

Chronic Disease Prevention Programs
Nutrition, Physical Activity & Healthy Living

National Public Health Week

April 7-13, 2025



Semana Nacional
de la Salud Pública

7 al 13 de abril, 2025

Contents:

- Health Note.....2-3
- Diabetes Prevention.....4-6
- Health Screenings.....7
- Tai Chi and Zumba®.....8-9
- Community Events.....10
- Adult Workshops.....11-12
- Youth Workshops.....13-14
- Preschool Workshops.....15
- Healthy Retail.....15
- Recipes.....16-19
- Partnership Coalition.....19
- Emergency Preparedness....20-21
- Programs Directory.....22



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>

National Public Health Week: April 7-13, 2025 It Starts Here: Your Health is Our mission!

Did you know that we live an average of 35 years longer today than we did when the APHA was founded over 150 years ago? This is progress. This is prevention. This is Public Health!
(<https://nphw.org/>)

Join us in celebrating the **30th anniversary of National Public Health Week from April 7th - 13th**. Every year, the **American Public Health Association (APHA)** organizes a week to highlight the most important public health issues in our communities and how you, your community, and local government can work in collaboration to create thriving environments for all. This year, experience the direct impact everyone can have when we stand up, share our voices, become involved, and take care of each. Because public health is not just for one single person, it is for all of us, to promote and protect: **It starts here, your health is our mission!**

Public Health and Our Food! - Support and strengthen your body by consuming natural, fresh, and nutritious foods. Neighborhoods with access to local fruit and vegetable stands and community-supported agriculture programs tend to have better overall health outcomes. Encourage your local city and county government representatives to endorse community gardens, locally sources foods, and affordable food prices. Promote programs like **Market Match** (<https://marketmatch.org/>) that highlight farmers markets and reward you by doubling the money you spend on purchasing vegetables and fruits.



Public Health and Our Environment! - Advocate for parks and green spaces within our neighborhoods. Voice the need for safe walking paths, children's playgrounds, new seating options, and shading areas. Whether your intention is to walk, run, play, or share time with a friend, having safe, clean, and accessible parks foster healthier environments. Being outdoors promotes mental clarity, social interactions, and less stress. Be involved and volunteer to lead a walking group to encouraging active living. These spaces motivate people of all ages to be active year-round.

Public health and Our Community! - Strong social connections create resilient communities which lead to better mental and physical wellbeing. The communities we belong to can create the ideal space for an individual to thrive and engage in healthy habits and activities. Consider offering support to your neighbors by sharing extra garden vegetables and fruits, offering to share a ride to run an errand, or provide a helping hand during a difficult time. Inspire healthy living for others. By using your local community center, you can organize a wellness fair to share information on access to care, mental health support services, educational workshops, and showcase healthy food demonstrations. Finally, always lead by reaching out to and involving those individuals and groups in your community that are affected by inequities to help better address and close these health gaps for all.



To learn more about how to be directly involved and promote National Public Health Week, visit:

<https://nphw.org/themes-and-facts/2025-it-starts-here>

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

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

Semana Nacional de la Salud Pública: 7 al 13 de abril del 2025 ¡Todo empieza aquí: su salud es nuestra misión!

¿Sabía que hoy vivimos un promedio de 35 años más que cuando se fundó la Asociación Americana de Salud Pública hace más de 150 años? Esto es progreso. Esto es prevención. ¡Esto es Salud Pública! (<https://nphw.org/>)

Únase a nosotros para celebrar el **30º aniversario de la Semana Nacional de Salud Pública del 7 al 13 de abril**. Cada año, la **Asociación Americana de Salud Pública (APHA)**, por sus siglas en Inglés) Organiza una semana para destacar los problemas de salud pública más importantes en nuestras comunidades y cómo usted, su comunidad y el gobierno local pueden trabajar en colaboración para crear entornos prósperos para todos. Este año, experimente el impacto directo que todos pueden tener cuando nos ponemos de pie, compartimos nuestras voces, nos involucramos y cuidamos de cada uno. Porque la salud pública no es solo para una sola persona, es para todos nosotros, para promover y proteger: **¡Todo empieza aquí: su salud es nuestra misión!**

¡Salud Pública y nuestra alimentación! - Apoye y fortalezca su cuerpo consumiendo alimentos naturales, frescos y nutritivos. Los vecindarios con acceso a puestos de frutas y verduras locales y programas agrícolas apoyados por la comunidad tienden a tener mejores resultados de salud en general. Aliente a los representantes del gobierno local de la ciudad y el condado a respaldar los huertos comunitarios, los alimentos cosechados localmente y los precios asequibles. Promueva programas como **Market Match** (<https://marketmatch.org/>) que destacan los mercados de agricultores y lo recompensan duplicando el dinero que gasta en la compra de verduras y frutas.



¡Salud Pública y nuestro medio ambiente! - Abogue por los parques y espacios verdes dentro de nuestros vecindarios. Exprese la necesidad de senderos seguros para caminar, áreas de juegos para niños, nuevas opciones de asientos y áreas de sombra. Ya sea que su intención sea caminar, correr, jugar o compartir tiempo con un amigo, tener parques seguros, limpios y accesibles fomenta entornos más saludables. Estar al aire libre promueve la claridad mental, las interacciones sociales y menos estrés. Participe y ofrézcase como voluntario para liderar un grupo de caminata para promover la vida activa. Estos espacios motivan a personas de todas las edades a estar activas durante todo el año.

¡Salud Pública y nuestra comunidad! - Las conexiones sociales fuertes crean comunidades resilientes que conducen a un mejor bienestar mental y físico. Las comunidades a las que pertenecemos pueden crear el espacio ideal para que una persona prospere y participe en hábitos y actividades saludables. Considere la posibilidad de ofrecer apoyo a sus vecinos compartiendo verduras y frutas adicionales del jardín, ofreciéndoles compartir un viaje para hacer un mandado o ayudar durante un momento difícil. Inspire una vida saludable para los demás. Al usar su centro comunitario local, puede organizar una feria de bienestar para compartir información sobre el acceso a la atención de cuidados, servicios de apoyo a la salud mental, talleres educativos y ofrecer demostraciones de alimentos saludables. Por último, siempre lidere alcanzando e involucrando a aquellas personas y grupos de su comunidad que se ven afectados por las desigualdades para ayudar a abordar y cerrar mejor estas brechas de salud para todos.



Para obtener más información sobre cómo participar directamente y promover la Semana Nacional de Salud Pública, visite:

<https://nphw.org/themes-and-facts/2025-it-starts-here>

Para obtener más información, incluyendo 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
- 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.

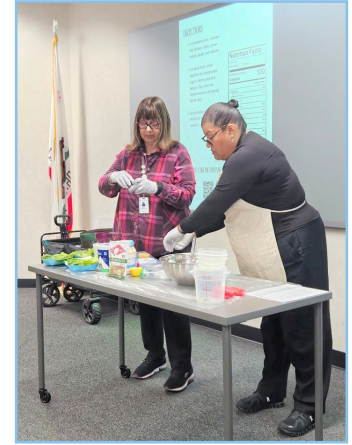
Temas del programa incluyen:

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



Prevent T2

Prevenga el T2



Sharing a healthy, low-calorie Spring recipe at our Diabetes Prevention Program in Oxnard.

Class Series:

Date	Days	Language	City	Location	Hours
4/7	Mondays	Spanish	Oxnard	Wilson Senior Center* 350 N. C Street	10:30 - 11:30 AM
4/22	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	10:30-11:30 AM
4/8 & 4/22	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	1:00- 2:00 PM
4/3 - 4/24	Thursdays	Spanish	Telephonic	Distance Learning Conference Call*	6:00-7:00 PM
4/5	Saturdays	English	Oxnard	Ventura County Public Health* 2240 E. Gonzales Road	9:30- 10:30 AM
4/5	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.

Early Detection - Free Health Screens

DetECCIÓN temprana - exámenes de salud gratuitos

Promoting Health & Wellbeing

Promoción de la salud y el bienestar

Free glucose testing
at Rodney Fernandez
Gardens Apartments
in Santa Paula.



Screenings:

Date	City	Location	Hours
4/2 Wednesday	Oxnard	Palm Vista Senior Center 801 S C Street	10:30 - 11:30 AM
4/3 Thursday	Oxnard	Downtown Farmers Market 500 S C Street	9:00 AM - 12:30 PM
4/4 Friday	Santa Paula	Rodney Fernandez Gardens Apartments 212 W Santa Barbara Steet	8:00 - 10:00 AM
4/4 Friday	Ventura	Red Barn Market 995 N Ventura Aveue	1:00 - 3:00 PM
4/9 Wednesday	Santa Paula	Santa Paula Senior Center 530 W Main Street	11:00 AM - 1:00 PM
4/14 Monday	Oxnard	Ormond Beach Villas* 5567 Saviers Road	4:00 - 6:00 PM
4/16 Wednesday	Piru	San Salvador Mission 4041 Center Street	9:30 AM - 11:30 AM
4/16 Wednesday	Ventura	Bell Arts Factory 432 N Ventura Avenue	5:00 - 6:00 PM
4/29 Tuesday	Oxnard	Central Terrace Apartments* 217 E. 6th Street	4:00 - 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

Participants practice their movement coordination with Seated Tai Chi at Wilson Senior Center.



Seated Tai Chi

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
4/7- 4/28	Mondays	Seated	Oxnard	NEW South Oxnard Senior Center 200 E. Bard Road	11:00 - 11:30 AM
4/7- 4/28	Mondays	Seated	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	1:00 - 1:30 PM
4/7- 4/28	Mondays	Seated	Oxnard	NEW Gateway Plaza Apartments* 1719 S. Oxnard Blvd.	4:00 - 4:30 PM
4/9 & 4/23	Wednesdays	Seated	Oxnard	NEW Pacific Point Apartments* 901 W Gonzales Road	4:00 - 4:30 PM
4/10 - 4/24	Thursdays Except 1st Thursday of the month	Seated	Oxnard	Colonia Senior Center 197 N. Marquita Street	9:30 - 10:00 AM
4/10 - 4/24	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.

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

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



Stay active and get strong with Zumba® at Neyland Acres Community Center.

GET FIT! Classes

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
4/1- 4/29	Tuesdays	Zumba®	Ventura	Westpark Community Center 450 W Harrison Avenue	7:00 - 8:00 PM
4/3 - 4/30	Wednesdays and Thursdays Except 1st Wednesday of the month	Zumba®	Ventura	Bell Arts Factory 432 N Ventura Avenue	6:00 - 7:00 PM
4/5	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.

April / Abril 2025

Promoting Health & Wellbeing

promoción de la salud y el bienestar



Fruit and vegetable promotion at Frontier High School Wellness Fair in Camarillo.

Event:

Date	Activity	Time	Location	Contact Information
4/5 Saturday	Nyeland Acres Resource Fair	11:00 AM - 2:00 PM	Nyeland Acres Community Center 3334 Santa Clara Avenue Oxnard, CA 93036	Betsy Saltman (805) 981-6635
4/11 Friday	Westpark Pre-Summer Showcase	3:00 - 7:00 PM	Westpark Community Center 450 W. Harrison Avenue Ventura, CA 93001	Jose Ortega (805) 981-6659
4/22 Tuesday	Earth Day Wellness Fair	10:00 AM - 2:00 PM	Camino del Sol Community Garden 400 Camino Del Sol Oxnard, CA 93030	Jose Ortega (805) 981-6659
4/27 Sunday	Day of the Child and Community Resource Fair	8:00 AM - 3:00 PM	Our Lady of Guadalupe Church 427 N. Oak Street Santa Paula, CA 93060	Jose Ortega (805) 981-6659

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

Live a Healthy Lifestyle

Vive un estilo de vida



Nutrition presentation with Creando Comunidad 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

Nutrition workshop at Rose Avenue Elementary School in Oxnard.



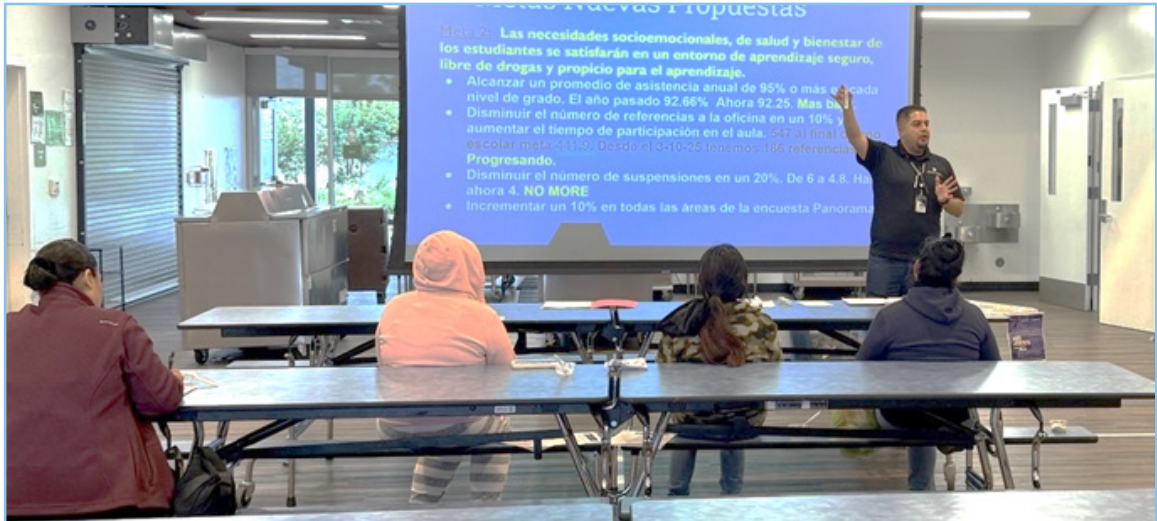
Workshops:

Date	Activity	Time	Location	Contact Information
4/3 Thursday	Foods Smarts: Building a Wholesome Diet <i>Nutrition and Physical Activity</i>	10:00-11:15 AM	The Arc of Ventura County* 116 N. 10th Street Santa Paula, CA 93060	Diana Cervantes (805) 981-6658
4/4 Friday	Foods Smarts: Building a Wholesome Diet <i>Nutrition and Physical Activity</i>	8:15-9:15 AM	San Cayetano Elementary School* 514 Mountain View Street Fillmore, CA 93015	Betsy Saltman (805) 981-6635

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

Live a Healthy Lifestyle

Vive un estilo de vida saludable



Nutrition workshop at McKinna Elementary School in Oxnard.

Workshops:

Date	Activity	Time	Location	Contact Information
4/14 Monday	Foods Smarts: Understanding Nutrition Labels and Ingredients <i>Nutrition and Physical Activity</i>	5:00 - 6:00 PM	Mixteco/Indigena Community Organizing Project* 135 Magnolia Ave. Oxnard, CA 93030	Jose Ortega (805) 981-6659
4/15 Tuesday	Foods Smarts: Building a Wholesome Diet <i>Nutrition and Physical Activity</i>	10:30- 11:30 AM	Center for Employment Training * 761 S. C Street Oxnard, CA 93030	Fernando Gaytan (805) 981-6627
4/21 Monday	Foods Smarts: Building a wholesome Diet <i>Nutrition and Physical Activity</i>	5:00 - 6:00 PM	Mountain Vista Elementary School* 918 Fifth Street Fillmore, CA 93015	Betsy Saltman (805) 981-6635
4/22 Tuesday	Eating Healthy On a Budget <i>Nutrition and Physical Activity</i>	6:00 - 7:00 PM	Academy of Technology and Leadership Elementary School* 760 Jazmin Avenue Ventura, CA 93034	Alejandro Ambriz (805) 981-6699
4/24 Thursday	Foods Smarts: Building a Wholesome Diet <i>Nutrition and Physical Activity</i>	8:30 - 9:30 AM	Rio Del Mar Elementary School* 3150 Thames River Oxnard, CA 93036	Alejandro Ambriz (805) 981-6699

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

Live a Healthy Lifestyle

Vive un estilo de vida saludable



Nutrition workshop at Driffill Elementary School in Oxnard.

Workshops:

Date	Activity	Time	Location	Contact Information
4/1 <i>Tuesday</i>	CATCH Physical Activity Games	4:00-5:00 PM	Rio Lindo Elementary School* 2131 Snow Avenue Oxnard, CA 93036	Jose Ortega (805) 981-6659
4/4 <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
4/10 <i>Thursday</i>	Foods Smarts Kids: Understanding Nutrition Label and Ingredients <i>Nutrition and Physical Activity</i>	4:30-5:30 PM	One Step A La Vez * 421 Sespe Avenue Fillmore, CA 93015	Jose Ortega (805) 981-6659
4/21 <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
4/23 <i>Wednesday</i>	CATCH Physical Activity Games	1:00-2:00 PM	Art Haycox Elementary School* 5400 Perkins Road Oxnard, CA 93033	Jose Ortega (805) 981-6659
4/24 <i>Thursday</i>	CATCH Physical Activity Games	3:00-4:00 PM	Rio Real Elementary School* 1140 Kenney Street Oxnard, CA 93036	Jose Ortega (805) 981-6659
4/24 <i>Thursday</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

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

Live a Healthy Lifestyle

Vive un estilo de vida saludable



CATCH games at Rio Real School in Oxnard.

Workshops:

Date	Activity	Time	Location	Contact Information
4/29 Tuesday	CATCH Physical Activity Games	3:00 - 4:00 PM	Rio Real Elementary School* 1140 Kenney Street Oxnard, CA 93036	Betsy Saltman (805) 981-6635
4/29 Tuesday	Go Kids Club: Healthy Snacking Workshop <i>Nutrition and Physical Activity</i>	3:00 - 3:45 PM 3:45 - 4:30 PM	Elm Elementary School* 450 East Elm Street Oxnard, CA 93033	Fernando Gaytan (805) 981-6627
4/30 Wednesday	Go Kids Club: Healthy Snacking Workshop <i>Nutrition and Physical Activity</i>	1:30 - 2:10 PM 2:45 - 3:20 PM	Kamala Elementary School* 634 West Kamala Street Oxnard, CA 93033	Jose Ortega (805) 981-6659
4/30 Wednesday	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

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

Live a Healthy Lifestyle

Vive un estilo de vida saludable



Preparing newly installed food garden boxes at Frontier High School in Camarillo.

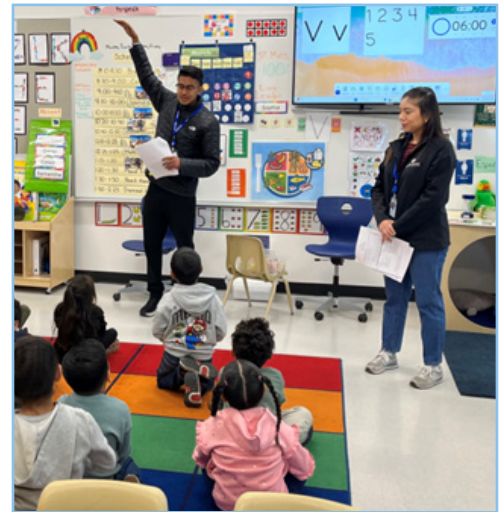
Date	Activity	Time	Location	Contact Information
4/23 Wednesday	Garden: Technical Assistance	11:45 AM-12:15 PM	Frontier High School* 545 Airport Way Camarillo, CA 93010	Betsy Saltman (805) 981-6627

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

Garden-Based Education

Educación de Jardín

Preschool Nutrition Workshops



“Tom The Tomato” at McKinna State Preschool in Oxnard.

Workshops:

Date	Activity	Time	Location	Contact Information
4/14 Monday	Tom the Tomato Garden Education Workshop	9:00 - 10:00 AM	Colonia Center CDR* 1500 Camino Del Sol 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 J&K Food Market in Oxnard.

Healthy Recipe Tasting:

Date	Activity	Time	Location	Contact Information
4/17 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

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:

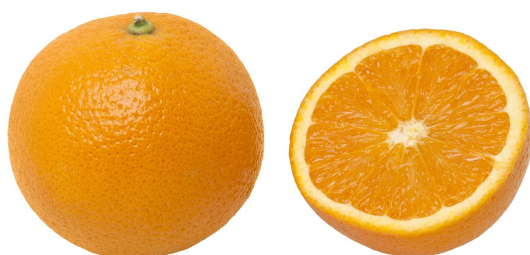
1 cup per serving.

Prep Time:

5 minutes

Ingredients:

- 2 oranges sliced
- 1/2 cucumber, sliced
- 1/2 lemon, sliced (optional)



Preparation:

1. Fill pitcher halfway with ice.
2. Add sliced oranges, cucumber, and 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:

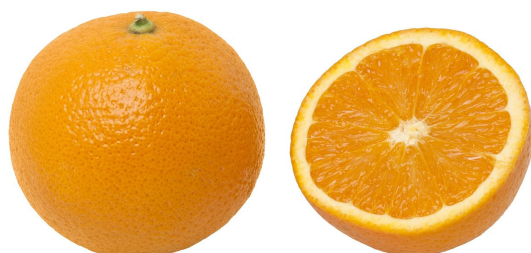
1 taza por porción.

Tiempo de preparación:

5 minutos

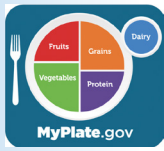
Ingredientes:

- 2 naranjas
- 1/2 pepino, en rabanadas
- 1/2 limón, en rebanadas (opcional)



Preparación:

1. Llene media jarra con hielo.
2. Agregue las naranjas, pepino y 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.



Spring Vegetable Sauté



<https://www.myplate.gov/recipes/spring-vegetable-saute>

Makes 4 servings

Nutrition information per serving:

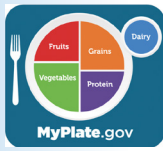
Calories: 138	Fiber: 5 g
Total fat: 1 g	Sodium: 177 mg
Saturated fat: 0 g	Protein: 4 g
Carbohydrates: 29 g	

INGREDIENTS

- 1 teaspoon olive oil (or cooking oil of choice)
- 1/2 cup medium sweet onion, sliced
- 1 garlic clove, finely chopped
- 3 small new potatoes, quartered
- 3/4 cup carrots, sliced
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup radishes, quartered
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried dill

DIRECTIONS

1. Wash hands with soap and water.
2. Heat the oil in a large skillet over medium heat. Cook the onion for 2 minutes, then add the garlic and cook another minute
3. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
4. If the vegetables start to brown, add a tablespoon or two of water.
5. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender -- about 4 minutes more.
6. Serve immediately.



Salteado de verduras primavera



<https://www.myplate.gov/es/recipes/salteado-de-verduras-primavera>

Rinde 4 porciones

Información nutricional por porción:

Calorías: 138	Fibra: 5 g
Grasa Total: 1 g	Sodio: 177 mg
Grasa Saturada: 0 g	Proteína: 4 g
Carbohidratos: 29 g	

INGREDIENTES

- 1 cucharadita de aceite de oliva
- 1/2 taza de cebolla amarilla dulce
- 1 diente de ajo (finamente picado)
- 3 papas tiernas (muy pequeñas, cortadas en cuartos)
- 3/4 taza de zanahoria (en rodajas)
- 3/4 taza de espárragos (en trozos)
- 3/4 taza ejotes
- 1/2 taza de rábanos (cortados en cuartos)
- 1/4 cucharadita de sal
- 1/4 cucharadita de pimienta negra
- 1/2 cucharadita de eneldo (deshidratado)

INSTRUCCIONES

1. Lávese las manos con agua y jabón.
2. Caliente el aceite en una sartén. Sofría la cebolla durante 2 minutos, añada el ajo y cocine por un minuto más.
3. Incorpore las papas y las zanahorias. Tape, reduzca la llama al mínimo y cueza hasta que estén casi tiernas, unos 4 minutos.
4. Si las verduras comienzan a dorarse, agregue una o dos cucharadas de agua.
5. Ahora, añada los espárragos, los chícharos, los rábanos, la sal, la pimienta y el eneldo. Cocine, revolviendo con frecuencia, hasta que estén apenas tiernos, unos 4 minutos más.
6. Sirva de inmediato.

April / Abril 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
June 26, 2025, at 9:00 AM**

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

HARVEST OF THE MONTH

Spinach and Citrus Salad



<https://eatfresh.org/recipe/side-dish-salads/spinach-and-citrus-salad/>

Makes: 4 servings

Ingredients:

- 3 cups Spinach washed
- 3 Oranges peeled and broken into sections or sliced
- 3 tablespoons Almonds sliced
- 1/4 cup Dried Cranberries
- 1 tablespoon Vegetable Oil
- 3 tablespoons Orange Juice 100%
- 2 tablespoons Rice Vinegar

Before you begin: Wash your hands.

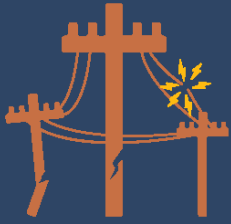
1. In a serving bowl, combine spinach, oranges, almonds, and cranberries.
2. In a bowl, whisk together vegetable oil, orange juice, and rice vinegar for the dressing.
3. Toss salad with dressing and serve.

**Nutrition Per Serving: Calories 150, Total Fat 4 g
(Saturated Fat 1 g), Protein 3 g, Carbohydrates 21 g,
Dietary Fiber 4 g, Sodium 20 mg**

IS YOUR COMMUNITY **READY?**



Wildfire



Power Outage



Extreme Heat



Flooding and Mudslide



Earthquake and Tsunami

Disasters and emergencies can strike anyone at any time!

DISASTER AND EMERGENCY PREPAREDNESS

We invite you to partner with us to bring this presentation to your communities.

This presentation equips participants with the knowledge and skills to:

- ➔ Prepare for disasters and emergencies
- ➔ Create an emergency bag and stay box
- ➔ Sign-up for emergency notification systems

TO SCHEDULE OR FOR MORE INFORMATION



Healtheducation@ventura.org



(805) 981-6637



VENTURA COUNTY
PUBLIC HEALTH
Protecting Health - Promoting Wellness

¿ESTÁ LISTA SU COMUNIDAD?



Incendio forestal



Corte de energía



Agotamiento por calor



Inundación y Deslave



Terremoto y Tsunami

¡Los desastres y las emergencias pueden afectar a cualquier persona en cualquier momento!

CÓMO PREPARARSE PARA DESASTRES Y EMERGENCIAS

¡Los invitamos a colaborar con nosotros para traer esta presentación a su comunidad!

Esta presentación capacita a los participantes con los conocimientos y habilidades de:

- ➔ Cómo prepararse para desastres y emergencias
- ➔ Cómo crear una bolsa de emergencia y una caja de estadía
- ➔ Cómo registrarse a sistemas de notificación de emergencias

PARA COORDINAR O MÁS INFORMACIÓN

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 VENTURA COUNTY
PUBLIC HEALTH
Protecting Health - Promoting Wellness

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.

Community Health Screenings

Free health screenings focusing on blood pressure and glucose testing. Connects patients to appropriate health resources.

For more information, please contact:
Jazmyn Jasso Jazmyn.Jasso@ventura.org

CalFresh Healthy Living (CFHL) Program provides nutrition and food garden 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



2025 Health Champion Award Winners: Ventura County Farm to School, Gold Coast Health Plan, and Saticoy Food Hub!

Thank you for viewing and sharing our monthly calendar!