

HEALTHY PALOUSE

SPREADING THE WORD ABOUT STAYING HEALTHY ON THE PALOUSE

What is your community's *Walkability*?

What is Walkability? Walkability of a neighborhood or community is looking at how safe and easy it is to walk to different areas of your community. Such as walking to work, school, and grocery stores, the places that you go most often.

Things to consider when evaluating your community would be; Are there sidewalks? Are there crosswalks? Is the area well lit? Do I feel safe walking in this area? Begin to think about these things in your community and what actions you could take to make you community safer for walking to and from the places you want to be!

Continue this conversation on our Healthy Palouse Google Group, [Subscribe Here!](#)

July 6, 2009

www.whitmancounty.org



Pullman Farm Fresh Market *Update*

The *Pullman Farm Fresh Market* opened on May 20th and has been going strong since. There have been various different vendors selling their produce, baked good, and fresh cut flowers. If you haven't stopped by already come on down and enjoy the sights and sounds of the *Pullman Farm Fresh Market*.

Live music will greet you as you enter, and the sights of a community coming together will be before you. The Whitman County Health Department has had a booth down at the farmers market since May and we have had the opportunity to share recipes for produce that people are picking up at the market and getting kids involved with the market through hands on activities, and take home information. Please take some time one Wednesday afternoon and join us at the *Pullman Farm Fresh Market!*

Related Links:

- [CDC Healthy Communities Program](#)
- [WE CAN!](#)
- [Washington State Nutrition & Physical Activity Program](#)
- [WebMD Portion Guide](#)



Pullman Farm Fresh Market: Wednesdays 4:30-6:30pm, at the corner of Kamiaken and Paradise in the Old Post Office parking

Upcoming Topics:

- What is *CATCH*?
- What is *WE CAN*?



Upcoming Events:

- **Farmers Market: May 20th-October 28th, Wednesdays 4:30-6:30pm**
- **Pullman Family Health Event coming in August!**
- **Lentil Festival (Aug 21-22)**

Healthy Palouse is funded by the 5930 Grant, and supported by the Whitman County Health Department

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Questions or comments? E-mail us at jessieh@co.whitman.wa.us or call us at 509-332-6752