

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

Your participation in this study will make a meaningful contribution toward understanding how communities across the country can effectively combat hunger and improve diet in sustainable ways. Our work has shown that mobile produce markets (Veggie Vans) bring healthy and high-quality food into hard-to-reach, economically challenged areas, and help eliminate some of the barriers that currently exist to access fruits and vegetables.

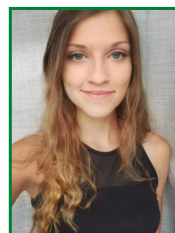
While the impact of the current pandemic has been felt across all communities, those that are most vulnerable and at-risk have faced increased challenges. We're hearing over and over that mobile produce markets have helped support residents experiencing food insecurity by providing access to food. In order to ensure that organizations that run mobile markets are able to continue providing these services, it's important to continue to research and show evidence that mobile markets play an important role in increasing access to healthy food for everyone. This work couldn't be done without you! **Thank you!**



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



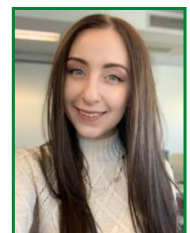
Rosaura



Kate



Aaron



Alicia

Facts about the study:

- There are currently 7 active Veggie Van sites in New York, Ohio, and North Carolina.
- We have enrolled over 340 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 flavor to your veggies

Vegetables don't have to be boring!

- Add them to your favorite pasta dish! Spinach, tomatoes, zucchini, and onions are a great addition to almost any pasta recipe. They're great on pizza too!
- Roast them! Chop up your favorite veggies, season with salt and pepper, and drizzle with olive oil and lemon juice before sticking in the oven.
- Dip them! Carrots, broccoli, celery, cucumbers, and cauliflower are all super tasty dipped in hummus, guac, or ranch dressing. Yum!
- Add some seasoning! Whether you like your veggies roasted, grilled, boiled, or sautéed, herbs and spices can make a huge difference. Garlic powder, basil, oregano, and chili powder are just a few examples.
- Cheese! Sprinkle a little bit of parmesan or mozzarella cheese onto your cooked veggies.
- Sneak them in! Add a little bit of spinach, kale, beets, or carrots to a fruit smoothie. You won't even taste them!

Veggie Kebabs with Balsamic Glaze



INGREDIENTS

- 2 pounds mixed vegetables (such as eggplant, bell peppers, zucchini, red onion, tomatoes), cut into 1-inch chunks
- 1/2 cup balsamic vinegar
- 2 tablespoons Dijon mustard
- 2 cloves garlic, minced
- 1/8 teaspoon salt
- Black pepper to taste
- 2 tablespoons olive oil
- 16 (9- to 10-inch) skewers, soaked in water if wooden

INSTRUCTIONS

- Place the vinegar, mustard, garlic, 1/8 teaspoon salt, and a few grinds of pepper in a small saucepan and bring to a simmer over medium heat. Simmer, stirring occasionally, for about 5 minutes. Remove from the heat.
- Prepare a grill for medium-high heat cooking. While the grill is heating, place the vegetables and oil in a large bowl, season with salt and pepper, and toss to combine. Thread the vegetables onto the skewers.
- Put the kebabs on the grill and cook until grill marks appear on the vegetables, about 2 minutes. Using tongs, flip the skewers, and grill 2 more minutes.
- Brush the vegetables with the balsamic glaze. Reduce the heat to medium. Flip the skewers every minute or so, brushing the vegetables with the glaze every time you flip them. Grill until the vegetables are cooked through and lightly charred, 10 to 15 minutes total. Brush the vegetables with glaze again before serving.