

The Kennebunk *Healthy* Times

Healthy Maine Streets Quarterly E-Newsletter

What is Healthy Maine Streets?

Kennebunk is 1 of 20 communities in Maine participating in a pilot study program named [Healthy Maine Streets \(HMS\)](#). HMS is about creating vibrant downtowns through community leadership focused on developing place-based worksite wellness. HMS connects small businesses with creative opportunities to make the healthy choice the easy choice. Healthy people build downtown

vitality, fuel economic growth and strengthen our quality of place for future generations. The program is the result of a collaboration between the Maine Downtown Center and MCD Public Health and is made possible by a \$1.64 million grant through the U.S. Department of Health and Human Services' Community Transformation Grants. The program will establish local Wellness

Councils, which will work to address the disparate health access and outcomes for employees of small businesses, which are the heart and soul of small town centers. The grant will allow us to bring communities and small businesses together to create a wellness program that is shared by small businesses and eventually transforms communities into more healthy, vibrant places to live & work.



**HEALTHY
MAINE STREETS**
Where wellness works

Newsletter Date

Volume 1, Issue 1

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Special points of interest:

- Healthy Maine Streets...What is it exactly?
- Walking Programs
- Wellness in the Workplace
- Community Gardens

Pick Your Path Walking Program

Be sure to stop by Town Hall or any Downtown business/organization for a new [walking map](#) that allows you to pick your own path to health in and around Downtown Kennebunk. Whether you have 5

or 45 minutes, the paths will take you along scenic vistas ranging from the most amazing architecture to relaxing, cascading waterfalls. The paths will bring you along Main Street / Rte 1 where you can take a

break to shop or eat.

FMI:

[www.kennebunkmaine.us/
healthymainestreet](http://www.kennebunkmaine.us/healthymainestreet)

healthymainestreets@kennebunkmaine.us

207-985-2102

New Year & New Morning Natural Foods by Sheila Ouellette

A New Year has begun, and with every New Year comes the resolutions to make better choices for one's health. Often times the missing link is a support system. That is where the staff at [New Morning Natural Foods](#) can make the difference. For the last 37 years, our family and staff have devoted ourselves to empower people to have better health through good nutrition. Our store offers a great selection of bulk whole grains and beans, nuts and seeds, and organic fruits and vegetable. Local grass fed meats and organic raw milk are delivered to us from Maine farms, as well as organic eggs. We have a great selection of organic dairy products in-

cluding cheese, kefir, and yogurts. Our selection of bulk organic herbs and spices is second to none, and the prices are the best around. Are you looking for coconut oil? We have a great selection. How about hard to find items like sherry vinegar, or beautiful pumpkin seed oil, or even cherry seed oil? Our shelves are packed with unique wholesome foods for your culinary pleasure. We seek out the best because we care. We also have a great selection of supplements and herbal products. With our background in nutrition and herbalism, we can take the guesswork out of finding quality effective products that will make the difference in your

health. Come on in and say hello. Our strength is our passion for health and knowledge about the products we carry. Are you wondering how to cook brown rice or quinoa, incorporate seaweed into your diet, improve your digestion, encourage children to develop better eating habits, use herbal tinctures or aromatherapy for healing, find gluten free products, eat a more plant based diet, pick out the best protein shake for your smoothies etc.; we are here for you. Let's make 2014 a year of positive change together. Remember, it takes 28 days to create a new habit. We are here to take the journey with you! **FMI: Call Sheila at 985-6774**

Kennebunk's Bountiful Community Gardens by Leslie Lindgren

The Park Street School (PSS) Community Garden is administered by the Town of [Kennebunk's Community Garden Committee](#). This Committee has been in existence since 2008. The Committee is creating a five year plan to make the PSS Community Garden space: user-friendly, accessible, productive, educational and a destination that residents and visitors can enjoy. In addition, the Committee oversees the West Kennebunk Community Garden located at the end of Holland Road.

Since the 2009 growing season, the Kennebunk Community Gardens have harvested and donated over 7,000 pounds of freshly grown produce to local food banks. This year alone,

"This year alone, 2,046.5 pounds of produce was donated to local food pantries"!

2,046.5 pounds of produce was donated to local food pantries, 93.5 pounds came from the Park Street School Community Garden. By growing locally, we all can decrease our dependence on cost of transportation of produce, reduce the use of food preserving chemicals, and growing locally gives individuals in the community a healthy opportunity to grow fresh produce for their own consumption.

FMI: Call 985-2102 x1326

Worksite Wellness. Community Leadership. Downtown Vitality.

[Healthy Maine Streets](#) focuses on several goals including but not limited to: smoking cessation, nutrition, physical activity and overall worksite wellness. Go to: www.healthymainestreets.org for information that benefits not only those in the workplace but everyone in the community. **FMI: 985-2102 x1341**

 <h3>Tobacco Free</h3> <p>Keep downtown a place where it's easy to breathe Meet state requirements Support quitters Protect non-smokers Keep kids from starting</p>	 <h3>Eat Right</h3> <p>Nutrition Find and prepare healthy foods Labels tell you what you get Celebrate local food Eat the right amount Balanced diets Healthy hydration</p>	 <h3>Be Active</h3> <p>Keep fit Organize your kit Easy start at all ages Where to go in every season Clubs and buddies</p>	 <h3>Worksite Wellness</h3> <p>Creating a culture of wellness Investing in your people Increasing awareness Promoting prevention Avoiding illness Working well Safety saves Healthy bottom line</p>
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Kennebunk - A Healthy Maine
Streets Community

We're online at
www.kennebunkmaine.us/
healthymainestreets



Thanks to our sponsors!!!

Fitness Tips from Local Experts *This Month: The Fitness Nuthouse*

A structured weight-training program is the most effective way to increase and improve the quality of muscle. This should be of particular importance to anyone interested in losing body fat. Why is weight training so important to the reduction of body fat? Muscle requires energy to function. Fat can only be burned in the muscle. Therefore, the more active muscle you have, the more fat you can burn. Improving your

muscular condition will improve your basal metabolic rate (BMR), thus, increasing the body's ability to burn calories.

**"Fat can only be burned in the muscle". Daryl Conant, M.ED,
Owner - [Fitness Nut House](#)**



CUT RECIPES AND TAPE TO FRIDGE OR INSERT INTO YOUR WALLET FOR SHOPPING

Veggie of the Month- *BROCCOLI*



CHOPPED BROCCOLI SALAD

Ingredients:

- 3 c of finely chopped broccoli florets
- 1 small apple, cored and diced
- 9 strips of bacon* cooked, crumbled
- 3 green onions diced
- 1/4 c Balsamic Vinaigrette

Place all the ingredients except for the vinaigrette in a bowl, drizzle with Balsamic Vinaigrette, toss & enjoy!

Thanks to Linda Rhines of [Bergen & Parkinson](#) and Ahmed Ciangiulli for submitting these wonderful and easy recipes!

VEGAN BROCCOLI SOUP

Ingredients:

- 1 cup broccoli florets
- 1 cup nondairy milk (soy, almond)
- 1 tablespoon cornstarch
- 1 teaspoon garlic
- 1 teaspoon onion powder
- 1 teaspoon salt

Steam fresh broccoli in separate pan, and drain water. Meanwhile, heat milk and cornstarch on medium heat, stirring constantly until it thickens. Stir in garlic, onion powder, and salt. Stir in steamed broccoli into thickened soup and enjoy!

PRESSED FOR TIME?

TOMATO BROCCOLI

Ingredients:

- 1 bunch broccoli, chopped
- 1 dozen cherry tomatoes, quartered
- 3 tablespoons minced parsley
- 2 tablespoons chopped chives
- salt, to taste

Into a microwaveable lunch container, add broccoli until the box is almost full. Put tomatoes on top. Add parsley, chives, and salt. Do not mix! Mix, then microwave for 8 minutes for soft broccoli, or 6 minutes for crunchier broccoli.



Downtown Committee Meetings

1st Thursday of every month at 8 a.m.

Town Hall, 3rd floor

Open to Everyone!

[Agendas](#)

News from your Downtown Committee

Would you like to join the Downtown Committee?

- Linda Johnson, Chair
- Ahmed Ciangiulli, Vice Chair
- Sylvia Cavanaugh
- David Cluff
- Haven W. Andrews, Jr.
- Tucker Smith
- Arlene L. Salvati
- Judith Stark, Alt.
- **Vacant, Alt.**
- Albert Searles, Selectman Liaison

There is a vacancy. If you are interested in serving as a member, [click here](#) to download a Volunteer Form or fill one on-line.

Save the dates!

May 3rd, 16th Annual May Day Celebration

Also, Kick-Offs to many health-oriented events sponsored by Healthy Maine Streets:

“We Walk Wednesdays”

This is a fun opportunity to walk mid-week. Various paths to pick from in Downtown.

“Walk-N-Talk” Walking Group- Early weekly walks starting at 5:30 am. Begins May 12th at Town Hall.

New this year! “The Healthy Corner Booth” will be present at every Town-sponsored event beginning May Day 2014!

Other fun events!

Shakespeare in the Park
Sidewalk Sales

Farmers’ / Artisan Market

Harvest Fest

3rd Friday Art Walk

And many more...

Downtown Appreciation Program

On March 7, 2013, the Downtown Committee started a Downtown Appreciation Program. Each week members of the Downtown Committee present a local business with an appreciative floral arrangement thanking them for being a part of the Kennebunk community and for all that they do. Special thanks to Downeast Flowers & Gifts for making the arrangements. Recent visits made to: Deering Lumber, The New School and Mail-It Unlimited. To read about who else has received a visit [click here](#).



Help us welcome these new businesses:

- Restless Threads & Gorham Savings

We need you!

- We need more Volunteers to help with May Day. Please call 207-985-2102 x1641
- Do you have old photos and stories of Downtown you would like to share?
- Shop Local! [Local Business Directory](#) or download *Experience the Kennebunks* mobile application. Search for *The Kennebunks* at Apple App Store (iPhone) or Googleplay Store (Android)

Did you know that within walking distance of Downtown you have access to: Two museums, a bookstore, a health food store, two bakeries, pet supply and services, two barbers, hair salons, an arts venue, frame shop and access to banks, lawyers and realtors? You can run all your errands without having to move your car!