

# THE VEGGIE VAN

A Seasonal Newsletter by the Veggie Van Team



## Your participation matters!

Although there are many participants in the Veggie Van Study, the participation of each individual is extremely important. By participating and **completing all study surveys**, you are helping us improve the health and diet of communities like yours across the country.

## A message from the Veggie Van Team

As we reflect on this past year, we want to give thanks to every single one of you that has volunteered to participate in the Veggie Van Study. We know that your time is valuable, and we are appreciative that you choose to help us with our goal of documenting the valuable role mobile markets play in increasing access to healthy food for everyone.

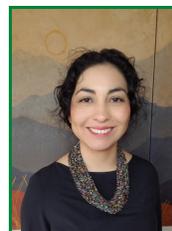
While the winter months are often a period of hibernation and slowing down, there are still opportunities to access fresh produce and also be involved with planning new ways to bring fruits and veggies to your community. Your local organization will share these opportunities directly, so be on the lookout! Thank you again for continuing to support this effort by completing surveys and providing feedback. This work couldn't be done without you! We wish you happiness and health throughout the winter and a wonderful New Year!



Meet our data collection team! We're the ones calling you to complete surveys.



Andy



Angelica



Adam

## Facts about the study:

- There are currently 21 active Veggie Van sites in New York, Ohio, and North Carolina.
- We have enrolled nearly 370 participants into the study so far! Our goal is reach 1000 community members.
- Our prior research has shown that people in communities with the Veggie Van mobile market ate almost 1 more cup of fruits and vegetables per day compared to communities that did not have the Veggie Van mobile market.



## This study will allow us to:

- See if mobile markets using the Veggie Van model are effective on a larger scale to improve access to healthy food and help people eat more fruits and vegetables
- Learn how to make mobile markets for customers
- Help mobile market organizations secure future funding to ensure that mobile markets can continue to serve communities that most need them



## Tips for adding veggies to your diet

- Make it easy- find a low-maintenance veggie snack that you love. Raw veggies like carrots, broccoli, cauliflower and celery can taste great with hummus or guacamole, and preparing them is just as easy as grabbing a bag of chips.
- Eat the rainbow- try to vary the colors and types of veggies that you eat. Try red peppers, sweet potatoes, summer squash, spinach, and beets. Yum!
- Freeze! It can be tough to eat fresh vegetable before they go bad. Many can be frozen, however, and can last for months! Broccoli, corn, carrots, brussel sprouts, spinach, and kale freeze well.
- Prepare ahead of time- even if you're not into meal prepping, it can be helpful to chop and prepare ingredients ahead of time so that when you're hungry later, you don't eat a simpler (but less healthy) meal.
- Order smart- when you're out to eat, opt for a side salad or roasted vegetables instead of french fries with your meal.
- For more information, visit:  
<https://www.choosemyplate.gov/ten-tips-add-more-vegetables-to-your-day>

## Sweet Potato Souffle



### INGREDIENTS

#### Sweet potato filling

- 3 cups sweet potato, mashed (about 3 medium sized sweet potatoes)
- 3/4 cup sugar
- 2 egg whites + 1 egg
- 1/3 stick butter
- 1 tsp vanilla
- 1 apple, peeled and diced

#### Topping

- 3/4 cup brown sugar
- 1/3 cup flour
- 1/3 stick butter
- 1 cup chopped nuts (pecans or walnuts work great)
- cinnamon + nutmeg to taste

### INSTRUCTIONS

- Preheat oven to 350 degrees
- Grease a 2 quart oven-safe dish
- Microwave the sweet potatoes until soft enough to mash, approximately 5 minutes per potato.
- Let the sweet potatoes cool for a few minutes and then cut in half, mashing them with a fork and separating from the skin.
- Mix filling ingredients and pour into the dish
- Mix ingredients for the topping and spread on top of the filling
- Bake for ~30 minutes.