



# 2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

## June 14, 2023: Fresh from the Farmers Market



### IT'S FARMERS MARKET SEASON!

North Shore area Farmers Markets include:

- [Brown Deer Farmers Market](#): Wednesdays, June 14-October 25, 10:00a–3:00p
- [Fox Point Farmers' Market](#): Saturdays, June 17-October 14, 8:00a–12:00p
- [Shorewood Farmers Market](#): Sundays, June 18-October 29, 9:30a-1:00p
- [Whitefish Bay Farmers' Market](#): Saturdays, July 15-October 28, 8:30a-12:30p

To learn more about farmers markets in the area also visit [Milwaukee area farmers markets 2023](#)

*As you head out to the market, knowing how to properly handle food and keep it safe is essential.* Farmers markets are great places to buy locally grown or made foods, and try new foods. Below are ways you can make the most of your trip to the market and keep foods fresh.

### CHECK IT OUT BEFORE YOU BUY IT

Carefully inspect all food items prior to purchase. Don't hesitate to ask the farmer or producer any questions you may have regarding their farm or practices. Before making your final selections, examine produce for freshness indicators such as vibrant colors, a firm texture, and the absence of mold.

### KEEP COLD TO KEEP FRESH

Perishable items such as pre-cut meat, dairy products, or fruits, need to be kept fresh, so bring a cooler with you and be sure to re-refrigerate them right away. Items should not be kept at room temperature for more than two hours or exposed to temperatures above 90 degrees Fahrenheit for more than one hour.

### TRANSPORT PROPERLY

Uncooked meat and poultry should be kept in a container separate from any other foods. Reusable bags and containers can be great environmental-friendly practices, but remember to clean any reusable items.

### PRACTICE GOOD HYGIENE

Before chopping, or cooking vegetables, wash your hands and produce under running water to remove any dirt or debris, especially if you intend to peel them. Bacteria on the surface of foods such as watermelon or mangoes may spread to the inside of the fruit when peeled or chopped. Pat the freshly washed produce dry with a clean towel or paper towel to remove any remaining bacteria. Don't forget to wash or disinfect your hands before trying any yummy samples!

**Visit us this summer at area farmers markets!**



NSHD will be attending farmers markets around the North Shore this summer. Staff will have free health items and information. Watch our socials for more information on when and where we will be at North Shore area farmers markets. Stop by our booth and say hello!

## COMMUNITY HEALTH ASSESSMENT

Last summer the department focused event out reach on the 2022 North Shore Community Health Assessment survey. This summer, learn more about the results of the recently published 2022-2026 North Shore Community Health Assessment.

Check out our newly published  
**NORTH SHORE  
COMMUNITY HEALTH  
ASSESSMENT  
2022-2026**



Scan the QR Code



See the results from our community survey and interviews of key stakeholders.



Available on our website: [www.nshealthdept.org](http://www.nshealthdept.org)

## NSHD HAPPENINGS

NSHD is committed to providing student placement opportunities. This summer we welcome three interns to the department focusing on health communications, education and outreach. Nkem, our first intern, in collaboration with Wisconsin Area Health Education Center (AHEC) started last week. Welcome!! We are excited to show them all the things public health. Stay tuned for introductions and bios in the coming weeks!

## NALOXONE TRAINING

**NSHD OFFERS FREE NALOXONE (NARCAN) AND TRAINING THE COMMUNITY.** Please scan the QR code below or [CLICK HERE](#) to register for a time to be trained.

## NARCAN is available at North Shore Health Department

NARCAN® Direct Program



**SCAN THE QR CODE to schedule a time to stop in for training & to receive Narcan.**

**Walk-ins are also welcome!**


**NARCAN is available at both offices:**

**Brown Deer office**  
4800 W Green Brook Dr.

**Shorewood office**  
2010 E Shorewood Blvd.

**Open Mon-Fri 8AM-430PM**

**Want to learn more about Narcan?**

Scan the QR code to visit  Dose of Reality: Safer Use/Harm Reduction

Follow us on social media for updates on future community NARCAN trainings and distribution events.



[nshealthdept.org](http://nshealthdept.org) • (414) 371-2980

## BOATING SAFETY

**Gear up for a responsible and fun boating season by following safe boating practices!**

Make sure everyone wears a U.S. Coast Guard approved, properly fitting life jacket while boating. Check out the [WI DNR website](#) for more life jacket safety tips.



[nshealthdept.org](http://nshealthdept.org) • (414) 371-2980

Follow us on social media and visit our website for health information and updates!



## RESOURCES AND REFERENCES

1. [Farmers markets, Milwaukee area, open in 2023 \(jsonline.com\)](#)
2. [Farmers Market Food Safety Tips | USDA](#)
3. [Food Safety and the Farmer's Market \(usda.gov\)](#)