

Celebrating Hispanic Heritage Month!



CDC.org

¡Celebrando el Mes de la Herencia Hispana!

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VENTURA COUNTY
PUBLIC HEALTH
A Department of Ventura County Health Care Agency

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For more information visit us online:
<http://www.vchca.org/ph>

**Celebrating Hispanic Heritage Month 2024
"Building Health & Resilience!"**

Hispanic Heritage Month is observed in September to celebrate and uplift diversity in cultures by recognizing Hispanic Americans who have made significant contributions to society. It is an opportunity to highlight these types of major personal achievements that inspire others to strive for greatness and success. Hispanic Americans have thrived in taking action to pursue their dreams and fulfill their goals. In this same manner, we look to honor Ventura County's Hispanic communities that are dedicated to being champions for positive change, seeking to broaden health equity, improving the neighborhoods and environments where they live, and protecting and achieving better health and a higher quality of life.

With this in mind, it is important to understand that Hispanic Americans experience higher rates of developing certain chronic health conditions, such as diabetes and heart disease. According to the U.S. Centers for Disease Control and Prevention (CDC), the prevalence of diabetes amongst adults of Hispanic origin is nearly double the rate within the non-Hispanic white adult population. The CDC also confirms that being diagnosed with diabetes increases your risk of heart disease, stroke, blindness, and kidney failure. Therefore, it is crucial for the Hispanic community to have access to care and education that helps them prevent, control, treat, and sustainably manage these types of health conditions.



The good news is that there are numerous resources, opportunities, programs, and organizations right here in Ventura County that are committed to serving the Hispanic community, and all communities county-wide, in achieving the support they need to improve their health, well-being, and overall quality of life. As an example, the Ventura County Public Health (VCPH) Chronic Disease Prevention Program offers ongoing education and support through the CDC National Diabetes Prevention Program. Participants of this service learn new skills that empower them to prevent the onset of diabetes, overcome challenges, and firmly establish healthier lifestyle practices. They invite their families and neighbors to join these classes and share knowledge and resources to educate and empower others to take care of their health.



In their own words, champion participants share how these services are empowering them to thrive:

"I am glad I'm taking this class. I don't want to have diabetes. I have learned to eat less, eat healthy, and be more disciplined. I like how the teacher explains it to us and I can understand very well."
- Eloisa, VCPH, Diabetes Prevention Program

"I feel very happy taking the class. I have learned to read nutrition labels. The class is instructive, fun, and most of all for the benefit of personal health. Now my physical activity is 7 hours per week."
- Maria, VCPH, Diabetes Prevention Program

"I like the information received on knowing how to eat healthy and the advice they give on exercising. I have learned many things that I didn't know that can help my body, my health, and my family."
- Luz, VCPH, Diabetes Prevention Program

As with these individual participants, these types of services and programs empower not just the Hispanic community, but all communities, to reach for success, strengthen resilience, and achieve better health for themselves, their families, and neighbors. During September, let's keep this in mind as we honor National Hispanic Heritage Month, and encourage and uplift this community to continue toward their goal of achieving better health while inspiring others to do the same!



Learn more about Hispanic Heritage Month and find resources visiting:
<https://www.archives.gov/news/topics/hispanic-heritage-month>
<https://sites.ed.gov/hispanic-initiative/national-hispanic-heritage-month/>

For more information, including free health screenings, classes, and community activities, visit:
<https://vchca.org/public-health/cdpp/>

Celebrando el Mes de la Herencia Hispana 2024 "¡Construyendo salud y resiliencia!"

En septiembre se celebra el Mes de la Herencia Hispana para celebrar y realzar la diversidad cultural reconociendo a los hispanoamericanos que han contribuido significativamente a la sociedad. Es una oportunidad para resaltar este tipo de grandes logros personales que inspiran a otros a luchar por la grandeza y el éxito. Los hispanoamericanos han prosperado al tomar medidas para perseguir sus sueños y cumplir sus metas. De la misma manera, buscamos honrar a las comunidades hispanas del condado de Ventura que se dedican a ser campeones del cambio positivo, buscando ampliar la equidad en salud, mejorar los vecindarios y entornos donde viven, y proteger y lograr una mejor salud y una mayor calidad de vida.

Teniendo esto en cuenta, es importante comprender que los hispanoamericanos tienen tasas muy altas de desarrollar ciertas condiciones de salud crónicas, como diabetes y enfermedades cardíacas. Según los Centros para el Control y la Prevención de Enfermedades (CDC) de EE. UU., la prevalencia de diabetes entre los adultos de origen hispano es casi el doble que la tasa entre la población adulta blanca no hispana. Centros para el Control y la Prevención de Enfermedades (CDC por sus siglas en Inglés) también confirman que ser diagnosticado con diabetes aumenta el riesgo de sufrir enfermedades cardíacas, accidentes cerebrovasculares, ceguera e insuficiencia renal. Por lo tanto, es crucial que la comunidad hispana tenga acceso a atención médica y educación que les ayude a prevenir, controlar, tratar y manejar de manera sostenible este tipo de condiciones de salud.



La buena noticia es que existen numerosos recursos, oportunidades, programas y organizaciones aquí en el condado de Ventura que están comprometidas a servir a la comunidad hispana, y a todas las comunidades de el condado, para lograr el apoyo que necesitan para mejorar su salud, su bienestar, y la calidad de vida en general. Como ejemplo, el Programa de Prevención de Enfermedades Crónicas de Salud Pública del Condado de Ventura (VCPH) ofrece educación y apoyo continuos a través del Programa Nacional de Prevención de la Diabetes de los CDC. Los participantes de este servicio aprenden nuevas habilidades que los capacitan para prevenir la aparición de diabetes, superar desafíos y establecer firmemente prácticas de estilo de vida más saludables. Invitan a sus familias y vecinos a unirse a estas clases y compartir conocimientos y recursos para educar y capacitar a otros para que cuiden su salud.



En sus propias palabras, los participantes campeones comparten cómo estos servicios les permiten prosperar:

"Me alegro de estar tomando esta clase. No quiero tener diabetes. He aprendido a comer menos, a comer sano y a ser más disciplinada. Me gusta cómo nos lo explica la maestra y lo entiendo muy bien".

- Eloisa, VCPH, Programa de prevención de diabetes

"Me siento muy feliz tomando la clase. He aprendido a leer las etiquetas nutricionales. La clase es instructiva, divertida y sobre todo en beneficio de la salud personal. Ahora mi actividad física es de 7 horas semanales".

- María, VCPH, Programa de prevención de diabetes

"Me gusta la información recibida para saber comer sano y los consejos que dan para hacer ejercicio. He aprendido muchas cosas que no sabía que pueden ayudar a mi cuerpo, a mi salud y a mi familia.

- Luz, VCPH, Programa de prevención de diabetes



Al igual que con estos participantes, este tipo de servicios y programas empoderan no sólo a la comunidad hispana, sino a todas las comunidades, para alcanzar el éxito, fortalecer la resiliencia y lograr una mejor salud para ellos, sus familias y vecinos. ¡Durante septiembre, tengamos esto en cuenta mientras honramos el Mes Nacional de la Herencia Hispana, y animemos esta comunidad a continuar hacia su objetivo de lograr una mejor salud mientras inspiramos a otros a hacer lo mismo!

Obtenga más información sobre el Mes de la Herencia Hispana y encuentre recursos visitando:

<https://www.archives.gov/news/topics/hispanic-heritage-month>
<https://sites.ed.gov/hispanic-initiative/national-hispanic-heritage-month/>

Para obtener más información, incluidos exámenes de salud gratuitos, clases y actividades comunitarias, visite:

<https://vchca.org/public-health/cdpp/>



Diabetes Prevention Program

Nationally recognized to prevent or delay the onset of Diabetes Type 2.



- **FREE classes starting soon**
- **Classes are in-person and over the phone**
- **Multiple locations throughout Ventura County**
- **Call to register now!**

For more information call (805) 765-7463

1 of 3 adults are at risk for developing Diabetes Type 2.

Start your journey towards a healthier lifestyle!

Program Topics Include:

- diabetes education
- nutrition education
- healthy eating
- physical activity
- weight loss
- stress management
- setting SMART goals
- tracking your health



Scan the QR code to show your interest.
One of our friendly instructors
will call you with more information.



PREVENGA ELT2

Un programa para prevenir el tipo 2 de la diabetes

Programa de Prevención de la Diabetes

Reconocido nacionalmente en prevenir o retrasar el desarrollo de la Diabetes Tipo 2.



- Clases GRATUITAS comienzan pronto
- Clases son en persona y por teléfono
- Múltiples ubicaciones en el Condado de Ventura
- ¡Llame para registrarse!

Para más información, llame al (805) 765-7463

1 de 3 adultos esta a riesgo de desarrollar la Diabetes Tipo 2.

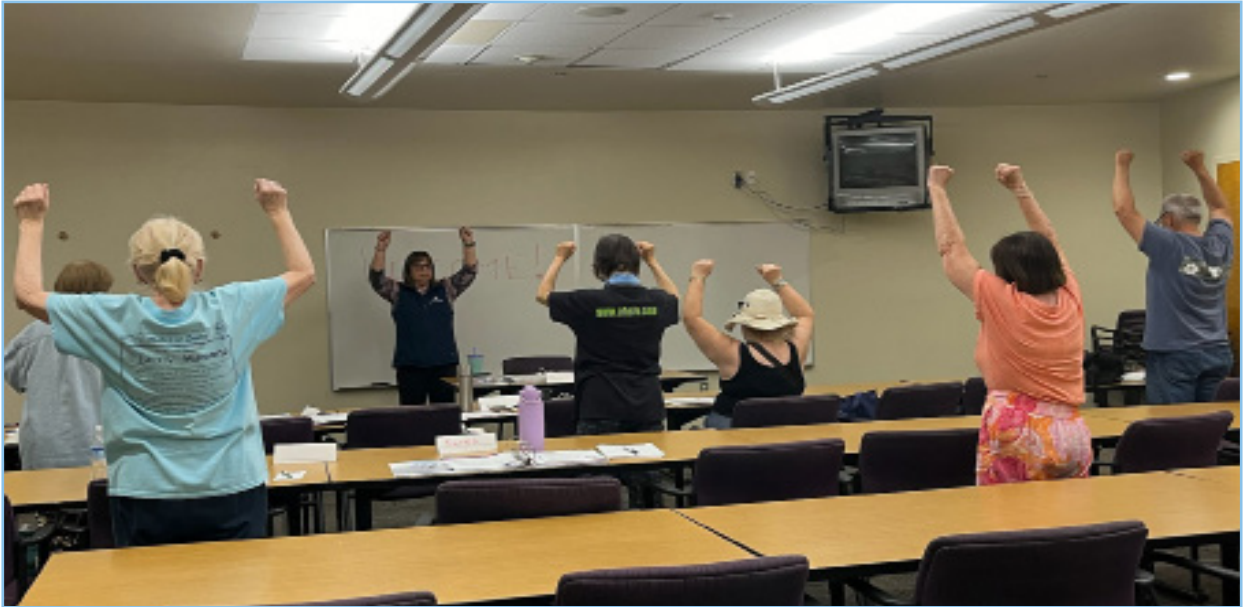
Inicie su camino hacia un nuevo estilo de vida más saludable.

Temas del programa incluyen:

- educación de la diabetes
- educación de nutrición
- alimentación saludable
- actividad física
- perdida de peso
- manejo de estrés
- estableciendo metas
- seguimiento de su salud



Prevent T2
Prevenga el T2



The Diabetes Prevention Program participants learn how engaging in physical activity can lower their risk for Type 2 Diabetes at the Simi Valley Senior Center.

Class Series:

Date	Days	Language	City	Location	Hours
Ongoing	Mondays	Spanish	Oxnard	Wilson Senior Center* 350 N. C Street	10:30 - 11:30 AM
9/3 & 9/17	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	10:00-11:00 AM
Ongoing	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	1:00- 2:00 PM
Ongoing	Saturdays	English	Oxnard	Ventura County Public Health* 2240 E. Gonzales Road	9:30- 10:30 AM
Ongoing	Saturdays	Spanish	Oxnard	Ventura County Public Health* 2240 E. Gonzales Road	11:00 AM-12:00 PM

To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

*Not accepting new participants. Call to register for new workshops in your area.

*No acepta nuevos participantes. Llame para registrarse a los talleres nuevos en su area.

Promoting Health & Wellbeing

Promoción de la salud y el bienestar



Blood pressure screenings at Downtown Oxnard Farmers Market.

Screenings:

Date	City	Location	Hours
9/5 Thursday	Oxnard	Downtown Oxnard Farmer's Market 519 S. C Street	9:00 AM - 1:00 PM
9/6 Friday	Ventura	Red Barn Market 955 N. Ventura Avenue	1:00- 3:00 PM
9/11 Wednesday	Port Hueneme	Vineyard Church 415 Pearson Road	1:00 - 4:00 PM
9/12 Thursday	Fillmore	Super A Foods 725 Ventura Street	2:00 - 4:00 PM
9/18 Wednesday	Santa Paula	Santa Paula Senior Center 530 W. Main Street	11:00 - 1:00 PM
9/19 Thursday	Santa Paula	Vons 576 W. Main Street	2:00 - 4:00 PM
9/27 Friday	Thousand Oaks	Cal Lutheran University Gilbert Sport & Fitness Center 130 Overton Court	7:30 AM - 12:30 PM

To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

Exercising in a group is fun!
¡El ejercicio en grupo es divertido!



Zumba® at Bell Arts Community Center in Ventura supports participants in staying active!

GET FIT! Classes

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
Ongoing	Wednesdays	Zumba®	Ventura	Nyeland Acres Community Center 3334 Santa Clara Avenue	6:00 - 7:00 PM
Ongoing	Wednesdays and Thursdays Except 1st Wednesday	Zumba®	Ventura	Bell Arts Factory 432 N Ventura Avenue	6:00 - 7:00 PM
Ongoing	Saturdays	Zumba®	Oxnard	Nyeland Acres Community Center 3334 Santa Clara Avenue	9:00- 10:00 AM

Open to the public. Lead by licensed instructor Maria L Peña & Esther Cárcamo.
 To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

Abierto al público. Dirigido por una instructora con licencia Maria L Peña & Esther Cárcamo
 Para aprender más sobre como participar o hospedar una actividad para su comunidad, llame a (805) 981-6645.

Promoting Health & Wellbeing
Promoción de la salud y el bienestar

“Senior Health Fair” at
 Wilson Senior Center
 In Oxnard



Events:

Date	Activity	Time	Location	Contact Information
9/12 Thursday	Back to School Night	5:30 PM- 7:00 PM	Rio Lindo Elementary School 2131 Snow Ave, Oxnard, CA 93036	Jose Ortega (805) 981-6659
9/12 Thursday	Back to School Night	4:30 PM- 6:00 PM	Rose Avenue Elementary School 220 S Driskill St, Oxnard, CA 93030	Jose Ortega (805) 981-6659
open to the public			abierto al público	

Community Events

Youth Nutrition Workshops
 Talleres de nutrición para niños

Live a Healthy Lifestyle
Vive un estilo de vida saludable

CATCH Train-the-Trainer with
 Afer School Program staff at
 Art Haycox Elementary
 School in Oxnard.



Workshops:

Date	Activity	Time	Location	Contact Information
9/11 Wednesday	CATCH Train the Trainer	12:00- 12:30 PM	Art Haycox Elementary School* 5400 Perkins Rd, Oxnard, CA 93033	Jose Ortega (805) 981-6659
9/18 Wednesday	CATCH Physical Activity Games	1:00- 2:00 PM	Art Haycox Elementary School* 5400 Perkins Rd, Oxnard, CA 93033	Jose Ortega (805) 981-6659
* Not open to the public			*No abierto al público	

Youth Nutrition Workshops

Live a Healthy Lifestyle

Vive un estilo de vida saludable



My Plate visual at Patridge Apartments in Ventura and at Sycamore Senior Village in Oxnard.

Workshops:

Date	Activity	Time	Location	Contact Information
9/5 Thursday	Enjoy Healthy Foods That Taste Great <i>Nutrition and Physical Activity</i>	3:00-4:00 PM	Plaza Vista Apartments 401 S C St, Oxnard, CA 93030	Jose Ortega (805) 981-6659
9/6 Friday	Enjoy Healthy Foods That Taste Great <i>Nutrition and Physical Activity</i>	2:00-3:00 PM	Pacific Points Apartments 1001 W Gonzales Road Oxnard, CA 93030	Eduardo Mora (805) 981-6628
9/9 Monday	Enjoy Healthy Foods That Taste Great <i>Nutrition and Physical Activity</i>	5:00-6:00 PM	One Step A La Vez 421 Sespe Ave. Fillmore, CA 93015	Betsy Saltman (805) 981-6635
9/10 Tuesday	Fresh from the Garden "Leafy Greens" <i>Nutrition and Garden Education</i>	4:30-5:30 PM	Green Valley Day Care* 170 N. Juanita Avenue Oxnard, CA 93030	Fernando Gaytan (805) 981-6627
9/17 Tuesday	Choose Healthy Beverages <i>Nutrition and Physical Activity</i>	11:00 AM-12:00 PM	Parent As Teachers* Zoom	Betsy Saltman (805) 981-6635
9/17 Tuesday	Choose Healthy Beverages <i>Nutrition and Physical Activity</i>	2:00-3:00 PM	Parent As Teacher* Zoom	Eduardo Mora (805) 981-6628

* Not open to the public

*No abierto al público

Live a Healthy Lifestyle

Vive un estilo de vida saludable

Eating Healthy on a Budget nutrition education workshop at Villa Victoria Apartments in Oxnard.



Workshops:

Date	Activity	Time	Location	Contact Information
9/17 Tuesday	Eating Healthy on a Budget <i>Nutrition and Physical Activity</i>	7:00-8:00 PM	SPIRIT of Santa Paula Emergency Shelter 1498 E. Harvard Blvd. Santa Paula, CA 93060	Fernando Gaytan (805) 981-6627
9/20 Friday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	6:30-7:30 PM	Nyeland Acres Community Center 3334 Santa Clara Ave. Oxnard, CA 93036	Jose Ortega (805) 981-6659
9/24 Tuesday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	11:00 AM-12:00 PM	Villa Madera 1051 N. A Street. Oxnard, CA 93030	Eduardo Mora (805) 981-6628
9/25 Wednesday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	10:00-11:00 AM	Colonia Senior Center* 197 N. Marquita St. Oxnard, CA 93030	Eduardo Mora (805) 981-6628
9/26 Thursday	A Healthier You <i>Nutrition and Physical Activity</i>	10:00-11:00 AM	Lighthouse Emergency Shelter* 104 N. Hayes Ave. Oxnard, CA 93030	Fernando Gaytan (805) 981-6627
9/30 Monday	A Healthier You <i>Nutrition and Physical Activity</i>	4:30 - 5:00 PM	Mexican American Opportunity Foundation (MAOF) Early Learning Center* 1111 E. Santa Paula St. Santa Paula, CA 93060	Fernando Gaytan (805) 981-6627

* Not open to the public

*No abierto al público

Garden-Based Education

Educación de Jardín



Harvesting Tomatoes and Tom the Tomato workshop at Green Valley Catalyst Klds in Oxnard.

Workshops:

Date	Activity	Time	Location	Contact Information
9/18 Wednesday	Tom the Tomato Garden Education Workshop	9:30- 10:30 AM	Mexican American Opportunity Foundation (MAOF) Early Learning Center* 1111 E. Santa Paula St. Santa Paula, CA 93060	Fernando Gaytan (805) 981-6627

Pre-school Nutrition Workshops

Healthy Retail

Healthy Eating

Healthy Retail Program

Programa de venta saludable

Partnering with local retail markets to promote "locally grown produce!"

Healthy Recipe Tasting at La Famosa Meat Market in Santa Paula.



Healthy Recipe Tasting:

Date	Activity	Time	Location	Contact Information
9/26 Thursday	Food Demonstration and Healthy Recipe Tasting	2:00 - 4:00 PM	4-Way Meat Market 440 N. Rose Ave. Oxnard, CA 93030	Fernando Gaytan (805) 981-6627

Changes may occur without prior notice.

Cambios pueden suceder sin previo aviso.

Healthy Retail Program

Refresh Better & Rethink Your Drink!

Healthy recipe made with fresh fruits and vegetables.

Makes 4 servings:

1 cup per serving.

Prep Time:

5 minutes

Ingredients:

- 2 or 3 slices of ripe honeydew melon
- 1 lime, sliced
- 4 sprigs of mint

Preparation:

1. Fill pitcher halfway with ice.
2. Add melon slice, lime slices and mint springs.
3. Fill with water. Chill for at least 30 minutes before serving.
4. Store in refrigerator and drink within 24 hours.



¡Refréscate mejor y Piensa bien lo que tomas!

Receta saludable de agua con sabor a frutas y verduras.

Rinde 4 porciones:

1 taza por porción.

Tiempo de preparación:

5 minutos

Ingredientes:

- 2 a 3 rajadas de melón verde sin la cascara
- 1 limón verde, en rajadas
- 4 ramitas de menta

Preparación:

1. Llene media jarra con hielo.
2. Agregue las rajadas de melón verde, limón verde y ramitas de menta en una jarra grande.
3. Llene con agua. deje enfriar por lo menos 30 minutos antes de servir.
4. Guarde en el refrigerador y tome dentro de 24 horas.



Chipotle Chicken Stuffed Sweet Potatoes



<https://recipes.heart.org/en/recipes/chipotle-chicken-stuffed-sweet-potatoes>

Makes 4 servings

Serving size: 1 sweet potatoe

Nutrition information per serving:

Calories: 494

Fiber: 12 g

Total fat: 6.5 g

Sodium: 293 mg

Saturated fat: 1.4 g

Protein: 36 g

Carbohydrates: 72 g

INGREDIENTS

- 4 medium sweet potatoes (thoroughly washed)
- 1 pound boneless, skinless chicken breasts (all visible fat discarded)
- 2 teaspoon extra virgin olive oil
- 1/2 teaspoon black pepper
- Cooking spray
- 1/2 medium white or yellow onion (diced)
- 3/4 cup frozen corn (thawed, drained)
- 15 ounces canned, low-sodium black beans
- juice of 1 lime
- 1 tsp no-calorie sweetener, granulated, 1 packet
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 2 tablespoon water
- 2 tablespoon reduced-fat pepper jack cheese

DIRECTIONS

Before you begin: Wash your hands.

- 1) Preheat oven to 400
- 2) Pierce each sweet potato all around with a fork. Place potatoes on a baking sheet and bake for 1 hour until potatoes pierce easily with a fork.
- 3) While potatoes are baking, rub chicken breasts with olive oil and place in a baking dish, sprinkle with pepper. Bake in the same oven as the potatoes in preheated oven for 20-25 minutes until chicken is cooked through. Remove chicken from the oven and let cool. Once cooled, shred chicken gently with a fork and set aside.
- 4) Spray a large skillet with cooking spray. Over medium heat, sauté onion 2-3 minutes until translucent. Stir in corn and beans stirring occasionally until heated through, approximately 3-5 minutes. Gently add chicken, lime juice, no-calorie sweetener, cumin, chili powder, garlic powder, oregano, and water. Stir until well blended and cook until mixture is warmed through.
- 5) Carefully remove potatoes from oven and slice open lengthwise (be careful of steam!). Add 1/4 of bean and chicken mixture to each potato and top with cheese. Return to oven until cheese is melted.

Boniatos rellenos de pollo al chipotle



<https://recipes.heart.org/en/recipes/chipotle-chicken-stuffed-sweet-potatoes>

Rinde 4 porciones

Tamaño de la porción: 1 batata

Información nutricional por porción:

Calorías: 494

Fibra: 12 g

Grasa Total: 6.5 g

Sodio: 293 mg

Grasa Saturada: 1.4 g

Proteína: 36 g

Carbohidratos: 72 g

INGREDIENTES

- 4 boniatos medianos (bien lavados)
- 1 libra de pechugas de pollo deshuesadas y sin piel (desechar toda la grasa visible)
- 2 cucharaditas de aceite de oliva virgen extra
- 1/2 cucharadita de pimienta negra
- Spray para cocinar
- 1/2 cebolla blanca o amarilla mediana (cortada en dados)
- 3/4 de taza de maíz congelado (descongelado y escurrido)
- 15 onzas de frijoles negros enlatados, bajos en sodio
- 1 cucharadita de edulcorante sin calorías, granulado, 1 paquete
- 1 cucharadita de comino
- 1 cucharadita de chile en polvo
- 1/2 cucharadita de ajo en polvo
- 1/2 cucharadita de orégano seco
- 2 cucharadas de agua
- 2 cucharadas de queso pepper jack bajo en grasa

INSTRUCCIONES

Antes de empezar: Lávese las manos.

- 1) Precaliente el horno a 400.
- 2) Pinchar cada batata por todos lados con un tenedor. Colócalas en una bandeja de horno y hornéalas durante 1 hora hasta que se pinchen fácilmente con un tenedor.
- 3) Mientras se hornean las patatas, untar las pechugas de pollo con aceite de oliva y colocarlas en una fuente de horno, espolvorearlas con pimienta. Hornear en el mismo horno que las patatas en horno precalentado durante 20-25 minutos hasta que el pollo esté bien cocido. Sacar el pollo del horno y dejar enfriar. Una vez frío, desmenuzar el pollo suavemente con un tenedor y reservar.
- 4) Rocíe una sartén grande con aceite en aerosol. A fuego medio, saltear la cebolla 2-3 minutos hasta que esté translúcida. Añade el maíz y las judías removiendo de vez en cuando hasta que se calienten del todo, aproximadamente de 3 a 5 minutos. Añada suavemente el pollo, el zumo de lima, el edulcorante sin calorías, el comino, el chile en polvo, el ajo en polvo, el orégano y el agua. Remueve hasta que esté bien mezclado y cocina hasta que la mezcla esté bien caliente.
- 5) Sacar con cuidado las patatas del horno y abrirlas longitudinalmente (icuidado con el vapor!). Añadir 1/4 de la mezcla de judías y pollo a cada patata y cubrir con queso. Volver al horno hasta que el queso se derrita.

September/Septiembre 2024



LIVE WELL
Ventura County
Healthy Eating • Active Living

The **Partnership for a Healthy Ventura County** is a coalition that includes a wide range of community organizations and individuals, including businesses, schools, non-profits, local government and networks seeking to improve the health of Ventura County residents, policies, and community endeavors. We share the vision that Ventura County will be the national model for healthy eating, active living, and community wellbeing. We promote community and personal changes that lead to healthy eating and regular exercise to reduce obesity and related chronic diseases.

Our next quarterly meeting is scheduled to take place in person on Thursday, September 19, 2024, at 9:00am

Hosted at "Food Share"

4156 Southbank Rd.
2nd Floor Conference Room
Oxnard, CA 93036

For more information, please contact:

Eddie Munizich at (805) 981-6650

or at Eddie.Munizich@ventura.org

website: <http://livewellvc.org/>

HARVEST OF THE MONTH



"Vegetarian Ceviche!"

<https://foodhero.org/recipes/vegetarian-ceviche>

Makes: 6 Cups

Ingredients:

- 1 medium cucumber, peeled and chopped
- 3 to 4 green onions, finely chopped, or ½ cup finely chopped red onion
- 1 jalapeño pepper, finely chopped or ¼ cup red salsa
- 2 lemons or limes, squeezed for juice (about ⅓ cup)
- 1 small (or ½ medium) head of cauliflower, cut or broken into large florets
- 3 medium tomatoes, chopped
- 1 to 2 teaspoons garlic powder or 6 cloves garlic, minced
- 1 cup chopped cilantro
- ¾ teaspoon salt
- 1 avocado, chopped (optional)

Directions:

Before you begin: Wash your hands.

1. Rinse or scrub fresh vegetables under running water before preparing.
2. In a large bowl, stir together the cucumber, onion, jalapeño and lemon or lime juice. Set aside for 5 minutes.
3. Bring 6 cups of water to a boil in a medium saucepan. Place the cauliflower in the boiling water for 2 minutes to make it a little tender. To do this in the microwave, put the cauliflower and 1 Tablespoon water in a microwave-safe dish with a cover and cook on HIGH for about 2 minutes.
4. Drain and rinse the cauliflower in ice-cold water. Chop into small pieces and add to the bowl of other vegetables.
5. Add the rest of the ingredients, except the avocado. Stir to mix well.
6. Add the avocado just before serving, if desired.
7. Refrigerate leftovers within 2 hours.

Nutrition Per Serving: Calories 30, Total Fat 0g (0 g Saturated Fat), Protein 1 g, Carbohydrates 7 g, Dietary Fiber 2 g, Sodium 230 mg

Chronic Disease Prevention Program (CDPP)

publishes this monthly Events Calendar to encourage healthy active living through physical activity and healthy eating in all communities of Ventura County. Educational opportunities are free of cost and available to residents, families and communities who are ready to lead healthier lives.

For more information, please contact:

Eddie Munizich Eddie.Munizich@ventura.org

Get Fit! Zumba® Classes

Community physical activity classes

Walking Clubs

Assistance with forming a walking club in the community

Evidence-Based Educational Workshops

CDC's National Diabetes Prevention Program (DPP) T2 for people with prediabetes

The program runs for 1 year. During the first 6 months of the program, you will meet once a week. During the second 6 months, you'll meet once or twice a month.

Tomando Control de Su Salud

- Un programa de 6 semanas

Chronic Disease Self-Management Program

- 6 week program

Diabetes Self-Management

- 6 week program

Manejo Personal de Su Diabetes Tipo 2

- Un programa de 6 semanas

For more information, please contact:

Jazmyn Jasso Jazmyn.Jasso@ventura.org

CalFresh Healthy Living (CFHL) Program provides nutrition education classes, train-the-trainer nutrition workshops, and cooking and physical activity demonstrations to promote informed food choices and healthier lifestyles.

Rethink Your Drink

Urges everyone to choose refreshing water to quench their thirst instead of sugary drinks. The goal of the initiative is to reach all residents and organizations in Ventura County to increase the consumption of and access to healthy beverages.

Community & School Garden Support

Offers support and education to families and educators growing their own vegetables and fruits at their local community gardens and schools.

For more information, please contact:

Jose Ortega Jose.Ortega@ventura.org



Cal Fresh Healthy Living staff reviews healthy breakfast ideas at the 10th Annual Revive Community Church Resource Fair in Oxnard.