

Chronic Disease Prevention Programs

Nutrition, Physical Activity & Healthy Living

New Year, New Beginings

Welcome 2025!



Nuevo año, nuevos comienzos

¡Bienvenido 2025!

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

2220 E. Gonzales Road  
Oxnard, CA 93036  
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For more information visit us online:  
<http://www.vchca.org/ph>

## Achieving Realistic Goals in the New Year

Every January, the **New Year** brings a new opportunity to start fresh and work towards better health. Feeling motivated, we tend to over aim and set too many undefined goals. And just like in any race, we start off strong, determined, and enthusiastic. However, as time passes by, the initial drive slows down. What once seemed like an attractive challenge now becomes potentially overbearing and uncomfortable. We start to lose motivation, become unengaged, and create excuses to get out of what we set ourselves to accomplish. Whether we want to eat better, lose weight, exercise, sleep more or reduce stress we need to define realistic and achievable goals from the beginning. Here are some useful tips to help you set goals that will keep you motivated and on the road to a healthier you:



**Visit your doctor** to get your physical baseline numbers for weight, blood pressure, and blood sugar. Knowing these can help you to focus on areas that need to be improved. Setting measurable goals will increase your confidence and motivation as we start to see progress.

**Just move!** Avoid being sedentary and start by adding an additional 10-15 minutes more to your movement routine. Things like parking farther away at a store, taking the stairs instead of elevators, and walking in place while you watch your favorite show are good simple ways to adding movement to your day.

**Healthier eating patterns** lead to healthier stronger bodies. Choose a diet that is high in non-starchy vegetables, fruits, and whole grains. Select lean proteins such as chicken, fish, or legumes. Avoid consuming large portions of foods that are high in salt, sugar and fat.

**Add fiber** for a healthier heart. Fiber has been shown to reduce the risk for heart disease and diabetes. It can improve cholesterol levels, thus lowering the risk for stroke incidents. Simply consuming high fiber foods like beans, whole grains, fruits, and vegetables can significantly lower the risk for colon cancer.

**Don't overthink it.** Stress can undo all the positive changes you have accomplished with your healthier habits. Taking at least 5 minutes a day to decompress by listening to music, deep breathing, stretching, meditating, or praying can help you manage and alleviate symptoms or stress.

**Get support** and don't go at it alone. Invite a friend to join you and stay accountable to each other. Engage in movement activities together, try new recipes, and make it fun! Recognize that there may be challenges in your journey but staying consistent will keep you moving forward towards your goals in the **New Year**.



For more information on healthy New Year's resolutions, visit:

<https://www.heart.org/en/news/2023/12/21/to-make-healthy-new-years-resolutions-stick-keep-them-modest-and-manageable>

For more information, including free health screenings, classes, and community activities, visit:

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

## Logrando metas realistas en el nuevo año

Cada enero, el **Año Nuevo** trae una nueva oportunidad para empezar de cero y trabajar para mejorar nuestra salud. Cuando nos sentimos motivados, deseamos superar nuestras metas y usualmente establecemos metas poco definidas. Y, como en cualquier carrera, empezamos con fuerza, determinación y entusiasmo. Sin embargo, con el paso del tiempo, el impulso inicial disminuye. Lo que antes parecía un reto atractivo ahora podría convertirse en algo agobiante e incómodo. Empezamos a perder la motivación, a perder el compromiso y a crear excusas para no cumplir con lo que nos propusimos. Ya sea que queramos comer mejor, perder peso, hacer ejercicio, dormir más o reducir el estrés, debemos definir objetivos realistas y alcanzables desde el principio. Aquí le ofrecemos algunos consejos útiles para ayudarle a establecer objetivos que le mantendrán motivado y en el camino hacia una vida más saludable:



**Visite a su médico** para obtener sus valores iniciales de salud como la presión arterial y azúcar en sangre. Conocerlos puede ayudarle a concentrarse en las áreas que necesitan mejorar. Establecer objetivos medibles aumentará su confianza y motivación a medida que comencemos a ver avances.

**¡Simplemente muévase!** Evite el sedentarismo y comience agregando entre 10 y 15 minutos adicionales a su rutina de movimiento. Cosas como estacionarse más lejos de las tiendas, usar las escaleras en lugar del ascensor y caminar en el mismo lugar mientras mira su programa favorito son buenas y sencillas formas de agregar movimiento a su día.

Los **patrones de alimentación más saludables** conducen a cuerpos más fuertes y saludables. Elija una dieta rica en verduras sin almidón, frutas y cereales integrales. Seleccione proteínas magras como pollo, pescado o legumbres. Evite consumir grandes porciones de alimentos con alto contenido de sal, azúcar y grasa.

**Agregue fibra** para tener un corazón más sano. Se ha demostrado que la fibra reduce el riesgo de enfermedades cardíacas y diabetes. Puede mejorar los niveles de colesterol, lo que reduce el riesgo de sufrir accidentes cerebrovasculares. El simple hecho de consumir alimentos ricos en fibra, como frijoles, cereales integrales, frutas y verduras, puede reducir significativamente el riesgo de cáncer de colon.



**No le dé demasiadas vueltas al asunto.** El estrés puede deshacer todos los cambios positivos que haya logrado con sus hábitos más saludables. Dedicar al menos cinco minutos al día a desestresarse escuchando música, respirando profundamente, estirándose, meditando u orando puede ayudarle a controlar y aliviar los síntomas del estrés.

**Busque apoyo** y no lo haga solo. Invite a un amigo a que se una a usted y sean responsables entre sí. Participen en actividades de movimiento juntos, prueben nuevas recetas y ¡háganlo divertido! Reconozca que puede haber desafíos en su camino, pero ser constante le permitirá seguir avanzando hacia tus objetivos en el **Año Nuevo**.

Para obtener más información sobre propósitos saludables de Año Nuevo, visite:

<https://www.heart.org/en/news/2023/12/21/to-make-healthy-new-years-resolutions-stick-keep-them-modest-and-manageable>

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!**
- **Call to register for classes starting in February 2025**
- **Classes are conducted over the phone via conference calling**

**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.





## Programa de Prevención de la Diabetes

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



- Clases **GRATUITAS** comienzan pronto
- ¡Llame y regístrese para las clases de febrero 2025!
- Clases son conducidas por conferencia telefónica

**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



Escanea el código QR para mostrar su interés.  
Uno de nuestros amables instructores  
le llamará con más información.



### Prevent T2

*Prevenga el T2*



Participants from the Diabetes Prevention Program in Simi Valley Senior Center receive certificates of completion after 1 year in the program.

#### Class Series:

Date	Days	Language	City	Location	Hours
1/13 & 1/27	Mondays	Spanish	Oxnard	<b>Wilson Senior Center*</b> 350 N. C Street	10:30 - 11:30 AM
1/28	Tuesdays	English	Simi Valley	<b>Simi Valley Senior Center*</b> 3900 Avenida Simi	10:30-11:30 AM
1/14 & 1/28	Tuesdays	English	Simi Valley	<b>Simi Valley Senior Center*</b> 3900 Avenida Simi	1:00- 2:00 PM
1/11 & 1/25	Saturdays	English	Oxnard	<b>Ventura County Public Health*</b> 2240 E. Gonzales Road	9:30- 10:30 AM
1/11 & 1/25	Saturdays	Spanish	Oxnard	<b>Ventura County Public Health*</b> 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.

# Early Detection - Free Health Screens

## DetECCIÓN temprana - exámenes de salud gratuitos

### Promoting Health & Wellbeing

*Promoción de la salud y el bienestar*



Free glucose screening at Santa Paula Senior Center.

#### Screenings:

Date	City	Location	Hours
1/8 Wednesday	Fillmore	<b>Fillmore Active Adult Center</b> 553 Santa Clara Street	9:00 - 10:00 AM
1/11 Saturday	Oxnard	<b>Nyeland Acres Community Center*</b> 3334 Santa Clara Ave	8:00 - 9:00 AM
1/14 Tuesday	Oxnard	<b>Nyeland Acres Community Center</b> 3334 Santa Clara Ave	8:30 - 10:00 AM
1/15 Wednesday	Santa Paula	<b>Santa Paula Senior Center</b> 530 W Main St	10:30 AM - 12:30 PM
1/15 Wednesday	Ventura	<b>Westpark Community Center</b> 450 W Harrison Avenue	2:00- 4:00 PM
1/22 Wednesday	Ventura	<b>Bell Arts Factory*</b> 432 N Ventura Avenue	5:00 - 6:00 PM

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

\* Not open to the public / \*No abierto al público

### Relaxation and Pain Management

*Relajación y manejo de dolor*



Fillmore Active Adult Center participants stay healthy with Seated Tai Chi.

### **Seated Tai Chi**

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
1/6- 3/31	Mondays	Seated	Oxnard	<b>Wilson Senior Center</b> 350 N. C Street	10:00 - 10:30 AM
1/6- 3/31	Mondays	Seated	Fillmore	<b>Fillmore Active Adult Center</b> 553 Santa Clara Street	1:00 - 1:30 PM
1/9- 3/27	Thursdays Except 1st Thursday of the month	Seated	Oxnard	<b>Colonia Senior Center</b> 197 N. Marquita Street	9:30- 10:00 AM
1/9- 3/27	Thursdays Except 1st Thursday of the month	Seated	Oxnard	<b>Palm Vista Senior Center</b> 801 S. C Street	10:30- 11:00 AM

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!*



Join in the fun with our committed Zumba® participants at Bell Arts Factory in Ventura!

## **GET FIT! Classes**

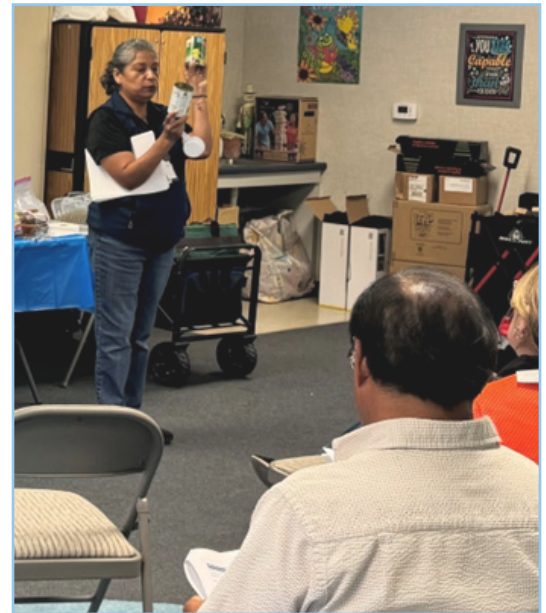
Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
1/15- 3/27	Wednesdays and Thursdays <i>Except 1st Wednesday of the month</i>	Zumba®	Ventura	<b>Bell Arts Factory</b> 432 N Ventura Avenue	6:00 - 7:00 PM
1/14- 3/25	Tuesdays	Zumba®	Ventura	<b>Westpark Community Center</b> 450 W Harrison Avenue	7:00 - 8:00 PM
1/11- 3/29	Saturdays	Zumba®	Oxnard	<b>Nyeland Acres Community Center</b> 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.

### Live a Healthy Lifestyle

*Vive un estilo de vida saludable*



Nutrition Workshop at Rio Plaza Elementary School in Oxnard.

#### Workshops:

Date	Activity	Time	Location	Contact Information
1/8 Wednesday	<b>Making Healthy Eating Part of Your Lifestyle</b> <i>Nutrition and Physical Activity</i>	8:30-9:30 AM	<b>E.O. Green Junior High*</b> 3739 S C Steet Oxnard, CA 93033	Jose Ortega (805) 981-6659
1/9 Thursday	<b>Making Healthy Eating Part of Your Lifestyle</b> <i>Nutrition and Physical Activity</i>	9:00-10:00 AM	<b>Glenwood Elementary School*</b> 1135 Windsor Drive Thousand Oaks, CA 91360	Eduardo Mora (805) 981-6628
1/10 Friday	<b>Making Healthy Eating Part of Your Lifestyle</b> <i>Nutrition and Physical Activity</i>	9:00- 10:00 AM	<b>Charles Blackstock Junior High*</b> 701 East Bard Road Oxnard, CA 93033	Eduardo Mora (805) 981-6628
1/16 Thursday	<b>Making Healthy Eating Part of Your Lifestyle</b> <i>Nutrition and Physical Activity</i>	9:15- 10:15 AM	<b>Juan Laguna Soria Elementary School*</b> 3101 Dunkrik Drive Oxnard, CA 93035	Fernando Gaytan (805) 981-6627
1/24 Friday	<b>Making Healthy Eating Part of Your Lifestyle</b> <i>Nutrition and Physical Activity</i>	8:15-9:15 AM	<b>Piru Elementary School*</b> 3811 East Center Street Piru, CA 93040	Betsy Saltman (805) 981-6635
1/24 Friday	<b>Making Healthy Eating Part of Your Lifestyle</b> <i>Nutrition and Physical Activity</i>	8:30-9:30 AM	<b>Blanchard Elementary School*</b> 115 Peck Road Santa Paula, CA 93060	Betsy Saltman (805) 981-6635

\* Not open to the public / \*No abierto al público

### Live a Healthy Lifestyle

*Vive un estilo de vida saludable*



Youth Education Workshop at  
Ritchen Elementary School  
in Oxnard

Youth Education Class Series

#### Class Series:

Location	Class 1	Class 2	Class 3	Contact Information
<b>Ansgar Larsen Elementary School*</b> 550 Thomas Ave, Oxnard, CA 93033	<i>Lesson 1:</i> 11/6	<i>Lesson 2:</i> 12/18	<b><i>Lesson 3:</i></b> <b>1/15</b>	Jose Ortega (805) 981-6659
Changes may occur without prior notice			Cambios pueden suceder sin previo aviso	
* Not open to the public / *No abierto al público				

#### Workshops:

Date	Activity	Time	Location	Contact Information
1/22 <i>Wednesday</i>	Go Kids Club! Healthy Snacking and Physical Activity	3:00- 4:00 PM	<b>Sierra Linda Elementary School*</b> 2201 Jasmine Avenue Oxnard, CA 93030	Jose Ortega (805) 981-6659
1/22 <i>Wednesday</i>	Go Kids Club! : Healthy Snacking and Physical Activity	3:00-3:45 PM 3:50- 4:30 PM	<b>Art Haycox Elementary School *</b> 5400 Perkins Road Oxnard, CA 93036	Jose Ortega (805) 981-6659
1/29 <i>Wednesday</i>	Go Kids Club! Healthy Snacking and Physical Activity	2:45- 3:30 PM 3:30- 4:15 PM	<b>Curren Elementary School*</b> 1101 North F Street Oxnard, CA 93030	Jose Ortega (805) 981-6659
1/29 <i>Wednesday</i>	Go Kids Club! Healthy Snacking and Physical Activity	3:00-3:45 PM 3:50- 4:30 PM	<b>Parkview Elementary School *</b> 1416 N. 6th Place Port Hueneme, CA 93041	Jose Ortega (805) 981-6659

\* Not open to the public / \*No abierto al público

Youth Education Workshops

### Live a Healthy Lifestyle

*Vive un estilo de vida saludable*

Youth Education Workshop at Ansgar Larsen Elementary School in Oxnard.



### Workshops:

Date	Activity	Time	Location	Contact Information
1/8 Wednesday	Go Kids Club!: Healthy Snacking and Physical Activiy	3:00-3:45 PM 3:50- 4:30 PM	<b>Julien Hathaway Elementary School*</b> 405 East Dollie Street Oxnard, CA 93033	Jose Ortega (805) 981-6659
1/8 Wednesday	CATCH Physical Activity Games	3:00-4:00 PM	<b>Rio Del Norte Elementary School*</b> 2500 Lobelia Drive Oxnard, CA 93036	Jose Ortega (805) 981-6659
1/10 Friday	CATCH Physical Activity Games	3:00- 4:00 PM	<b>Rio Plaza Elementary School*</b> 600 Simon Way Oxnard, CA 93036	Jose Ortega (805) 981-6659
1/13 Monday	CATCH Physical Activity Games	3:00-4:00 PM	<b>Rio Rosales Elementary School*</b> 1001 Kohala Street Oxnard, CA 93030	Jose Ortega (805) 981-6659
1/14 Tuesday	CATCH Physical Activity Games	4:00-5:00 PM	<b>Rio Lindo Elementary School*</b> 2131 Snow Avenue Oxnard, CA 93036	Jose Ortega (805) 981-6659
1/15 Wednesday	CATCH Physical Activity Games	1:00-2:00 PM	<b>Art Haycox Elementary School*</b> 5400 Perkins Road Oxnard, CA 93033	Jose Ortega (805) 981-6659
1/15 Wednesday	Go Kids Club! : Healthy Snacking and Physical Activiy	3:00-3:45 PM 3:50- 4:30 PM	<b>Hueneme Elementary School*</b> 354 North Third Street Port Hueneme, CA 93041	Jose Ortega (805) 981-6659
1/16 Thursday	CATCH Physical Activity Games	3:00- 4:00 PM	<b>Rio Real Elementary School*</b> 1140 Kenney Street Oxnard, CA 93036	Jose Ortega (805) 981-6659

\* Not open to the public / \*No abierto al público

### Garden-Based Education

#### Educación de Jardín

Preschool Nutrition Workshops



Gus Good Food nutrition workshop at La Escuelita Catalyst Kids in Oxnard.

#### Workshops:

Date	Activity	Time	Location	Contact Information
1/23 Thursday	<b>Gus Goodfood Helps a Friend Nutrition Workshop</b>	10:00- 10:45 AM	<b>Mexican American Opportunity Foundation*</b> 1800 S. C Street Oxnard, CA 93030	Fernando Gaytan (805) 981-6627

\* Not open to the public / \*No abierto al público

### 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 4-Way Meat Market in Oxnard.

#### Healthy Recipe Tasting:

Date	Activity	Time	Location	Contact Information
1/30 Thursday	Food Demonstration and Healthy Recipe Tasting	2:00 - 4:00 PM	<b>La Famosa Meat Market</b> 1072 E. Main Street Santa Paula, CA 93060	Fernando Gaytan (805) 981-6627

Open to the public / Abierto al público

Healthy Retail Program

## Refresh Better & Rethink Your Drink!

Healthy recipe made with fresh fruits and vegetables.

**Makes 6 servings:**

*1 cup per serving.*

**Prep Time:**

5 minutes

**Ingredients:**

- 4 springs of fresh mint
- 1/2 grapefruit peeled and cut



**Preparation:**

1. Fill pitcher halfway with ice.
2. Add mint and grapefruit.
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 6 porciones:**

*1 taza por porción.*

**Tiempo de preparación:**

5 minutos

**Ingredientes:**

- 4 ramitas de menta fresca
- 1/2 toronja pelada, en cubitos



**Preparacion:**

1. Llene media jarra con hielo.
2. Agregue la menta y toronja.
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.

# Lemon Chicken and Cinnamon Glazed Root Vegetables



<https://recipes.heart.org/en/recipes/lemon-chicken-and-cinnamon-glazed-root-vegetables>

**Makes 4 servings**  
**Serving size:**

**Nutrition information per serving:**

Calories: 237	Fiber: 3 g
Total fat: 7.5 g	Sodium: 202 mg
Saturated fat: 1 g	Protein: 25 g
Carbohydrates: 16 g	

## DIRECTIONS

Before you begin: Wash your hands.

### For the Cinnamon Glazed Root Vegetables:

- 1) Preheat the oven to 400 degrees F.
- 2) Combine vegetables in a medium mixing bowl and toss with olive oil to coat.
- 3) Spread vegetables on a baking sheet and bake for 20 minutes.
- 4) Stir vegetables and bake an additional 20 minutes until vegetables are tender (pierce easily with a fork) and are lightly browned.
- 5) Return vegetables to mixing bowl and add margarine, cinnamon and brown sugar.
- 6) Toss until margarine is melted and vegetables are coated with cinnamon and sugar.

### For the Lemon Chicken:

- 1) Pound chicken to even thinness (about 1 inch).
- 2) Spray a large skillet with non-stick cooking spray, place over medium heat.
- 3) Add chicken to skillet and squeeze juice of ½ the lemon over the chicken.
- 4) Sprinkle pepper, parsley and oregano over the chicken.
- 5) Cook for 5-10 minutes on each side

## INGREDIENTS

### For the Cinnamon Glazed Root Vegetable:

- 1 small raw sweet potato (cut into 1-inch cubes, peeled if desired)
- 1/2 cup baby carrots (cut into 1-inch pieces)
- 1 small turnip (cut into 1-inch cubes)
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. light tub margarine
- 1/2 tsp. cinnamon
- 1 tsp. brown sugar

### For the Lemon Chicken:

- non-stick Cooking spray
- 4 boneless, skinless chicken breasts (all visible fat discarded)
- 1 lemon
- 1/4 tsp. black pepper
- 1/2 tsp. dried parsley
- 1/2 tsp. dried oregano

# Pollo al limón y canela

## Verduras de raíz glaseadas



<https://recipes.heart.org/en/recipes/lemon-chicken-and-cinnamon-glazed-root-vegetables>

**Rinde 4 porciones**  
**Tamaño de la porción:**

### Información nutricional por porción:

Calorías: 237	Fibra: 3 g
Grasa Total: 7.5 g	Sodio: 202 mg
Grasa Saturada: 1 g	Proteína: 25 g
Carbohidratos: 16 g	

## INSTRUCCIONES

Antes de empezar: Lávese las manos.

### Para las hortalizas de raíz glaseadas con canela:

- 1) Precalentar el horno a 400 grados F.
- 2) Mezcle las verduras en un bol mediano y mézclelas con aceite de oliva para cubrir las.
- 3) Extender las verduras en una bandeja para hornear y hornear durante 20 minutos.
- 4) Remover las verduras y hornear otros 20 minutos hasta que estén tiernas (se pueden pinchar fácilmente con un tenedor) y ligeramente doradas.
- 5) Vuelva a poner las verduras en el bol y añada la margarina, la canela y el azúcar moreno.
- 6) Remover hasta que la margarina se haya derretido y las verduras estén cubiertas de canela y azúcar.

### Para el pollo al limón:

- 1) Machaque el pollo hasta que quede delgado (aproximadamente 1 pulgada).
- 2) Rocíe una sartén grande con spray antiadherente y póngala a fuego medio.
- 3) Añada el pollo a la sartén y exprima el zumo de ½ limón sobre el pollo.
- 4) Espolvorear pimienta, perejil y orégano sobre el pollo.
- 5) Cocinar de 5 a 10 minutos por cada lado.

## INGREDIENTES

### Para la verdura de raíz glaseada con canela:

- 1 camote crudo pequeño (cortado en cubos de 1 pulgada, pelado si lo desea)
- 1/2 taza de zanahorias pequeñas (cortadas en trozos de 1 pulgada)
- 1 nabo pequeño (cortado en cubos de 1 pulgada)
- 1 cucharada de aceite de oliva virgen extra
- 1 cucharada de margarina light
- 1/2 cucharadita de canela
- 1 cucharadita de azúcar moreno

### Para el pollo al limón:

- spray antiadherente para cocinar
- 4 pechugas de pollo deshuesadas y sin piel (desechar toda la grasa visible)
- 1 limón
- 1/4 cucharadita de pimienta negra
- 1/2 cucharadita de perejil seco
- 1/2 cucharadita de orégano seco





**LIVE WELL**  
Ventura County  
Healthy Eating • Active Living

## 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, March 20, 2025, at 9:00am**

**Hosted at Ventura County Public Health**  
2220 E. Gonzales Rd. Suite 200 B  
EMS Conference Room (2nd Floor)  
Oxnard, CA 93036

For more information, please contact:

**Eddie Munizich at (805) 981-6650**

or at [Eddie.Munizich@ventura.org](mailto:Eddie.Munizich@ventura.org)

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

## HARVEST OF THE MONTH

### *Bean and Vegetable Salad*



<https://www.myplate.gov/recipes/bean-and-vegetable-salad>

Makes: 12 servings

#### Ingredients:

- 1/2 head of red cabbage
- 1/2 head of romaine lettuce
- 3 medium carrot
- 1 medium cucumber
- 1 medium green pepper
- 2 broccoli stalks
- 3 medium tomatoes
- 3 cans ( 15.5 ounces each) low-sodium kidney beans or garbanzo beans
- 6 ounces low-fat cheddar cheese, grated
- 1/4 cup fat-free salad dressing

Before you begin: Wash your hands.

1. Wash vegetables.
2. Thickly slice red cabbage, tear lettuce into pieces, peel and grate (or slice) carrots and cucumber
3. Dice the green pepper.
4. Cut broccoli into florets and tomato into wedges.
5. Combine all salad ingredients in a bowl.
6. Add salad dressing and toss together lightly just before serving.

Nutrition Per Serving: Calories 185, Total Fat 2 g (Saturated Fat 1 g), Protein 14 g, Carbohydrates 31 g, Dietary Fiber 11 g, Sodium 332 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](mailto: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](mailto: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**

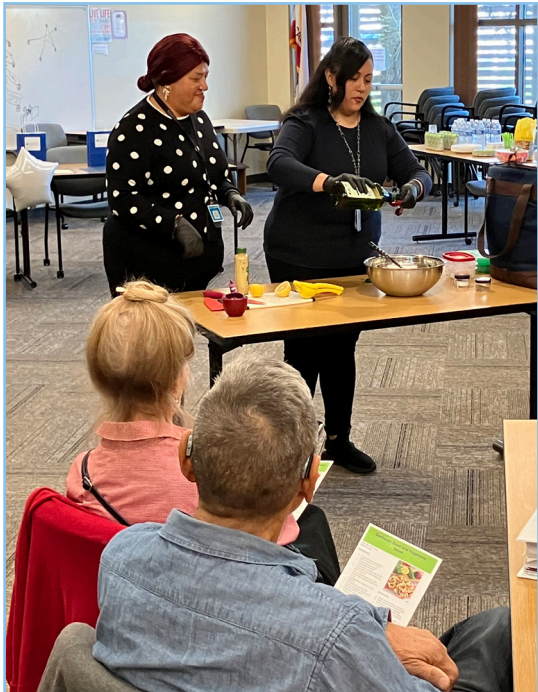
Urges everyone to choose refreshing water to quench their thirst instead of sugary drinks. The goal of the initiative is to reach all residents and organizations in Ventura County to increase the consumption of and access to healthy beverages.

**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](mailto:Jose.Ortega@ventura.org)



Chronic Disease Prevention Program staff showing Diabetes Prevention Program participants how to recreate a healthy food recipe.