



Hackensack Meridian *Health*

Hackensack Meridian *Health* Kicks off a Healthy Summer Season with Farmers Markets Partnerships

EDISON, N.J. (June 7, 2017) – Hackensack Meridian *Health* is helping New Jersey residents have a healthy summer by teaming up with some of New Jersey’s most popular farmers markets. By partnering with farmers markets throughout the state, [Hackensack Meridian *Health*](#) is able to highlight the benefits of locally grown food, give useful health tips and provide free health classes.

For the first time, Hackensack Meridian *Health* is sponsoring Asbury Fresh, one of the largest farmers markets in New Jersey. Hackensack Meridian *Health* will provide free health demonstrations from fitness classes to yoga sessions the second Sunday of the month, exposing thousands of New Jersey residents to healthy habits they can incorporate into their everyday life.

“Hackensack Meridian *Health* is dedicated to population health, focused on keeping our communities and patients healthy,” said Patrick Young, president of Population Health at Hackensack Meridian *Health*. “We realize that good health is more than just good medicine. It also includes quality health education and having access to healthy foods like fresh, locally sourced produce.”

The benefits of eating locally grown food has been widely documented. Local food often has a shorter trip from harvest to table and is picked at its peak, providing customers with a more flavorful and nutritious product. Hackensack Meridian *Health* nurses and other health experts will be on-hand to discuss the health benefits of the seasonal produce, answer health questions and provide shoppers with healthy, seasonal recipes.

“We applaud Hackensack Meridian *Health* for realizing that we live health every day,” said Bret Morgan, CEO, founder and partner of Asbury Fresh. “We believe Asbury Fresh’s goal of increasing access to wholesome, locally produced food supports Hackensack Meridian *Health*’s goal of increasing healthy habits throughout the state.”

For the third year, Hackensack Meridian *Health* will also be holding a farmers market every Thursday afternoon at HackensackUMC Fitness & Wellness in Maywood and will be hosting Westwood Farmers Market every Saturday at Pascack Valley Medical Center for the second year in a row. Health professionals will also be available to talk to shoppers and provide health information at the Westwood and HackensackUMC Fitness & Wellness farmers markets.

Through these three farmers markets, Hackensack Meridian *Health* and its health experts are able to interact and with the community, engaging thousands of New Jersey residents in valuable health education. Each farmers market will continue through the summer and into the fall.

For more information including farmers markets dates, times and locations, please visit www.hackensackmeridianhealth.org/farmersmarket.