

# Eat well, Stay Healthy!



Simple Recipes:  
Transforming Pantry Staples  
into Hearty Meals!

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## Walk-in

*Have you received the FREE COVID-19 vaccine? Not sure where to go? Check out these locations that provide services in English and Spanish.*

Queens Public Library - Flushing Library  
41-17 Main Street, Queens, NY 11355  
(877) 829-4692

Korean Community Services  
203-05 32nd Avenue, Queens, NY 11361  
(877) 829-4692

Citi Field  
36-2 126th St, Flushing, NY 11368  
Cars enter through gate 11  
(877) 829-4692



Flushing Hospital

4500 Parsons Blvd, Flushing, NY 11355  
(718) 670-5000

Franconia Pharmacy

45-02 162nd Street

718-359-7780

Rite Aid  
144-29 Northern Boulevard, Flushing, NY 11354  
(718) 886-1515

Walgreens/ Duane Reade  
136-02 Roosevelt Avenue, Flushing, NY 11354  
(718) 886-3212

Walgreens/ Duane Reade  
44-15 Kissena Blvd, Flushing, NY 11355  
(718) 886-3212



## Appointment Only

## Tuna Cabbage Salad (4 servings)



### Ingredients

Tuna in water, drained (1 can/5 ounces)  
Chopped cabbage (2 cups)  
Diced green onions (3)  
Low-fat mayonnaise (1 Tablespoon)  
Non-fat plain yogurt (2 Tablespoons)  
Salt and pepper  
Optional: canned corn (1 can), carrot (1), celery (2 sticks)

### Instructions

1. In a medium bowl, shred tuna with fork and mix with cabbage. If using, add in corn, carrot, celery.
2. Stir in onions, mayonnaise, and yogurt. Add salt and pepper to taste.
3. Chill until ready to serve. Serve on lettuce leaves or make sandwiches with whole wheat bread or on tostadas.
4. Refrigerate leftovers within 2 hours.



*Did you know?*  
Cabbage is a low-calorie vegetable that is rich in vitamins, minerals and antioxidants.



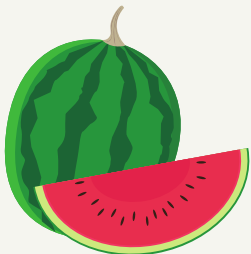
## Watermelon Water (3 servings)

### Ingredients

Watermelon Cubes (seeded, 3 cups)  
Orange juice (1/2 cup)  
Water (if necessary)

### Instructions

1. Add the watermelon and juice in the blender.
2. Mix well, add water if necessary.
3. Serve immediately.
4. Refrigerate leftovers within 2 hours.



*Did you know?*  
Watermelon is low in calories and is a good source of magnesium, potassium, and vitamin C.

