



**BUY FRESH  
BUY LOCAL**®



**Northern Virginia**

**Guide to Local Food  
and Wellness  
2013**



# Eat Well. Be Well.

You buy your food locally.  
Shouldn't your doctor be nearby too?

Inova now offers world-class primary care in your neighborhood. Our Inova Medical Group primary care physicians take a personalized approach to getting you healthy and keeping you well.

## Inova Medical Group Primary Care Practices:

- Annandale
- Ashburn
- Centreville
- Chantilly
- Fairfax
- Falls Church
- Gainesville
- Lake Ridge
- Mark Center
- McLean
- Oakton
- Old Town
- Reston
- Springfield
- Woodbridge

## Learn More:

- Meet our physicians at the practice near you. Visit [inovamedicalgroup.org](http://inovamedicalgroup.org)

## Schedule An Appointment:

- Request appointments online at [inovamedicalgroup.org](http://inovamedicalgroup.org)
- Call us at **1.855.IMGDOCS** or **1.855.464.3627**
- Use the iTriage mobile application
- Scan this code with your Smartphone barcode reader:







Dear Neighbor,

On behalf of the Inova Health System it is with great pleasure we present our 3rd Annual Buy Fresh Buy Local guide for Northern Virginia. Information in the guide includes the locations of local Farmers' Markets to purchase fresh, healthy produce and other resources available to you with respect to wellness programs, healthy recipes and nutrition services.

Inova Health System is proud to sponsor the Northern Virginia Chapter of Buy Fresh Buy Local, a nationally recognized program that is dedicated to reintroducing Americans to their food – the seeds it grows from, the farmers who produce it, and the routes that carry it from the fields to their tables. Buy Fresh Buy Local is part of Inova's family of health, nutrition and sustainability programs, which also include Partnership for Healthier Kids, FUN and SNAP (healthy weight management and obesity prevention for children), Inova HealthSource® and a variety of cooking classes.

Healthy eating is a key ingredient to healthy living and I hope you will take full advantage of the information we have put together for you.

Enjoy the guide. We had a great deal of fun putting it together.

Sincerely,

J. Knox Singleton  
Chief Executive Officer  
Inova Health System

## About Inova Health System

**OUR MISSION:** To improve the health of the diverse community we serve, through excellence in patient care, education and research.

**OUR VISION:** To be the best healthcare system in the world.

**OUR BELIEFS:** Trust. Respect. Compassion. Empowerment. Integrity. Partnership. Quality. Value

**OUR COMMITMENT:** Innovative excellence. Caring about people. Community.



# NORTHERN VIRGINIA

## CITY OF ALEXANDRIA

DAY	MARKET	TIME	MONTHS OF OPERATION
Wednesday	Upper King Street Fresh Farmers Market	3:00pm – 7:00pm	May – October
Saturday	Alexandria Farmers Market	7:00am – 12:00pm	Year Round
Saturday	Del Ray Farmers Market	8:00am – 12:00pm	Year Round
Sunday	West End Farmers Market	8:30am – 1:00pm	May – November
Sunday	Four Mile Run Farmers' and Artisan Market 	8:00am – 1:00pm	May – October

## ARLINGTON

DAY	MARKET	TIME	MONTHS OF OPERATION
Tuesday	Crystal City Farmers Market	3:00pm – 7:00pm	April 30 – Nov. 19
Wednesday	Clarendon Farmers Market	3:00pm – 7:00pm	Year Round
Thursday	Rosslyn Farmers Market	11:45am – 3:00pm	May 17 – Oct. 31
Thursday	Ballston Farmers Market	3:00pm – 7:00pm	May 2 – Oct. 31
Saturday	Arlington County Farmers Market	8:00am – 12:00pm (mid April to mid December) 9:00am – 12:00pm (January to mid April)	Year Round
Sunday	Columbia Pike Farmers Market	9:00am – 1:00pm	Year Round
Sunday	Westover Farmers Market	8:00am – 12:00pm (May to November) 9:00am – 1:00pm (December to April)	Year Round

## FAIRFAX

DAY	MARKET	TIME	MONTHS OF OPERATION
Wednesday	McCutcheon/Mount Vernon Farmers Market	8:00am – 12:00pm	May 1 – Nov. 27
Wednesday	Wakefield Farmers Market	2:00pm – 6:00pm	May 1 – Oct. 30
Wednesday	Oak Marr	8:00am – 12:00pm	May 1 – Nov. 3
Wednesday	Reston Smart Market	3:00pm – 7:00pm	April 17 – Nov. 27
Wednesday	Arcadia Mobile Farmers' Market 	9:00am - 11:00am	May to October
Thursday	Annandale Farmers Market	8:00am – 12:00pm	May 2 – Nov. 7
Thursday	Frying Pan Park 	3:30pm – 7:00pm	May 2 – Oct. 31
Thursday	Herndon Farmers Market	8:00am – 12:00pm	May 2 – Oct. 31
Thursday	Lorton Smart Market	3:30pm – 6:00pm	Opens March 6
Friday	Kingstowne Farmers Market	4:00pm – 7:00pm	May 3 – Oct. 25
Friday	McLean Farmers Market	8:00am – 12:00pm	May 3 – Nov. 22
Saturday	Burke Farmers Market	8:00am – 12:00pm	May 4 – Nov. 23
Saturday	Community Farmers Market	8:00am – 1:00pm	May 11 – Nov. 2
Saturday	Falls Church Farmers Market	8:00am – 12:00pm (April to December) 9:00am – 12:00pm (January to March)	Year Round
Saturday	Oakton	10:00am – 1:00pm	Year Round
Saturday	Reston Farmers Market	8:00am – 12:00pm	May 4 – Nov. 2
Saturday	Springfield Smart Market	10:00am – 2:00pm	May 4 – Nov. 23
Saturday	Vienna Saturday Farmers Market	8:00am – 12:00pm	May 4 – Oct. 25
Sunday	Community Farmers Market	10:00am – 2:00pm	May 12 – Nov. 3
Sunday	Lorton Farmers Market 	9:00am – 1:00pm	May 6 – Nov. 4

### SNAP DOUBLE DOLLAR INCENTIVE

The Inova Health System Foundation has established an incentive program for recipients of SNAP benefits (formerly food stamps) to purchase fresh, local foods at three farmers markets in Northern Virginia. Shoppers using their Virginia EBT card at participating markets will receive up to \$10 in matching funds from Inova for SNAP purchases at that market. The participating farmers' markets in the SNAP Double Dollar Program are indicated on the list of Farmers' Markets.



# FARMERS' MARKETS



ADDRESS	CITY	WEBSITE
1806 King St.	Alexandria	<a href="http://www.upperkingmarket.wordpress.com">www.upperkingmarket.wordpress.com</a>
301 King St.	Alexandria	<a href="http://www.localharvest.org/alexandria-farmers-market-M10191">www.localharvest.org/alexandria-farmers-market-M10191</a>
Oxford and Mt. Vernon	Alexandria	<a href="http://www.yelp.com/biz/del-ray-farmers-market-alexandria">www.yelp.com/biz/del-ray-farmers-market-alexandria</a>
Ben Brenman Park, 4800 Brenman Park Dr.	Alexandria	<a href="http://www.westendfarmersmarket.org">www.westendfarmersmarket.org</a>
4109 Mount Vernon Ave.	Alexandria	<a href="http://www.4mrmarket.org">www.4mrmarket.org</a>

ADDRESS	CITY	WEBSITE
251 18th Street South	Arlington	<a href="http://www.freshfarmmarkets.org">www.freshfarmmarkets.org</a>
Clarendon Metro Station	Arlington	<a href="http://www.clarendon.org">www.clarendon.org</a>
Corner of Wilson Boulevard and N. Oak St.	Arlington	<a href="http://www.rosslynva.org/play/markets">www.rosslynva.org/play/markets</a>
Welburn Square	Arlington	<a href="http://www.freshfarmmarkets.org">www.freshfarmmarkets.org</a>
North Courthouse Rd.	Arlington	<a href="http://www.arlingtonfarmersmarket.com">www.arlingtonfarmersmarket.com</a>
2820 Columbia Pike	Arlington	<a href="http://www.columbia-pike.org">www.columbia-pike.org</a>
N. McKinley Rd. north of Washington Blvd	Arlington	<a href="http://westoverfarmersmarket.org/">westoverfarmersmarket.org/</a>

ADDRESS	CITY	WEBSITE
Sherwood Library, 2501 Sherwood Hall Ln.	Mount Vernon	<a href="http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm">www.fairfaxcounty.gov/parks/wp-farm-mkt.htm</a>
Wakefield Park, 8100 Braddock Rd.	Annandale	<a href="http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm">www.fairfaxcounty.gov/parks/wp-farm-mkt.htm</a>
Oak Marr Park, 3200 Jermantown Rd.	Oakton	<a href="http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm">www.fairfaxcounty.gov/parks/wp-farm-mkt.htm</a>
12001 Sunrise Valley Drive	Reston	<a href="http://www.smartmarkets.org">www.smartmarkets.org</a>
8350 Richmond Highway	Alexandria	<a href="http://www.arcadiafood.org">www.arcadiafood.org</a>
6621 Columbia Pike	Annandale	<a href="http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm">www.fairfaxcounty.gov/parks/wp-farm-mkt.htm</a>
2709 West Ox Rd.	Herndon	<a href="http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm">www.fairfaxcounty.gov/parks/wp-farm-mkt.htm</a>
777 Lynn St.	Herndon	<a href="http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm">www.fairfaxcounty.gov/parks/wp-farm-mkt.htm</a>
9601 Ox Road	Lorton	<a href="http://www.smartmarkets.org">www.smartmarkets.org</a>
Kingstowne Town Center, Kingstowne Blvd.	Alexandria	<a href="http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm">www.fairfaxcounty.gov/parks/wp-farm-mkt.htm</a>
Lewinsville Park, 1659 Chain Bridge Rd.	McLean	<a href="http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm">www.fairfaxcounty.gov/parks/wp-farm-mkt.htm</a>
5671 Roberts Parkway	Burke	<a href="http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm">www.fairfaxcounty.gov/parks/wp-farm-mkt.htm</a>
West and Main Street, Adjacent to Historic Fairfax Court House	Fairfax	<a href="http://www.fairfaxsatursdaymarket.com">www.fairfaxsatursdaymarket.com</a>
300 Park Ave.	Falls Church	
Unity of Fairfax Church, 2854 Hunter Mill Rd.	Oakton	<a href="http://www.smartmarkets.org">www.smartmarkets.org</a>
Lake Anne Village Center	Reston	<a href="http://www.restonfarmersmarket.com">www.restonfarmersmarket.com</a>
6417 Loisdale Avenue	Springfield	<a href="http://www.smartmarkets.org">www.smartmarkets.org</a>
301 Center Street South	Vienna	<a href="http://www.viennafarmersmarket.com">www.viennafarmersmarket.com</a>
West and Main Street, Adjacent to Historic Fairfax Court House	Fairfax	<a href="http://www.fairfaxsatursdaymarket.com">www.fairfaxsatursdaymarket.com</a>
VRE Parking Lot, 8990 Lorton Station Blvd.	Lorton	<a href="http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm">www.fairfaxcounty.gov/parks/wp-farm-mkt.htm</a>

The hours, location and days of operation of the Farmers' Markets are subject to change at the discretion of the market operators.



# NORTHERN VIRGINIA

## LOUDOUN

DAY	MARKET	TIME	MONTHS OF OPERATION
Wednesday	Leesburg Farmers Market	3:00pm – 6:00pm	Opens May 1
Saturday	Ashburn Farmers Market	8:00am – 12:00pm	Opens May 4
Saturday	Leesburg Farmers Market	9:00am – 12:00pm (Until April 30) 8:00am – 12:00pm (May 7 to Oct. 30)	Year Round
Saturday	Middleburg Community Farmers Market	8:00am – 12:00pm	May 4 – Oct. 26
Saturday	Purcellville Community Market	9:00am – 12:00pm (April through Nov.) 10:00am – 1:00pm (Nov. through March)	Year Round
Saturday	Hillsboro Farmers Market	10:00am to 12:00pm	Opens May 18
Sunday	Brambleton Farmers Market	9:00am to 1:00pm	Opens May 5
Sunday	Cascades Farmers Market	9:00am to 1:00pm	Opens May 5

## PRINCE WILLIAM

DAY	MARKET	TIME	MONTHS OF OPERATION
Thursday	Manassas Farmers' Market 	7:00am – 1:00pm	Opens April 11 (closes in November)
Friday	Manassas Park Smart Market	3:30pm – 6:30pm	May 3 – Nov. 22
Saturday	Haymarket Farmers' Market	8:00am – 2:00pm	May through October
Saturday	Manassas Farmers' Market 	7:30am to 2:30pm	Year Round
Saturday	Bristow Smart Market	10:30am – 1:30PM	Year Round
Saturday	Dumfries Farmers' Market	8:00am – 12:00pm	April 13 – Aug. 31
Sunday	Dale City Farmers' Market	8:00am – 1:00pm (April 7 to Dec. 8) 10:00am – 1:00pm (Dec. 15 to Mar. 31)	Year Round

## Healthy Recipes

### BREAKFAST ON THE RUN

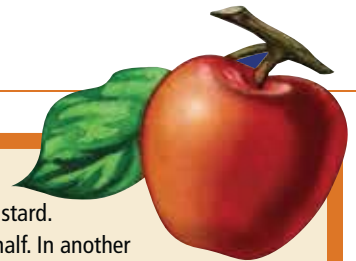
#### INGREDIENTS

- 4 tablespoons apple butter
- 2 tablespoons Dijon-style mustard
- 3 whole-wheat English muffins, split and lightly toasted
- 6 1/2-ounce slices low-fat cracked black pepper ham, chopped
- 2 tablespoons minced green onion (scallion) tops
- 3 ounces low-fat sharp cheddar cheese, shredded

#### DIRECTIONS

In a small bowl, combine apple butter and mustard. Spread 1 tablespoon mixture on each muffin half. In another small bowl, combine ham, onion, and cheese. Spread each muffin half with this mixture. Broil until topping is bubbly. (Both mixtures may be prepared in advance and stored separately for a quick breakfast.) Serves six.

Each serving contains about 137 calories, 10 g protein, 3 g fat (20 percent calories from fat), 11 mg cholesterol, 19 g carbohydrates, 2.5 g fiber, and 400 mg sodium.



### CHICKEN SALAD BLUES

#### INGREDIENTS

- 1 9.75-ounce can premium chunk chicken breast packed in water
- 1 large stalk celery, finely chopped
- 1/4 cup reduced-fat mayonnaise
- 4 leaves romaine or red leaf lettuce, washed and trimmed
- 2 ounces blue cheese, crumbled
- 1 ripe tomato, quartered (or 8 cherry tomatoes)
- 1 small cucumber, washed and thinly sliced

#### DIRECTIONS

Drain chicken. Add chopped celery and mayonnaise. Mix lightly to keep the chicken chunky. Arrange lettuce in a shallow serving bowl. Put chicken salad in the middle and crumble blue cheese over it. Arrange tomatoes and cucumber slices around the plate. Cover with plastic wrap and refrigerate until ready to serve. Serves four.

Each serving contains about 175 calories, 15 g protein, 10 g fat (51 percent calories from fat), 46 mg cholesterol, 3.5 g carbohydrates, 1 g fiber, and 675 mg sodium.



# FARMERS' MARKETS



ADDRESS	CITY	WEBSITE
Virginia Village Shopping Ctr, Catoctin Circle	Leesburg	<a href="http://www.loudounfarmersmarkets.org">www.loudounfarmersmarkets.org</a>
44036 Pipeline Plz, Ashburn (Ashburn Ctr)	Ashburn	<a href="http://www.loudounfarmersmarkets.org">www.loudounfarmersmarkets.org</a>
Virginia Village Shopping Ctr, Catoctin Circle	Leesburg	<a href="http://www.loudounfarmersmarkets.org">www.loudounfarmersmarkets.org</a>
Marshall Steret and Stonewall Avenue (behind community center)	Middleburg	<a href="http://www.middleburg.org">www.middleburg.org</a>
130 East Main Street	Purcellville	<a href="http://www.purcellvillecommunitymarket.com">www.purcellvillecommunitymarket.com</a>
Old Stone School	Hillsboro	<a href="http://www.hillsborofarmersmarket.org">www.hillsborofarmersmarket.org</a>
Sport and Health Parking Lot, Olympia Drive & Soave Drive	Ashburn	<a href="http://www.loudounfarmersmarkets.org">www.loudounfarmersmarkets.org</a>
21060 Whitfield Pl (senior ctr parking lot)	Sterling	<a href="http://www.loudounfarmersmarkets.org">www.loudounfarmersmarkets.org</a>

ADDRESS	CITY	WEBSITE
9431 West Street (Harris Pavilion)	Manassas	<a href="http://www.visitmanassas.org">www.visitmanassas.org</a>
1 Park Center Court	Manassas Park	<a href="http://www.smartmarkets.org">www.smartmarkets.org</a>
15025 Washington Street	Haymarket	<a href="http://www.townofhaymarket.org/farmers_market.php">www.townofhaymarket.org/farmers_market.php</a>
Train Station Parking Lot	Manassas	<a href="http://www.visitmanassas.org">www.visitmanassas.org</a>
8301 Linton Hall Boulevard	Bristow	<a href="http://www.smartmarkets.org">www.smartmarkets.org</a>
17755 Main Street	Dumfries	<a href="http://www.dumfriesva.gov/residents/community-services">www.dumfriesva.gov/residents/community-services</a>
14090 Gemini Way	Dale City	

## LEMON MERINGUE KISSES

### INGREDIENTS

- 2 egg whites
- 1/2 cup Splenda
- 1/4 teaspoon vanilla
- 1 tablespoon lemon curd\*

\*Look for commercially prepared lemon curd in the supermarket next to the jams, jellies, and preserves.

### DIRECTIONS

Beat egg whites until they begin to hold a soft peak. Gradually add Splenda and continue beating until egg whites are stiff. Beat in vanilla. Drop by teaspoon onto a nonstick baking sheet—or pipe the meringue from a pastry decorator. You should get two dozen kisses. Bake at 300 degrees for 25 minutes. Make a small indentation in each kiss and drop in a dab of lemon curd. Makes 24.

A serving of six kisses contains about 24 calories, less than 1 g protein, less than 1 g fat, 0 mg cholesterol, 2 g carbohydrates, 0 g fiber, and 14 mg sodium.



## NEW WORLD SALMON FLORENTINE

**INGREDIENTS:** This casserole uses chunks of fresh salmon with lots of healthy omega-3 fatty acids. It also has real cheese for flavor. Don't use low-fat Swiss—it won't melt properly.

- 2 cups flaked cooked salmon fillet (about 12 ounces)
- 2 cups fresh baby spinach leaves, washed and shredded
- 2 cups cooked tri-color chunky pasta
- 2 stalks celery, sliced thin
- 1-1/2 cups skim milk
- 1 teaspoon Dijon mustard
- 2 ounces shredded Gruyere cheese (about 3/4 cup), divided
- 1/4 cup sun-dried tomato pieces, chopped (not oil-packed)
- 1 teaspoon fennel seeds

### DIRECTIONS

Preheat oven to 375 degrees. Combine salmon, spinach, celery, and pasta in an ovenproof baking dish. Heat milk in a small sauce pan; don't let it boil. Stir in mustard and half the Gruyere until it melts. Add sun-dried tomatoes to soften and fennel seeds. Pour sauce over salmon mixture. Top with remaining Gruyere. Cover and bake at 375 degrees for 30 minutes. Serves four.

Each serving contains about 400 calories, 31 g protein, 16.5 g fat (37 percent calories from fat), 68 mg cholesterol, 29.5 g carbohydrates, 3 g fiber, and 611 mg sodium.





# Vegetable Gardening in Containers

**If you don't have space for a vegetable garden, consider raising fresh, nutritious, homegrown vegetables in containers.**

A windowsill, patio, balcony, or doorstep can provide sufficient space for a productive container garden. Problems with soil-borne diseases, nematodes, or poor soil can also be overcome by switching to container gardening.

Grow vegetables that take up little space, such as carrots, radishes, and lettuce, or crops that bear fruits over a period of time, such as tomatoes and peppers, for best use of space and containers. Dwarf or miniature varieties often mature and bear fruit earlier, but most do not produce as well overall as standard varieties. With increasing interest in container gardening, plant breeders and seed companies are working on vegetables specifically bred for container culture. These varieties are not necessarily miniature or dwarf and may produce as well as standard types if cared for properly.

The amount of sunlight your container garden receives determines what crops can be grown. Generally, root crops and leaf crops can tolerate

partial shade, but vegetables grown for their fruits generally need at least five hours of full, direct sunlight each day and perform best with 8 to 10 hours. Available light can be increased somewhat by providing reflective materials around the plants (aluminum foil, white-painted surfaces, marble chips, etc.).

Container gardening lends itself to attractive plantscaping. A dull patio area can be brightened by the addition of baskets of cascading tomatoes or a colorful herb mix. Planter boxes with trellises can be used to create a cool, shady place on an apartment balcony. Container gardening presents opportunities for many innovative ideas.

For full details on how to grow vegetables in a container, visit the Virginia Cooperative Extension web site at:

[www.tinyurl.com/indoor-veggies](http://www.tinyurl.com/indoor-veggies)

This information excerpted from an article by Diane Relf, Retired Extension Specialist, Horticulture, Virginia Tech with credit to Virginia Cooperative Extension, Virginia Tech, and Virginia State University.





# Supporting Healthy Foods and Communities

We all know that a key element to healthy living is good nutrition. Inova Health System is proud to sponsor the Northern Virginia Chapter of **Buy Fresh Buy Local**, a nationally recognized program that is dedicated to reintroducing Americans to their food – the seeds it grows from, the farmers who produce it, and the routes that carry it from the fields to their tables.

**Buy Fresh Buy Local** is part of Inova's family of health, nutrition and sustainability programs,

which also include *Partnership for Healthier Kids*, *FUN* and *SNAP* (healthy weight management and obesity prevention for children), *iPATH*, *Inova Sustainability Program* and *Inova HealthSource*®.

For more information about this effort please visit: [www.inova.org/buyfreshbuylocal](http://www.inova.org/buyfreshbuylocal). You can submit your request for a free bumper sticker, find a Farmers' Market near your home or download a healthy recipe.

## Preventing Obesity

### FACTS ABOUT PREVENTION

Obesity is a chronic disease affecting increasing numbers of children and adolescents as well as adults. Obesity rates among children in the US have doubled since 1980 and have tripled for adolescents. About 17 percent of children aged two to 19 are considered overweight compared to over 66 percent of adults who are considered overweight or obese.

Earlier onset of type 2 diabetes, cardiovascular disease, and obesity-related depression in children and adolescents is being seen by healthcare professionals. The longer a person is obese, the more significant obesity-related risk factors become. Given the chronic diseases and conditions associated with obesity and the fact that obesity is difficult to treat, prevention is extremely important.

A primary reason that prevention of obesity is so vital in children is because the likelihood of childhood obesity persisting into adulthood is thought to increase as the child ages.

### INFANTS

Breastfed babies are 20 percent less likely to develop diabetes and are less likely to become overweight. Therefore, the longer babies are breastfed, the less likely they are to become overweight as they grow older.

### CHILDREN AND ADOLESCENTS

Young people generally become overweight or obese because they do not get enough physical activity in combination with poor eating habits. Genetics and lifestyle also contribute to a child's weight status.

#### Recommendations for prevention of overweight and obesity during childhood and adolescence include:

- Gradually work to change family eating habits and activity levels rather than focusing on a child's weight.
- Be a role model. Parents who eat healthy foods and participate in physical activity set an example so that a child is more likely to do the same.
- Encourage physical activity. Children should have 60 minutes of moderate physical activity most days of the week. More than 60 minutes of activity may promote weight loss and provide weight maintenance.
- Reduce "screen" time in front of the television and computer to less than two hours daily.
- Encourage children to eat when hungry and to eat slowly.
- Avoid using food as a reward or withholding food as a punishment.



# Preventing Obesity (continued)

- Keep the refrigerator stocked with fat-free or low-fat milk, fresh fruit, and vegetables instead of soft drinks and snacks high in sugar and fat.
- Serve at least five servings of fruits and vegetables daily.
- Encourage children to drink water rather than beverages with added sugar, such as soft drinks, sports drinks, and fruit juice drinks.

## ADULTS

Many of the strategies that produce successful weight loss and maintenance help prevent obesity. Improving eating habits and increasing physical activity play a vital role in preventing obesity.

### Recommendations for adults include:

- Eat five to nine servings of fruits and vegetables daily. A vegetable serving is one cup of raw vegetables or one-half cup of cooked vegetables or vegetable juice. A fruit serving is one piece of small to medium fresh fruit, one-half cup of canned or fresh fruit or fruit juice, or one-fourth cup of dried fruit.
- Choose whole grain foods such as brown rice and whole wheat bread. Avoid highly processed foods made with refined white sugar, flour, and saturated fat.
- Weigh and measure food in order to be able to gain an understanding of portion sizes. For example, a 3-ounce serving of meat is the size of a deck of cards. Avoid supersized menu items.
- Balance the food “checkbook.” Taking in more calories than are expended for energy will result in weight gain. Regularly monitor weight.
- Avoid foods that are high in “energy density,” or that have a lot of calories in a small amount of food. For example, a large cheeseburger with a large order of fries may have almost 1,000 calories and 30 or more grams of fat. By ordering a grilled chicken sandwich or a plain hamburger and a small salad with low-fat dressing, you can avoid hundreds of calories and eliminate much

of the fat intake. For dessert, have fruit or a piece of angel food cake rather than the “death by chocolate” special or three pieces of home-made pie.

- Remember that much may be achieved with proper choices in serving sizes.
- Accumulate at least 30 minutes or more of moderate-intensity activity on most, or preferably all, days of the week. Examples of moderate intensity exercise are walking a 15-minute mile, or weeding and hoeing a garden.
- Look for opportunities during the day to perform even ten or 15 minutes of some type of activity, such as walking around the block or up and down a few flights of stairs.

From the Inova Health System Library



Photo courtesy of Piedmont Environmental Council



# Inova's 'Green' initiatives

Inova Health System has been recognized for its environmental improvement efforts. Among our current priorities:

- Alternative transportation options
- Green construction practices
- Environmentally preferable purchasing
- Energy conservation and efficiency
- Sustainable food practices
- Waste stream reduction
- Water usage reduction



Photo courtesy of Piedmont Environmental Council

Inova established an Environmental oversight committee in 2007. The purpose of this committee is to bring structure to our environmental commitment, set priorities and goals, and measure our progress.

## Resources

### **INOVA HEALTH LIBRARY**

Our comprehensive Health Library provides patient-friendly health information including 12,000 pages of medical content, interactive tools, wizards, animated procedures and more. The full library can be found at: [www.inova.org/health-library](http://www.inova.org/health-library)

#### **Diabetes**

[www.inova.org/about-diabetes](http://www.inova.org/about-diabetes)

#### **Healthy Recipes**

[www.inova.org/healthy-recipes](http://www.inova.org/healthy-recipes)

#### **Nutrition**

[www.inova.org/about-nutrition](http://www.inova.org/about-nutrition)

#### **Obesity**

[www.inova.org/about-obesity](http://www.inova.org/about-obesity)

### **UNITED STATES DEPARTMENT OF AGRICULTURE**

Providing easy, online access to government information on food and human nutrition for consumers.

#### **Food Pyramid**

[www.mypyramid.gov](http://www.mypyramid.gov)

#### **Nutrition**

[www.nutrition.gov](http://www.nutrition.gov)





# Inova's Health and Wellness Programs

## PARTNERSHIP FOR HEALTHIER KIDS

### Who We Are

Partnership for Healthier Kids (PHK) is one of several community health-improvement initiatives of the Community Health Division of Inova Health System. PHK has two main school-based programs: an Access to Care program and a Prevention program.

The **Access to Care** program is designed to identify uninsured children and connect them to an appropriate and affordable source of quality healthcare services.

The **Prevention** program objectives are to provide a variety of health education programs designed to increase the knowledge and improve skills to make healthy choices in the areas of nutrition and physical activity.

Working in collaboration with Alexandria, Fairfax and Loudoun Public schools, PHK Access to Care program has successfully connected more than 35,000 children to a source of healthcare services since 1998. More than 90,000 children, parents and educators have participated in PHK Prevention activities since 1997.

PHK believes that every child deserves to attend school, healthy and ready to learn.

### Partnership for Healthier Kids

2700 Prosperity Ave, Suite 100  
Fairfax, VA 22031

**P:** 703-698-2571

**F:** 703-698-2556

Jill Christiansen, Program Manager

**E:** [jill.christiansen@inova.org](mailto:jill.christiansen@inova.org)

Photo courtesy of Piedmont Environmental Council



# Inova's Health and Wellness Programs

---

## FUN AND SNAP

### Healthy weight management and obesity prevention for children

Join us for one of our popular fitness and nutrition series especially designed for kids. Your child will learn about better eating habits and the importance of physical activity – and have a good time!

#### Saturday Schedule:

9 – 10am class (ages 7 to 11): FUN (Fitness, Understanding and Nutrition)

10 – 11am class (ages 12 to 15): SNAP (Simple Nutrition and Physical Activity)

#### The FUN & SNAP program features:

- An exercise physiologist who teaches about proper physical fitness, sporting activities, stretching and balancing and making good lifestyle choices
- Registered dietitians who teach balanced nutrition and how to make good food choices
- A licensed professional counselor will discuss the "Hunger & Satisfaction Scale"

#### Fees

6-week session (six Saturdays): \$ 75

#### Location

Inova Kellar Center  
11204 Waples Mill Road  
Fairfax, VA 22030

#### Contact

Nancy Golden  
Bariatric Center at Inova Fair Oaks Hospital  
3600 Joseph Siewick Drive  
Fairfax, VA 22033  
P: 703-391-3783  
F: 703-391-3207  
E: [nancy.golden@inova.org](mailto:nancy.golden@inova.org)  
[www.inova.org/fun-and-snap](http://www.inova.org/fun-and-snap)





# Inova's Health and Wellness Programs

## NORTHERN VIRGINIA HEALTHY KIDS COALITION

Recognizing the immediate need for community intervention and advocacy for efforts for children, in 2007, Inova Health System created a platform for reversing Virginia's childhood obesity trend by bringing together more than 20 Northern Virginia partner organizations to form the Northern Virginia Healthy Kids Coalition. Partners include Northern Virginia area school jurisdictions, health departments, parks and recreation, pediatricians, and community safety net programs as well as non-profit and for-profit organizations. The Coalition's mission is to engage the entire Northern Virginia community in collaborative, family-focused efforts to promote better health for children of all ages, through lifestyle changes such as healthy eating and increased physical activity. The Centers for Disease Control and Prevention's Task Force on Community Preventive Services has found that community-wide campaigns are effective in motivating people to increase physical activity and reduce obesity.

To engage the community, the Coalition has launched an evidenced-based, community-wide campaign to reach the region's 400,000 children and their families to adopt healthier habits by providing positive messages, policies and practices where they live, learn, work and play: at home, at school, in their social network and neighborhood institutions, and in the media. The Coalition's primary message is based on five daily habits that can help our children live healthier lives and sustain a healthy body weight:

### 9-5-2-1-0 for Health™

- 9 - Get at least nine hours of sleep
- 5 - Eat five servings of fruits and vegetables
- 2 - Limit screen time to 2 hours or less
- 1 - Get at least 1 hour of physical activity
- 0 - Eliminate sugary drinks

For more information and tool kits visit [NorthernVirginiaHealthyKids.org](http://NorthernVirginiaHealthyKids.org) or contact us at [healthykidscoalition@inova.org](mailto:healthykidscoalition@inova.org).

### Northern Virginia Healthy Kids Coalition

2700 Prosperity Avenue Suite 100

Fairfax, VA 22031

P: 703-698-2516

F: 703-698-2415

Rhonda Richardson, Program Coordinator

E: [rhonda.richardson@inova.org](mailto:rhonda.richardson@inova.org)







## Gain a Healthier You

This isn't about how much you'll lose. It's about how much you'll gain.

Inova Weight Loss Services understands your needs are unique. Our comprehensive approach to weight loss is tailored to fit each individual patient. With your input, our experienced team will work together to help you achieve your desired results.



Take the first step towards a healthier you. Attend a free informational weight loss seminar or webinar - register today at [inovaweightloss.org](http://inovaweightloss.org) or call 703.348.4716



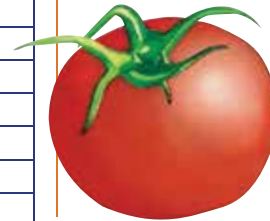
Join the future of health.

# FRUIT & VEGETABLE AVAILABILITY CALENDAR

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
APPLES												
ASPARAGUS												
BLACKBERRIES												
BLUEBERRIES												
BROCCOLI												
CANTALOUPE												
CUCUMBERS												
GRAPES												
GREEN BEANS												
GREEN PEPPERS												
GREENS/SPINACH												
NECTARINES												
PEACHES												
PUMPKINS												
RASPBERRIES												
SQUASH												
STRAWBERRIES												
SWEET CORN												
TOMATOES												
WATERMELONS												



Access a map of farmers' markets in the region by using your smart phone's barcode/QR Code reader.



Follow us on Facebook:  
Buy Fresh Buy Local Northern Virginia

8110 Gatehouse Road  
Falls Church, VA 22042

[www.inova.org](http://www.inova.org)

## Healthy Habits Start Early

Inova Weight Loss Services offers a healthy and fun weight management program designed especially for kids.

Join us for this popular fitness and nutrition series.

You and your child will learn about better eating habits and the importance of physical activity - and have a good time!

**FUN class** Ages 7 to 11 Saturdays only: 9 - 10 a.m.  
(Fitness, Understanding and Nutrition)

**SNAP class** Ages 12 to 15 Saturdays only: 10:15 - 11:15 a.m.  
(Simple Nutrition and Physical Activity)

Inova Kellar Center  
11204 Waples Mill Road  
Fairfax, VA 22030

6-week session is \$75

For more information or to register visit [inovaweightloss.org](http://inovaweightloss.org) or call 703.348.4716



[inoa.org](http://inoa.org)