks, and outlets. Visit [regionalfoodbank.net/
find-nearest-agency](http://regionalfoodbank.net/find-nearest-agency)



HEALTHY EATING & FOOD BUDGETING TIPS

Read The Label

Check out the Nutrition Facts.

MyPlate Food Groups

Try to make $\frac{1}{2}$ your plate fruits and vegetables, $\frac{1}{4}$ whole grains, and $\frac{1}{4}$ protein!

Check Ads

Shop the weekly sales.

Embrace Leftovers

Pack each part of your dinner separately and use to make new meals tomorrow.

Don't Go Hungry

Research shows that you spend an average of 64% more when you shop hungry.

Portion Control

Try portioning out snacks into individual serving sizes, using Tupperware or plastic baggies.

Meal Planning

By planning your meals, you'll curb the urge to go out to eat.

Careful With Coupons

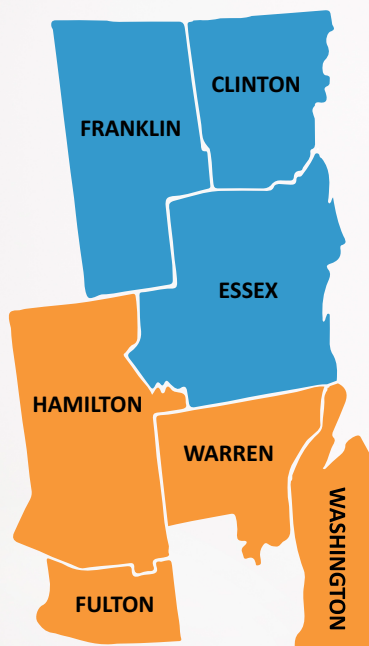
If it's not on your list, you're not saving money. If you don't need it, don't buy it.

Keep a List On the Fridge

Replace items as needed, spreading your food budget out rather than making one big trip. Review food sales and coupons in advance.

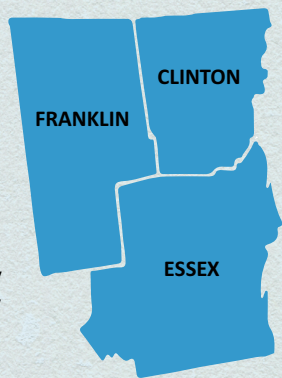
We've divided up the following pages into **Northern and Southern regions** as shown on the map here.

NORTHERN



SOUTHERN

FARMERS' MARKETS



SPRING

City	Market	Address
Upper Jay	Snowy Grocery Farmers Market	18 Sugar House Way Upper Jay, NY 12987







SUMMER

City	Market	Address
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 Crown Point	Willsboro Farmers Market	Pavilion South of Champlain National Bank on Rt. 22 Crown Point, NY 12928
 Elizabethtown	Elizabethtown Farmers Market	7590 Court Street Elizabethtown, NY 12932
Hogansburg	Akwesasne Farmers Market	20 Margaret Terr. Memorial Way Hogansburg, NY 13655
 Keene	Keene Valley Farmers Market	2942 NY-73 Scenic Keene, NY 12942
 Lake Placid	Lake Placid Farmers Market	2051 Saranac Avenue Lake Placid, NY 12946
 Malone	Malone Farmers Market	27 Airport Road Malone, NY 12953
 Merrill	Chateaugay Lakes Farmers Market	4939 NY-374 Merrill, NY 12955
Peru	Peru Town Market (Monthly Only)	2948 Mason Hill Road Peru, NY 12972
 Plattsburgh	Plattsburgh Farmers & Crafters Market	53 Green Street Plattsburgh, NY 12901
Rouses Point	Rouses Point Farmers Market	144 Lake Street Rouses Point, NY 12979
 Saranac Lake	Saranac Lake Village Farmers Market	100 Main Street Saranac Lake, NY 12983
 Ticonderoga	Ticonderoga Farmers Market	1114 Wicker Street Ticonderoga, NY 12883
 Tupper Lake	Tupper Lake Farmers Market	320 Park Street Tupper Lake, NY 12986



FALL

City	Market	Address
 Elizabethtown	Elizabethtown Farmers Market	7590 Court Street Elizabethtown, NY 12932
Hogansburg	Akwesasne Farmers Market	20 Margaret Terr. Memorial Way Hogansburg, NY 13655
 Keene	Keene Valley Farmers Market	2942 NY-73 Scenic Keene, NY 12942
 Malone	Malone Farmers Market	27 Airport Road Malone, NY 12953
Peru	Peru Town Market (Monthly Only)	2948 Mason Hill Road Peru, NY 12972
 Plattsburgh	Plattsburgh Farmers & Crafters Market	53 Green Street Plattsburgh, NY 12901
 Saranac Lake	Saranac Lake Village Farmers Market	100 Main Street Saranac Lake, NY 12983
 Tupper Lake	Tupper Lake Farmers Market	320 Park Street Tupper Lake, NY 12986
Upper Jay	Snowy Grocery Farmers Market	18 Sugar House Way Upper Jay, NY 12987



WINTER

City	Market	Address
 Saranac Lake	Saranac Lake Farmers Park-It	River Street Saranac Lake, NY 12983
Upper Jay	Snowy Grocery Farmers Market	18 Sugar House Way Upper Jay, NY 12987
Westport	Westport Winter Farmers Market	6459 Main Street Westport, NY 12993

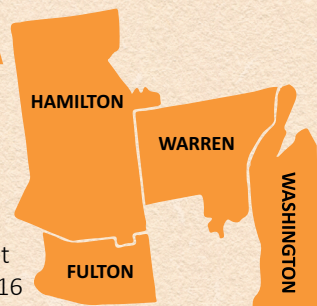
KEY

-  = FMNP (Farmers' Market Nutrition Program)
 = SNAP (Supplemental Nutrition Assistance Program)






These lists are subject to change.

Learn More: adirondackharvest.com/markets










FARMERS' MARKETS







SPRING

City	Market	Address
 Cambridge	Cambridge Valley Farmers Market	24 South Park Street Cambridge, NY 12816
  Glens Falls	Glens Falls Farmers Market	31 South Street Glens Falls, NY 12801
  Gloversville	Gloversville Farmers Market	2-8 Elm Street Gloversville, NY 12078







SUMMER

City	Market	Address
 Bolton Landing	Bolton Landing Farmers Market	5 Cross Street Bolton Landing, NY 12814
  Broadalbin	Broadalbin Farmers Market	3687 State Highway 30 Broadalbin, NY 12025
 Cambridge	Cambridge Valley Farmers Market	24 South Park Street Cambridge, NY 12816
Chestertown	Chestertown Farmers Market	6307 US 9 Chestertown, NY 12817
Fort Edward	Canal Street Marketplace	63 Canal Street Fort Edward, NY 12828
  Glens Falls	Glens Falls Farmers Market	31 South Street Glens Falls, NY 12801
Gloversville	Gloversville Farmers Market	2-8 Elm Street Gloversville, NY 12078
 Granville	Granville Farmers Market	88 Quaker Street Granville, NY 12832
Indian Lake	Indian Lake Community Farmers Market	6345 NY-30 Indian Lake, NY 12842
  Johnstown	Johnstown Farmers Market	109 East Main Street Johnstown, NY 12095
Lake George	Lake George Village Farmers Market	280 Canada Street Lake George, NY 12845
Long Lake	Long Lake Farmers Market	Corner of Rt. 28 & 30 and South Hill Road, Long Lake, NY 12847

North Creek	North Creek Farmers Market	21 Railroad Place North Creek, NY 12853
 Salem	Salem Farmers Market	NY-22 and Park Drive Salem, NY 12865
 Speculator	Speculator Farmers Market	NY-30 Speculator, NY 12164
 Warrensburg	Warrensburgh Riverfront Farmers Market	180 River Street Warrensburg, NY 12885
 Whitehall	Whitehall Farmers Market	Canal Park, Skenesborough Dr. Whitehall, NY 12887





FALL

City	Market	Address
 Cambridge	Cambridge Valley Farmers Market	24 South Park Street Cambridge, NY 12816
Fort Edward	Canal Street Marketplace	63 Canal Street Fort Edward, NY 12828
 Glens Falls	Glens Falls Farmers Market	31 South Street Glens Falls, NY 12801
 Johnstown	Johnstown Farmers Market	109 East Main Street Johnstown, NY 12095
 Salem	Salem Farmers Market	NY-22 and Park Drive Salem, NY 12865
 Warrensburg	Warrensburgh Riverfront Farmers Market	180 River Street Warrensburg, NY 12885
 Whitehall	Whitehall Farmers Market	Canal Park, Skenesborough Dr. Whitehall, NY 12887



WINTER

City	Market	Address
 Cambridge	Cambridge Valley Winter Farmers Market	47 East Main Street Cambridge, NY 12816
 Glens Falls	Glens Falls Winter Farmers Market	1 Civic Center Plaza Glens Falls, NY 12801

KEY

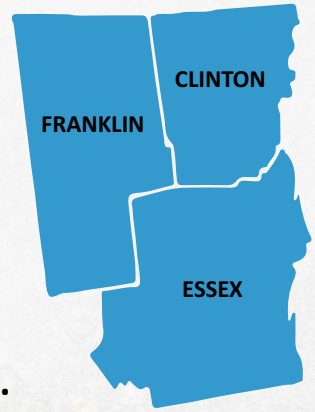
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NORTHERN CSA'S

Community Supported Agriculture, or CSAs, are a popular way for individuals to buy locally-grown products directly from a farmer on a subscription or membership basis.



The CSAs on these lists are within 50 miles of the counties pictured.

City	Name
Ausable Forks	Asgaard Farm & Dairy
Essex	Essex Farm
Essex	Farmstead Catering at Echo Farm
Essex	Full and By Farm
Essex	Tangleroot Farm
Keene Valley	Wild Work Farm
Keeseville	Mace Chasm Farm
Keeseville	North Country Creamery
Malone	Harmony Hills Farmstead
Peru	Rehoboth Homestead
Peru	White Rainbow Farm
Saranac	Oregano Flats Farm
Saranac	The Well Fed Goat
Saranac	Woven Meadows
Saranac Lake	Moonstone Farm & Forest
Vermontville	Atlas Hoofed It Farm
Vermontville	Kate Mountain Farm
Wadhams	Juniper Hill Farm
Willsboro	Triple Green Jade Farm

SOUTHERN CSA'S

HAMILTON

WARREN

WASHINGTON

FULTON

City

Name

Earlton	Hiddenview Farm
Erieville	Dizzy Lizzie's Farm
Fenner	Hartwood Farm
Fort Edward	Canal Street Marketplace
Ghent	Hawthorne Valley Farm CSA
Herkimer	Jones Family Farm
Keeseville	Fledging Crow Vegetables
Kinderhook	Katchkie Farm/Great Performance
Lee Center	Iron Hoof Farm
Nelliston	Hillside Farm
New Lebanon	Abode Farm CSA
Pulaski	Freedom Rains Farm
Saranac	Woven Meadows
Schaghticoke	Denison Farm
Schenectady	Lansing Farm Market
Schoharie	Fox Creek Farm
Schuylerville	9 Miles East Farm Meal Subscription Service
Stuyvesant	Fatstock Farm
Troy	Edible Uprising Farm
Voorheesville	Patroon Land Farm



Thank you to these organizations for their contribution to the information in this guide:



View the interactive version of this guide online:

ahihealth.org/arhn-food-guide