

the Fresh Food Rx

# Food Connection



December 14, 2020

Thank you for signing up to be in the Fresh Food Rx program!

I am Rachel Zimmer, the director of the program and a nurse practitioner at Wake Forest Baptist Hospital. In March of this year, I found that many older adults were struggling with getting food and fresh produce because of the pandemic. So to help address this problem, we started delivering food to people's homes. First, we started with going grocery shopping for participants and adding some of the Providence meals with the deliveries each week. Then, we started to get support from the community to help pay for produce from local farms, and Fair Share Farm stepped up to start providing produce boxes each week. And now we have been able to continue this program by providing fresh, locally grown produce from Fair Share Farms and others each week in addition to packaged meals, specially put together with the needs of older adults in mind.

We know that you have been receiving a lot of phone calls from us. We are so thankful for your patience as we work through how to best serve you and your family each week. **Please feel free to reach out to Sheena McNeill, our coordinator at 336-705-1858 during the hours of 9-5 pm each day for any questions or feedback related to the program.** We are here to serve you and am hopeful to continue providing food until May 2021, and beyond!

With much gratitude,  
Rachel Zimmer and the whole Fresh Food Rx team

## Honey-Ginger Carrots

1 pound carrots, sliced  
1/4 cup butter  
2 1/2 tablespoons honey  
Pinch of ground ginger  
1 tablespoon lemon juice

Boil carrots for 5 minutes, or until soft.

Drain water.

Over low heat, melt butter and honey.

Stir in ginger and lemon juice.

Stir in carrots and simmer until heated.

Enjoy!



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## Have you gotten your Flu Shot yet?

Flu season has begun! If you have not gotten a flu vaccine this year, it is still highly recommended to do so. Below is some good information on the flu shot, along with some reasons to get one.

Protect yourself the best you can- **GET YOUR FLU SHOT.**

- The flu shot is needed every year because flu viruses change, meaning the vaccine may change from one season to the next. Also, the protection the vaccine provides declines over time.
- Your body's protection against the flu sets in about two weeks after you get your shot.
- The flu shot usually does not make people sick. Sometimes low-grade fever, muscle ache and headache will occur for a day or two.
- The flu can cause hospitalization and even death. In the 2017-2018 season, as many as 61,000 people died from influenza.



This information is from <https://www.cdc.gov/flu/>. Visit this website or contact your PCP to get more information on where to get the flu shot. If you do not have health insurance, you can receive the flu shot through the WFBH mobile clinic. Our number is 743-212-2021



## Want to keep your carrots fresher longer?

Cut off green tops, if there are any.

**Option 1:** Put carrots in a plastic Ziploc bag and seal tightly, letting out any air. Store in the produce drawer of your fridge up to several weeks.

**Option 2:** Add carrots to a bowl or container and cover with water—store in the fridge for a few weeks. Change the water every few days, or when the water looks cloudy.