



ACHS

## Helpful Hints for a Healthy Life

from your Community Health Partner for Life



### Community Gardens

North Country Locations



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### Guide to Local Walking Trails

Littleton • Bethlehem



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### Diet and Nutrition

Websites to help manage a healthy lifestyle

These websites will assist you in eating well, keeping healthy, losing weight/maintaining a healthy weight and eating on a budget. If you do not have access to the internet, call or go to your local library and ask your librarian to assist.

## GENERAL NUTRITION

### [www.nutrition.gov](http://www.nutrition.gov)

A comprehensive site with ideas for healthy nutrition, "MyPlate" guidelines, inexpensive options for food shopping

### [www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/eat.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/eat.htm)

Basic tools for weight control and healthy diet

### [www.webmd.com](http://www.webmd.com)

Broad range of education and recipes under "Eating/Diet"

### [www.helpguide.org/life/healthy\\_eating\\_diet.htm](http://www.helpguide.org/life/healthy_eating_diet.htm)

Find help with many medical conditions including diet

## CALORIE COUNTING AND TRACKING

### [www.mynetdiary.com](http://www.mynetdiary.com)

Calorie counter and tracker with Apps to download for mobile devices

### [www.livestrong.com](http://www.livestrong.com)

Calorie counters and trackers, activity trackers, recipes, education and ideas for weight reduction

## EATING ON A BUDGET

### [www.budget101.com](http://www.budget101.com)

Inexpensive ways to eat healthfully

### [www.cheaphealthygood.com](http://www.cheaphealthygood.com)

Inexpensive options with recipes, nutritional information, and blog format

## OTHER SITES WITH RECIPES

### [www.hearthealthyonline.com](http://www.hearthealthyonline.com)

Recipes and education about heart healthy lifestyle from Better Homes and Gardens

### [www.cookinglight.com](http://www.cookinglight.com)

Recipes from "Cooking Light" magazine

### [www.diabeticlivingonline.com](http://www.diabeticlivingonline.com)

Better Homes and Gardens site dedicated to health eating for diabetics

### [www.eatingwell.com](http://www.eatingwell.com)

Recipes and ideas from "Eating Well" magazine

### [www.cleaneating.com](http://www.cleaneating.com)

Recipes and ideas including budget recipes from "Clean Eating" Magazine

### [www.planetgreen.discovery.com](http://www.planetgreen.discovery.com)

"Green" ideas about lifestyle including food

Ammonoosuc Community Health Services, Inc.  
25 Mount Eustis Road, Littleton, NH 03561  
603.444.2464 • [www.ammonoosuc.org](http://www.ammonoosuc.org)

Be inspired to get out and enjoy the great outdoors.

Our area has lots of walking trails that are both scenic and of moderate difficulty. Check out our list of trails and the associated websites. Most have trail maps that can be printed from the websites.



## LITTLETON REGIONAL HOSPITAL FAMILY WALKING TRAIL

This walking trail is on the grounds of Littleton Regional Hospital and was dedicated during LRH's centennial celebration in 2007.

[www.littletonnhospital.org/pdf/LRH\\_walking\\_trail.pdf](http://www.littletonnhospital.org/pdf/LRH_walking_trail.pdf)

## A GUIDE TO LITTLETON'S NATURE TRAILS

This guide was produced by the Littleton Conservation Commission and includes trail maps to The Dells, Kilburn Crags and Pine Hill Trails.

[www.golittleton.com/littleton\\_nature\\_trails.php](http://www.golittleton.com/littleton_nature_trails.php)

## DOWNTOWN LITTLETON WALKING TOUR

A copy of this booklet can be picked up at the Littleton Area Chamber of Commerce office on the corner of Main Street and Cottage Street in Littleton. It leads one to 24 points of interest in downtown Littleton and gives a brief history of them and includes a map.

## THE ROCKS ESTATE & BRETZFELDER PARK

The Rocks Estate in Bethlehem is the northern office the Society for the Protection of New Hampshire Forests. This trail system offers four trails through the Estate and has an additional five trails to explore at Bretzfelder Park.

[www.therocks.org/trail.php](http://www.therocks.org/trail.php)

## RIVERGLEN CHALLENGE

There are 3 choices on this trail system: 3/4 mile, 2 mile and 5.5 mile loops that start between the Riverglen House and the Senior Center in Littleton.

[www.riverglenchallenge.com/maps.html](http://www.riverglenchallenge.com/maps.html)

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What could be better than fresh picked vegetables?

No place to have a vegetable garden, but wish to have fresh vegetables all summer and into the fall? There are several options in the North Country to become involved with a Community Garden.

## BETHLEHEM

### Town of Bethlehem Gardens

15 4' X 8' raised beds available.

David Van Houten • 444-1222 • [david.sunrei@gmail.com](mailto:david.sunrei@gmail.com)

### Meadowstone Farm

Brook Road, Bethlehem

Farm, farm stand and CSA where you pay a fee for fresh produce and can reduce the fees by working on the farm.

Tim Wennrich • 444-0786 • [www.meadowstonenh.com](http://www.meadowstonenh.com)

## FRANCONIA

Town Hall community garden.

Kim Cowles • 991-8925

## LANCASTER

### Lancaster Community Garden

Elm Street, Lancaster

This project is in progress...for more info, contact...

Melissa Grella • 788-3388

[lancastercommunitygarden@gmail.com](mailto:lancastercommunitygarden@gmail.com)

## LITTLETON

### LRH Community Garden

600 St. Johnsbury Road, Littleton

25' x 10' plots, offered on a 1st come basis. Participants need to sign agreement with the hospital.

Lori Lombardi • 444-9511 • [lombardi@littletonhospital.org](mailto:lombardi@littletonhospital.org)

### White Mountain Community College

646 Union Street, Littleton

20' x 40' garden, all who share in the work share in the produce.

Melanie Collins • 444-1326

### Cross Roads Church

Garden spaces available.

Cynthia Clements • 928-587-0191

## PLYMOUTH

### Gardens for All of Plymouth

Route 3, Plymouth (near the Baker River)

Gardens for All of Plymouth offers plots to gardeners from Plymouth and surrounding towns. The current garden comprises 11 30' x 30' plots and 11 15' x 30' plots. The garden cooperatively plows in the Spring, acquires compost for individual use, and maintains a large water tank.

John Kulig • 254-2224 • [johngardener17@yahoo.com](mailto:johngardener17@yahoo.com)

Nick Mathis • 536-4376 • [nmmathis@gmail.com](mailto:nmmathis@gmail.com)

## STATEWIDE

A lot of good information at this site on gardening in general and a site map to community gardens across the state.

[http://extension.unh.edu/HCFG/Home\\_Com\\_Garden.htm](http://extension.unh.edu/HCFG/Home_Com_Garden.htm)

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