

**“CHILD-FRIENDLY”
County Parks Accessible by Bus**

KAKIAT PARK - 668 Haverstraw Road (Rt. 202) Montebello
TOR #93 stops at the intersection of Rt. 202 and Viola Rd., about 1/2 mile from the entrance. TOR #93 travels between the Nanuet Mall and Slootsburg. The nearest stop on the printed schedule is “Suffern High School.”

GURNEE PARK AND AMPHITHEATER – 1052 Rt. 45 – Pomona
TOR #94 and TOR #91 pass the entrance. Additionally, TOR #95 travels on Rt. 202 through the intersection with Rt. 45, very close by. These 3 routes carry passengers from Clarkstown, Ramapo, Haverstraw and Stony Point. The nearest stop on the printed schedule is “Mt. Ivy, Hwy 45 and Hwy 202.”

DEMAREST KILL PARK – 57 New Hempstead Road – New City
TOR #91 passes by the entrance on New Hempstead Road. TOR #91 travels through Clarkstown, Haverstraw and Ramapo. The nearest stop on the printed schedule is “New City, New Hemp. and Main St.”

DUTCH GARDEN – 11 New Hempstead Road – New City (behind courthouse)
TOR #91 passes near the entrance on Main St. TOR #91 travels through Clarkstown, Haverstraw and Ramapo. The nearest stop on the printed schedule is “New City, New Hemp. and Main St.”

MONSEY GLEN PARK – 140 Saddle River Road – Monsey
TOR #59 travels along Rt. 59, about 500 feet from the park entrance. The nearest stop on the printed schedule is “Monsey, Hwy 59 and Hwy 306.”

See maps and schedules for more details.

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**Eat Well Play Hard’s
Fitness Tips for Families**



- **Get started...**schedule a regular time throughout the week for your family to do a physical activity!
- **Explore the “great outdoors”...** discover what free and low-cost physical activity areas are near your home (park, bike trail, hiking trail, tennis court, swimming pool, etc.)
All county operated parks are free & open to the public!
- **Walk...** on the many trails located at the county, town and state parks. Go to www.rocklandsteps.org for a list of guided walks.
- **Post-exercise snacking...**keep fresh fruit and vegetables washed, cut-up, chilled, and readily available.
- **For the home...**buy toys or equipment that promote physical activity!
Purchase a bike or a kite instead of a handheld video game!
- **Reward...**kids with physical activity rather than food (example, for good behavior family takes a walk to the playground or park after dinner).



WIC is an equal opportunity provider.



Rockland County Department of Health
C. Scott Vanderhoef, County Executive
Joan H. Facelle, MD, MPH, Commissioner of Health

Phone: 845.364.2500
www.rocklandsteps.org



*Ride the Bus
to Parks
&
Farmers'
Markets*



www.rocklandgov.com


Click on the bus

845-364-3333

Mon - Fri, 9:00 am - 5:00 pm

**Rockland County Department of Health
&
Rockland County Department of
Public Transportation**

Why Shop At Farmers' Markets?

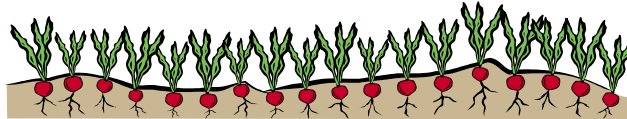
1. **You can't get fresher**—unless you grow it yourself!
2. **Seasonal picks**— expect to find Northeast specialties such as apples, corn and tomatoes.
3. **Good for your body and good for the environment**— save on the packaging, refrigeration and freight costs.
4. **Serve local produce**— sustains agriculture and supports local farmers.
5. **Shopping at farmers' markets creates community**— knowing where your food comes from connects you to the people who raise and grow it.
6. **Availability of produce not often found in supermarket** — farmers' markets offer you more variety and unique flavors that simply cannot be bought at the supermarket.
7. **No middleman involved**—you buy straight from the farmer.
8. **Cooking tips** — Usually the farmer or salesperson can provide you with cooking tips and recipes. 
9. **More than just food**— various functions take place at Rockland farmers' markets. Participate in fun events such as recipe contests, wine tasting, composting classes, cooking demonstrations and listening to live music.

10. Farmers' Market Coupons—

Do you qualify?

Women, infants and children (WIC) participants call 845.364.2577.

Seniors who may be eligible can call 845.364.2110 for more information.



ROCKLAND COUNTY FARMERS' MARKETS 2010 SCHEDULE

Nyack Farmers' Market

- Thursdays, 8:00 am - 2:00 pm
- May 13th through November 24th
- Located at the municipal parking lot on Main Street
- Bus Routes: TOR #59, #91, #92, TAPPAN ZEEExpress. Red & Tan #9 - 9A

Piermont Farmers' Market

- Sundays, 9:30 am - 3:00 pm
- May 30th through November 21st
- Located at the corner of Piermont Avenue and Ash Street
- Bus Route: Red & Tan #9 - 9A



Palisades

Indoor Farmers' Market

- Saturdays, 9:00 am - 1:00 pm
- February through November 20th
- Located at Palisades Community Center on 675 Oak Tree Road
- Bus Route: Red & Tan #9A

Spring Valley Farmers' Market

- Wednesdays, 8:30 am - 3:00 pm
- July 7th through November 11th
- Located at the community parking lot on North Church Street
- Bus Routes: TOR #59, #91, #92, #94 TAPPAN ZEEExpress, Red & Tan #11A and #11C



Spring Valley Farmer's Market now accepts food stamp (EBT) card.

Suffern Farmers' Market

- Saturdays, 8:30 am - 12:30 pm
- June 12th through October 23rd
- Located at the corner of Lafayette and Orange Avenues
- Bus Routes: TOR #59, #93, LOOP #3, TAPPAN ZEEExpress

Valley Cottage Farmers' Market

- Sundays, 9:00 am - 1:00 pm
- May 15th through October 31st
- Located in the town commuter lot at 1 New Lake Road
- Bus Routes: TOR #91

