

National Nutrition Month®

Food Connects Us



Food Connects Us
 2025 NATIONAL NUTRITION MONTH®
 A Campaign by the Academy of Nutrition and Dietetics



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Mes Nacional de la Nutrición

La Alimentación Nos Une



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

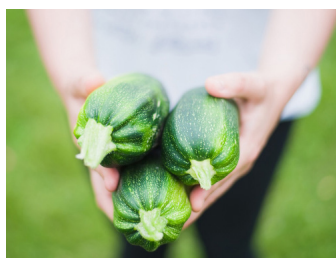
2220 E. Gonzales Road
 Oxnard, CA 93036
 Tel. (805) 981-6645

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

“Food Connects Us” Celebrating National Nutrition Month®

Every March, the Academy of Nutrition and Dietetics sponsors **National Nutrition Month®**. This year’s campaign theme is **“Food Connects Us.”** Food has the ability of bringing us together with family, friends, and neighbors. Through food, we can share our cultures and our most special traditions. As we come together to enjoy a meal, we are also sharing knowledge about its ingredients and where these foods come from. We talk about best cooking practices and where to find unique vegetables, fruits, and spices to add flavor and color to our favorite recipes. Sharing food has the ability to bring back a memory or create a new one, nourishing not only our body but our mind and spirit as well.

In March, help celebrate this year’s theme, **“Food Connects Us,”** by participating in one of the activities listed below. Show that you are committed to your health and the benefits of good nutrition by selecting healthy food choices and sharing mindful eating habits with others.



1. **Participate in a cooking demo.** This will make you feel more confident about cooking at home and more open to trying new recipes.
2. **Taste a new vegetable.** There are over 1,000 varieties of vegetables cultivated around the world. You just might find one, or two, or three new favorite vegetables you can add to your next meal.
3. **Let’s add some spice!** Give more flavor to your homecooked meals by incorporating new spices and herbs to your proteins or vegetables.
4. **Select seasonal vegetables and fruits** to add variety and color to your dishes. The more variety you add the more nutritious your plate will be.
5. **Make cooking a family activity.** Everyone can help create a healthy plate together.
6. **Try meatless meals** to save money and calories. Plant protein, such as beans, lentils and chickpeas can be a great substitute and will add vitamins and minerals to your diet.
7. **Eating together** with family and friends helps us foster healthier eating habits and make healthier food choices. It can also support in creating stronger relationships, feeling a sense of community, and contribute to better mental health.
8. **Mindful eating** involves paying attention to the experience of eating. Enjoy the appearance, smell, taste, and texture of your food. Eating slowly will help you recognize when you are full.
9. **Join a nutrition workshop** to learn how to read a food nutrition label, create a balanced meal, or how to build your own vegetable garden. See page 11 through 12 for free workshops in your area.

To learn more about other ways to participate in National Nutrition Month®, visit:

<https://www.eatright.org/national-nutrition-month>

To learn more about the Chronic Disease Prevention Programs and its free services, please visit:

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

“La Alimentación Nos Une” Celebrando el Mes Nacional de la Nutrición

Cada mes de marzo, la Academia de Nutrición y Dietética patrocina el **Mes Nacional de la Nutrición**. El tema de la campaña de este año es **“La Alimentación Nos Une”**. La comida tiene la capacidad de unirnos con familiares, amigos y vecinos. A través de la comida podemos compartir nuestras culturas y nuestras tradiciones más especiales. Cuando nos reunimos para disfrutar de una comida, también compartimos conocimientos sobre sus ingredientes y de dónde provienen estos alimentos. Hablamos sobre las mejores prácticas culinarias y dónde encontrar verduras, frutas y especias únicas para agregar sabor y color a nuestras recetas favoritas. Compartir comida tiene la capacidad de traernos un recuerdo o crear uno nuevo, nutriendo no sólo nuestro cuerpo sino también nuestra mente y espíritu.

En marzo, únase a nosotros para celebrar el tema de este año, **“La Alimentación Nos Une”**, al participar en una de las actividades a continuación. Demuestre que está comprometido con su salud y los beneficios de una buena nutrición seleccionando opciones de alimentos saludables y compartiendo hábitos alimentarios conscientes con otras personas.



1. **Participe en una demostración de cocina.** Esto le hará sentir más seguro al cocinar en casa y más abierto a probar nuevas recetas.
2. **Pruebe una verdura nueva.** Hay más de 1,000 variedades de vegetales cultivados en todo el mundo. Es posible que encuentre una, dos o tres nuevas verduras favoritas que pueda agregar a su próxima comida.
3. **¡Agregue un poco de picante!** Dele más sabor a sus comidas caseras incorporando nuevas especias y hierbas a sus proteínas o verduras.
4. **Seleccione verduras y frutas de temporada** para agregar variedad y color a sus platillos. Mientras más variedad agregue más nutritivo será su plato.
5. **Haga de la cocina una actividad familiar.** Todos podemos ayudar a crear juntos un platillo saludable.
6. **Pruebe comidas sin carne** para ahorrar dinero y calorías. Las proteínas vegetales, como los frijoles, las lentejas y los garbanzos, pueden ser un excelente sustituto y agregarán vitaminas y minerales a su dieta.
7. **Comer junto a familiares y amigos** nos ayuda a fomentar hábitos alimentarios más saludables y a elegir opciones alimenticias más nutritivas. También puede ayudar a crear relaciones más sólidas, experimentando un sentido de comunidad que contribuye a una mejor salud mental.
8. **Comer conscientemente** implica prestar atención a la experiencia de comer. Disfrute de la apariencia, olor, sabor y textura de sus alimentos. Comer despacio le ayudará a reconocer cuando esté lleno.
9. **Unase a un taller de nutrición** para aprender a leer la etiqueta nutricional de un alimento, crear una comida equilibrada o cómo construir su propio huerto. Consulte las páginas 11 a 12 para conocer talleres gratuitos en su área.

Para obtener más información sobre otras maneras de participar en el Mes Nacional de la Nutrición, visite:

<https://www.eatright.org/national-nutrition-month>

Para obtener más información sobre los Programas de Prevención de Enfermedades Crónicas y sus servicios gratuitos, 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
- healthy eating
- weight loss
- setting SMART goals
- nutrition education
- physical activity
- stress management
- tracking your health



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



PREVENGA EL T2

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
- pérdida de peso
- manejo de estrés
- estableciendo metas
- seguimiento de su salud



Prevent T2

Prevenga el T2



Participants at Wilson Senior Center running in place to add minutes of physical activity to their day.

Class Series:

Date	Days	Language	City	Location	Hours
3/10	Mondays	Spanish	Oxnard	Wilson Senior Center* 350 N. C Street	10:30 - 11:30 AM
3/25	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	10:30-11:30 AM
3/11 & 3/25	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	1:00- 2:00 PM
3/6-3/27	Thursdays	Spanish	Telephonic	Distance Learning Conference Call*	6:00-7:00 PM
3/8 & 3/22	Saturdays	English	Oxnard	Ventura County Public Health* 2240 E. Gonzales Road	9:30- 10:30 AM
3/8 & 3/22	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.

Healthy Living *Viviendo Saludable*



Managing pain with deep breathing.



Participants at Simi Valley Senior Center learn about pain management through relaxation and breathing exercises.

Workshops:

Date	Days	Language	City	Location	Hours
3/4	Tuesdays	English	Simi Valley	Healthier Living with Chronic Conditions Simi Valley Senior Center 3900 Avenida Simi	9:00 - 10:00 AM

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

March/Marzo 2025

Promoting Health & Wellbeing

Promoción de la salud y el bienestar



Free health screenings at San Salvador Mission in Piru.

Screenings:

Date	City	Location	Hours
3/5 Wednesday	Oxnard	Palm Vista Senior Center 801 S C Street	10:30 - 11:30 AM
3/6 Thursday	Oxnard	Downtown Farmers Market 500 S C Street	9:00 AM - 12:30 PM
3/7 Friday	Santa Paula	Rodney Fernandez Gardens Apartments 212 W Santa Barbara Steet	8:00 - 10:00 AM
3/7 Friday	Ventura	Red Barn Market 995 N Ventura Aveue	1:00 - 3:00 PM
3/12 Wednesday	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	10:30 - 11:30 AM
3/19 Wednesday	Ventura	Westpark Community Center 450 W Harrison Avenue	2:00 - 4:00 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



Palm Vista Senior Center participants improve their upper body flexibility with Seated Tai Chi.

Seated Tai Chi

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
3/3 - 3/31	Mondays Except 4th Monday of the month	Seated	Oxnard	Wilson Senior Center 350 N. C Street	10:00 - 10:30 AM
3/3- 3/31	Mondays	Seated	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	1:00 - 1:30 PM
3/20 - 3/27	Thursdays Except 1st Thursday of the month	Seated	Oxnard	Colonia Senior Center 197 N. Marquita Street	9:30- 10:00 AM
3/20 - 3/27	Thursdays Except 1st Thursday of the month	Seated	Oxnard	Palm Vista Senior Center 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!



Spring into action and stay active with Zumba® at Westpark Community Center.

GET FIT! Classes

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
3/4 - 3/25	Tuesdays	Zumba®	Ventura	Westpark Community Center 450 W Harrison Avenue	7:00 - 8:00 PM
3/6 - 3/27	Wednesdays and Thursdays Except 1st Wednesday of the month	Zumba®	Ventura	Bell Arts Factory 432 N Ventura Avenue	6:00 - 7:00 PM
3/1 - 3/29	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.

Live a Healthy Lifestyle

Vive un estilo de vida saludable



Nutrition workshop and sodium visual at Driffill Elementary School in Oxnard.

Class Series:

Curriculum: Food Smarts for Adults					
Locations	Times	Class 1	Class 2	Class 3	Class 4
Del Sol High School* 1975 Camino Del Sol, Oxnard, CA 93030 Contact: Jose Ortega (805) 981-6659	6:00-7:00 PM	3/4	3/11	3/25	4/1

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

Workshops:



My Plate Visual at Nyeland Acres Community Center in Oxnard.

Date	Activity	Time	Location	Contact Information
3/6 <i>Thursday</i>	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	3:00-4:00 PM	Richard Bard Elementary School* 622 East Pleasant Valley Road Port Hueneme, CA 93041	Eduardo Mora (805) 981-6628
3/7 <i>Friday</i>	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	9:00- 10:00 AM	Sierra Linda Elementary School* 2201 Jasmine Avenue Oxnard, CA 93030	Fernando Gaytan (805) 981-6627

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



Nutrition presentations at Thurgood Marshall Elementary School & Creando Comunidad Learning Series in Oxnard.

Workshops:

Date	Activity	Time	Location	Contact Information
3/7 Friday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	9:45-11:00 AM	Creando Comunidad Learning Series* 2240 E. Gonzalez Road, Oxnard, CA 93030	Jose Ortega (805) 981-6659
3/13 Thursday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	6:00-7:15 PM	Isbell Middle School * 221 S 4th Street Santa Paula, CA 93036	Betsy Saltman (805) 981-6635
3/21 Friday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	8:15- 9:00 AM	Park View Elementary School* 1500 Alexander Street Simi Valley, CA 93065	Eduardo Mora (805) 981-6628
3/21 Friday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	8:15- 9:15 AM	Harrington Elementary School* 451 E. Olive Street Oxnard, CA 93030	Fernando Gaytan (805) 981-6627
3/26 Wednesday	Food Smarts <i>Nutrition and Physical Activity</i>	10:30- 11:30 AM	Colonia Senior Center* 197 N. Marquita Street Oxnard, CA 93030	Diana Cervantes (805) 981-6658

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

Live a Healthy Lifestyle

Vive un estilo de vida saludable

Frontier High School students plant cucumber in their school garden.



Technical Assistance :

Youth Garden Education

Date	Activity	Time	Location	Contact Information
3/5 Wednesday	Garden: Technical Assistance	11:45 AM - 12:15 PM	Frontier High School* 545 Airport Way Camarillo, CA 93010	Betsy Saltman (805) 981-6635
3/19 Wednesday	Garden: Technical Assistance	11:45 AM - 12:15 PM	Frontier High School* 545 Airport Way Camarillo, CA 93010	Betsy Saltman (805) 981-6635

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

Community Events Eventos Comunitarios

Promoting Health & Wellbeing

promoción de la salud y el bienestar

Rethink Your Drink at
New Year, Better You!
Resource Fair in Thousand Oaks.



Event:

Community Events

Date	Activity	Time	Location	Contact Information
3/13 Thursday	Wellness Fair	11:33 AM- 12:21 PM	Frontier High School * 545 Airport Way Camarillo, CA 93010	Jose Ortega (805) 981-6659

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

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
3/5 <i>Wednesday</i>	Go Kids Club!: Healthy Snacking and Physical Activiy	3:05-3:45 PM 3:45- 4:20 PM	Driffill Elementary School* 910 South E Street Oxnard, CA 93030	Jose Ortega (805) 981-6659
3/5 <i>Wednesday</i>	CATCH Physical Activity Games	3:00-4:00 PM	Rio del Norte Elementary School* 2500 Lobelia Drive Oxnard, CA 93036	Jose Ortega (805) 981-6659
3/7 <i>Friday</i>	CATCH Physical Activity Games	3:00-4:00 PM	Rio Plaza Elementary School* 600 Simon Way Oxnard, CA 93036	Jose Ortega (805) 981-6659
3/11 <i>Tuesday</i>	CATCH Physical Activity Games	3:00-4:00 PM	Rio Lindo Elementary School* 2131 Snow Avenue Oxnard, CA 93033	Jose Ortega (805) 981-6659
3/12 <i>Wednesday</i>	Go Kids Club!: Healthy Snacking and Physical Activiy	3:05-3:45 PM 3:45- 4:20 PM	McKinna Elementary School* 1600 S. N Street Oxnard, CA 93033	Jose Ortega (805) 981-6659
3/17 <i>Monday</i>	CATCH Physical Activity Games	3:00-4:00 PM	Rio Rosales Elementary School* 1001 Kohala Street Oxnard, CA 93030	Jose Ortega (805) 981-6659
3/19 <i>Wednesday</i>	CATCH Physical Activity Games	3:00-4:00 PM	Art Haycox Elementary School* 5400 Perkins Road Oxnard, CA 93033	Jose Ortega (805) 981-6659
3/19 <i>Wednesday</i>	Go Kids Club!: Healthy Snacking and Physical Activiy	3:55-4:40 PM 4:45- 5:30 PM	Ansgar Larsen Elementary School* 550 Thomas Avenue Oxnard, CA 93033	Jose Ortega (805) 981-6659
3/20 <i>Thursday</i>	CATCH Physical Activity Games	3:00-3:45 PM 3:45- 4:30 PM	Rio Real Elementary School* 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



Planting tomato seeds at Sheridan Way Catalyst Kids in Ventura.

Workshops:

Date	Activity	Time	Location	Contact Information
3/18 Tuesday	Tom the Tomato Garden Education Workshop	10:40- 11:20 AM 11:20 AM-12:10 PM	Mckinna Elementary School* 1600 S. N Street Oxnard, CA 93033	Fernando Gaytan (805) 981-6627

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

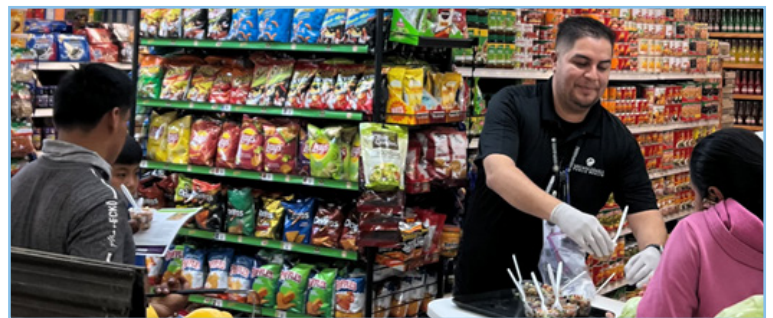
Healthy Retail

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
3/13 Thursday	Food Demonstration and Healthy Recipe Tasting	2:00 - 4:00 PM	J&K Meat Market 609 W. Hueneme Road Oxnard, CA 93033	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:

- 6 large strawberries, sliced
- 1/2 lemon, sliced



Preparation:

1. Fill pitcher halfway with ice.
2. Add sliced strawberries and sliced lemon.
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

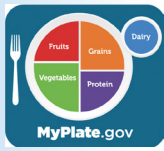
Ingredientes:

- 6 fresas grandes, en rebanadas
- 1/2 limón, en rebanadas



Preparación:

1. Llene media jarra con hielo.
2. Agregue las fresas y el limón.
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.



Citrus Salmon Fillets



<https://www.myplate.gov/recipes/citrus-salmon-fillets>

Makes 4 servings

Nutrition information per serving:

Calories: 333 Fiber: 2 g
Total fat: 19 g Sodium: 97 mg
Saturated fat: 3 g Protein: 22 g
Carbohydrates: 18 g

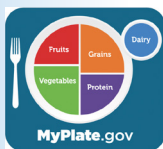
INGREDIENTS

- 1 pound salmon (3-4 fillets), pat dry
- 2 tablespoons vegetable oil
- 1 red onion, chopped
- 1 cup baby carrots (or sweet potato)
- 1/4 cup parsley, chopped
- 1 cup orange juice (divided)
- 1 tablespoon honey
- Salt and pepper to taste
- 1 orange or lemon, cut into wedges (optional)

DIRECTIONS

Before you begin: Wash your hands.

- 1) Preheat oven to 400 degrees F.
- 2) In an oven safe skillet, heat oil on medium high heat.
- 3) Add onion, carrots (or sweet potato), parsley, and 1/2 cup of orange juice. Cook 5-8 minutes.
- 4) In a small bowl, mix 1/2 cup orange juice and honey.
- 5) In center of skillet, add salmon fillets and season with salt and pepper.
- 6) Pour orange juice and honey mixture over top.
- 7) Bake entire skillet in oven 16-18 minutes or until fish is flaky.
- 8) Garnish with orange or lemon wedges.



Filetes de salmón con cítricos



<https://www.myplate.gov/recipes/citrus-salmon-fillets>

Rinde 4 porciones

Información nutricional por porción:

Calorías: 333	Fibra: 2 g
Grasa Total: 19 g	Sodio: 97 mg
Grasa Saturada: 3 g	Proteína: 22 g
Carbohidratos: 22 g	

INGREDIENTES

- 1 libra de salmón (3-4 filetes), secar con palmaditas
- 2 cucharadas de aceite vegetal
- 1 cebolla roja picada
- 1 taza de zanahorias baby (o boniato)
- 1/4 taza de perejil picado
- 1 taza de zumo de naranja (dividido)
- 1 cucharada de miel
- Sal y pimienta al gusto
- 1 naranja o limón, cortado en gajos (opcional)

INSTRUCCIONES

Antes de empezar: Lávese las manos.

- 1) Precalentar el horno a 400 grados F.
- 2) En una sartén apta para horno, calentar el aceite a fuego medio-alto.
- 3) Añada la cebolla, las zanahorias (o el boniato), el perejil y 1/2 taza de zumo de naranja. Cocinar de 5 a 8 minutos.
- 4) En un bol pequeño, mezclar 1/2 taza de zumo de naranja y la miel.
- 5) En el centro de la sartén, añadir los filetes de salmón y sazonar con sal y pimienta.
- 6) Vierta la mezcla de jugo de naranja y miel por encima.
- 7) Hornear toda la sartén 16-18 minutos o hasta que el pescado esté escamoso.
- 8) Decorar con gajos de naranja o limón.

March/Marzo 2025



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 March 13, 2025, at 9:00AM

Hosted at:
Oxnard Union High School District
1800 Solar Drive (Oxnard Room)
Oxnard, CA 93030

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

Avocado Breakfast Bruschetta



<https://www.myplate.gov/recipes/avocado-breakfast-bruschetta>

Makes: 4 servings

Ingredients:

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- 1/2 cup chopped fresh basil (plus 2 tablespoons for garnish)
- 4 eggs (hard-boiled)
- 12 slices whole-wheat baguette bread
- 1/4 cup ricotta cheese (reduced-fat)
- cracked black pepper to taste

Before you begin: Wash your hands.

1. Prepare pasta as directed on the box.
2. Dice avocado, tomatoes, and green onions.
3. Peel and chop hard-boiled eggs.
4. Reserving 2 tbsp. basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.
5. Toast baguette slices and smear with ricotta cheese.
6. Top with avocado mix and garnish with chopped basil.

Nutrition Per Serving: Calories 340, Total Fat 17 g (Saturated Fat 4 g), Protein 17 g, Carbohydrates 32 g, Dietary Fiber 9 g, Sodium 434 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

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.

Stanford University Self-Management Resource Center

6-week workshops on Chronic Disease Self-Management, Diabetes Self- Management, Tomando Control de su Salud, and Manejo Personal de Su Diabetes Tipo 2.

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

Physical Activity Opportunities

Get Fit! Zumba® Classes

Community physical activity classes.

Seated Tai Chi

Seated group exercise classes.

Walking Clubs

Assistance initiating walking clubs in the community.

For more information, please contact:
Deanne Morales Deanne.Morales@ventura.org



Community Promotoras participate in Seated Tai Chi.

Thank you for viewing and sharing our monthly calendar!