

## Eastport Healthy Maine Streets

# 5x2

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Our River of Change is Flowing!  
Culture Shift towards health and wellness



## A busy and GROWING Farmer's Market!





# Eastport Healthy Maine Streets in the News!

## Healthy Lungs Healthy Communities Poster Contest Sprocket Society



Sustaining momentum: See our list of Accomplishments and Highlights Salad in a Pot, Liberty Cafe-Healthy Food option in thier menu, Children choosing healthy snacks...and our flowing river goes on!



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## Key Words Reflecting Our Accomplishments and Highlights: Community Collaboration Circles Creative Contests Celebration

Palpable culture shift towards health and wellness. Intergenerational activities are springing up' Increased and Strongly Promoted Farmer's Market. Farmer's Market: 2014: accept SNAP, credit and debit cards. Farmer's Market is GROWING and will be in a new location sometime this summer with tail-gaiting too. Eat Local Eastport (locally grown and produced food) supports up to 50 families .Established Health and Wellness Community Circle. Preparation of Healthy Food demos on Food Pantry Pick up Day. Creating a Victory Garden. Healthy food pot luck occurs at each Circle. Growing Collaborations (several lending their voice to the EP HMS project). Featured and facilitated a Listening Circle Focusing on Bright Spots in the Downeast Healthy Food Movement (with gubernatorial candidate Eliot Cutler and others attending). More people are bicycle riding / walking. Local elementary school has created a Sprocket Society-repair and build bicycles. Planned for 2014: A fleet of 10 Loaner bikes will be available in the community for borrowing. Local elementary school had a poster contest for each grade-focusing on healthy lungs. Basket-balls and Dodge Balls was the prize for first place winners in each grade AND each child received a hacky-sack. Winning posters were hung on Main Street in Dastardly Dicks\* Window [member of EP HMS]7<sup>th</sup> – 8<sup>th</sup> grade students created a power-point which is playing in video format in the waiting room at Eastport Health Care. Created a bicycle tour map. Walking paths in Eastport will be Included in Cobscook Trails Website. Interest in Yoga is growing in Eastport! Recent spring camp had 28 participants. Individual Wellness Initiatives are underway (some focusing on diet, others on exercise, stress management and tobacco cessation). Creative container gardening on Main Street: "Salad in a Pot". Healthy locally grown food options are regularly on the menu at Liberty Café....