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## **Green Way Markets of Cross River Launches 30-Day Health Challenge**

**February 9, 2021 (Cross River, NY)** – With so many of us home-bound because of the snow and cold weather, not to mention the coronavirus, Green Way Markets of Cross River will be sponsoring a 30-Day Health Challenge to help us prepare to come out of our cocoons this spring. The Challenge is set to officially launch on Thursday, February 18 and will feature Green Ways' own dynamic registered dietitian and nutritionist Jacqueline Gomes, who will lead the way in providing weekly tips, healthy recipes, and motivation.

Other exciting features of the Health Challenge will include recipe suggestions showcasing ingredients you've always wanted to use by renowned author and food journalist Jeff Gordinier – Esquire, NYT, Travel & Leisure; signed book giveaways such as *The Third Plate* by Dan Barber of Blue Hill at Stone Barns; and cookbooks by leading Westchester and New York chefs.

“Northern Westchester is an exceptional community to be part of,” said Tony Dispaltro, store manager of Green Way Markets of Cross River. “When we opened just before the pandemic, our customers expressed they wanted fresh seasonal produce, choice meats, wonderful items for their charcuterie boards, and organic selections as part of what would create a great shopping experience. We intend to deliver just that and more as we become a family and invite everyone to take part in the 30-Day Health Challenge.”

Participation in the Health Challenge is FREE to all Green Way shoppers and will be via Facebook Live, led by Green Way's RDN Jacqueline Gomes, who will explain The Challenge, how it will work, check-ins, where to find healthy recipes and more on February 18 at 12 p.m.. For more details, downloads, and to register visit [www.facebook.com/events/734547200785542/](http://www.facebook.com/events/734547200785542/) Registration for the Health Challenge and giveaways will also be available at <https://www.greenwaymarkets.com/>.

“The Health Challenge is designed to fit everyone’s needs,” explains Gomes. “It will include weekly tips on preparing healthy meals and snacks, food logging, healthier food choices, facilitating change over time, easy ways to incorporate vegetables, and personal rewards for making better choices that are not food-based. We will also have a weekly support and accountability meeting via Facebook Live for those interested.”

Tony’s final message to the community is, “I welcome you to join me in this Health Challenge. Let’s take this journey together.”

Green Way Markets of Cross River is located in the Orchard Square at Cross River, 20 N Salem Rd, Cross River, NY 10518.

### **About Green Way Markets**

Green Way Markets prides itself in giving you a better shopping experience. Shelves are stocked daily with fresh, high quality products; and their own Green Way brand features affordable organic options that are good for you, and good for your family. Green Way Markets is more than just a supermarket. Kick up your feet and relax in one of the cozy seating areas, grab a cup of hot coffee, enjoy a fresh burger that's made just for you at the burger bar, or relax with friends over a cold craft beer on draft. Green Way Markets was built with you in mind, to be your neighborhood destination for shopping, socializing and overall satisfaction.

Shopping at Green Way Markets is not just an experience. It's a *Better Shopping Experience*. Visit us at [www.greenwaymarkets.com](http://www.greenwaymarkets.com).