

Chronic Disease Prevention Programs

Nutrition, Physical Activity & Healthy Living

Healthy Communities - Health Education

May / Mayo 2025

National Women's Health Week

May 11-17, 2025



CDC.gov

Semana Nacional de la Salud de la Mujer

Contents:

| | |
|----------------------------|-------|
| Health Note..... | 2-3 |
| Diabetes Prevention..... | 4-6 |
| Health Screenings..... | 7 |
| Tai Chi and Zumba® | 8-9 |
| Youth Workshops..... | 10-11 |
| Adult Workshops..... | 12-13 |
| Preschool Workshops..... | 14 |
| Healthy Retail..... | 14 |
| Recipes..... | 15-18 |
| Partnership Coalition..... | 18 |
| Emergency Preparedness.... | 19-20 |
| Programs Directory..... | 21 |

11 al 17 de mayo, 2025



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.vchca.org/ph>

May is Women's Health Month
National Women's Health Week: May 11-17, 2025

National Women's Health Week is this **May 11-17, 2025**, which highlights women's health issues and empowers all women to focus on taking charge, speaking up, and being proactive and resilient in their own health journey. Celebrate the women in your life this May by sharing the key messages listed below, and encouraging them to take the lead, and supporting them in staying active in their own physical and mental well-being!

Talk with your health provider – Visit your doctor at least once per year. Inform them of any changes you have experienced in your health. **Starting at age 20, annual screenings such as blood pressure, cholesterol, and diabetes are important.** Specialized exams such as a Pap smear, mammogram, and colonoscopy are vital as well. Be open and honest about your lifestyle and health choices with your doctor. Together you will determine the best prevention and/or treatment strategies.



Heart health in every stage of life – Changes in stress, hormones, and pregnancy heavily affect our heart health. Heart disease is the leading cause of death among women. It often develops with "silent" or unnoticed symptoms. Keep track of your blood pressure at least once per month. This is a key indicator of good heart health. If you experience, chest pain, shortness of breath, nausea, back or jaw pain, fatigue, and/or dizziness, seek medical attention immediately. **80% percent of heart attacks and strokes can be prevented** by practicing healthy habits and positive health behaviors.



Take care of your body – Eat nutrient and fiber rich foods. Try low calorie choices such as carrots, spinach, sweet potatoes, apples, and berries. Limit alcohol consumption. **Getting enough sleep can boost your immune system!** Aim for 7-9 hours of sleep every night by going to bed at a consistent time, create a relaxing bedroom environment, limit screen time, and avoid drinking caffeine or eating large meals before bedtime.

Build connections and seek support – Positive mental health contributes to your overall wellbeing. Life stressors can build up and lead to anxiety and depression. Don't carry the world's problems on your shoulders. Voice and talk about your feelings. Talk with a mental health professional. Share with friends and family. They will support you in finding new approaches for dealing and coping with stress. **Engaging in at least 30 minutes of physical activity per day can help improve your mood, distract your mind, and give you a sense of accomplishment.** Go outdoors, keep active, visit a garden, walk at the park, get your feet wet at the beach, and do the things you enjoy. Life is fun!

This year, on **Mother's Day, Sunday, May 11th**, let's take a moment to reflect on the special women in our own lives and show them how important they really are. To become involved and to learn more about how we can help better protect the physical, mental, social, and emotional health of all women, and truly make their wellbeing a priority, visit these resources below.

To learn more about Women's Health, visit:

<https://www.cdc.gov/womens-health/features/nwhw.html>

<https://womenshealth.gov/nwhw/day-7-women-and-heart-health>

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

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

Mayo es el Mes de la Salud de la Mujer

Semana Nacional de la Salud de la Mujer: del 11 al 17 de mayo de 2025

La Semana Nacional de la Salud de la Mujer se celebra del **11 al 17 de mayo de 2025**, y destaca los problemas de salud de la mujer y las empodera para que se concentren en hacerse cargo, hablar y ser proactivas y resilientes en su propio camino hacia la salud. ¡Celebre a las mujeres en su vida este mes de mayo compartiendo los mensajes claves a continuación, y alentándolas a tomar la iniciativa y apoyándolas para que se mantengan activas en su propio bienestar físico y mental!

Hable con su proveedor de salud – Visite a su médico al menos una vez al año. Infórmese de cualquier cambio que haya experimentado en su salud. **A partir de los 20 años, son importantes las pruebas de detección anuales, como la presión arterial, el colesterol y la diabetes.** Los exámenes especializados, como la prueba de Papanicolaou, la mamografía y la colonoscopia, también son vitales. Sea abierta y honesta sobre su estilo de vida y sus opciones de salud con su médico. Ustedes determinarán las mejores estrategias de prevención y/o tratamiento.



Salud del corazón en todas las etapas de la vida – Los cambios en el estrés, las hormonas y el embarazo afectan en gran medida la salud de nuestro corazón. Las enfermedades cardíacas son la principal causa de muerte entre las mujeres. A menudo se desarrolla con síntomas "silenciosos" o inadvertidos. Lleve un registro de su presión arterial al menos una vez al mes. Este es un indicador clave de una buena salud cardíaca. Si experimenta dolor en el pecho, dificultad para respirar, náuseas, dolor de espalda o mandíbula, fatiga y/o mareos, busque atención médica de inmediato. **El 80% de los ataques cardíacos y accidentes cerebrovasculares se pueden prevenir** practicando hábitos saludables y comportamientos positivos para la salud.



Cuide su cuerpo – Coma alimentos ricos en nutrientes y fibra. Pruebe opciones bajas en calorías como zanahorias, espinacas, camote, manzanas y bayas. Limite el consumo de alcohol. **¡Dormir lo suficiente puede estimular su sistema inmunológico!** Trate de dormir de 7 a 9 horas todas las noches acostándose a una hora constante, cree un ambiente relajante en el dormitorio, limite el tiempo frente a la pantalla y evite bebidas con cafeína o comer muchos alimentos antes de acostarse.

Establezca conexiones y busque apoyo – La salud mental positiva contribuye a su bienestar general. Los factores estresantes de la vida pueden acumularse y provocar ansiedad y depresión. No cargue con los problemas del mundo sobre sus hombros. Exprese y hable sobre sus sentimientos. Hable con un profesional de la salud mental. Comparta con amigos y familiares. Ellos lo ayudarán a encontrar nuevos enfoques para lidiar y afrontar el estrés. **Realizar al menos 30 minutos de actividad física al día puede ayudar a mejorar su estado de ánimo, distraer su mente y darle una sensación de logro.** Salga al aire libre, manténgase activa, visite un jardín, camine por el parque, mójese los pies en la playa y haga cosas que le gusten. ¡La vida es divertida!

Este año, en el **Día de la Madre, el domingo 11 de mayo**, tomemos un momento para reflexionar sobre las mujeres especiales en nuestras vidas y mostrarles lo importantes que realmente son. Para participar y aprender más sobre cómo podemos ayudar a proteger mejor la salud física, mental, social y emocional de todas las mujeres, y realmente hacer de su bienestar una prioridad, visite estos recursos a continuación.

Para obtener más información sobre la salud de la mujer, visite:

<https://www.cdc.gov/womens-health/features/nwhw.html>

<https://womenshealth.gov/nwhw/day-7-women-and-heart-health>

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!**
- **Call to register for classes starting in May 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 mayo 2025!
- Clases son conducidas por conferencia telefónica

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

1 de 3 adultos está 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 |



May / Mayo 2025

Diabetes Prevention Program

Programa de Prevención de la Diabetes

Prevent T2

Prevenga el T2



Diabetes Prevention Program participants have fun engaging in physical activity through interactive games.

Class Series:

| Date | Days | Language | City | Location | Hours |
|------------|-----------|----------|-------------|---|-------------------|
| 5/5 | Mondays | Spanish | Oxnard | Wilson Senior Center* 350 N. C Street | 10:30 - 11:30 AM |
| 5/20 | Tuesdays | English | Simi Valley | Simi Valley Senior Center* 3900 Avenida Simi | 10:30-11:30 AM |
| 5/6 & 5/20 | Tuesdays | English | Simi Valley | Simi Valley Senior Center* 3900 Avenida Simi | 1:00- 2:00 PM |
| 5/1- 5/22 | Thursdays | Spanish | Telephonic | Distance Learning Conference Call* | 6:00-7:00 PM |
| 5/3 & 5/17 | Saturdays | English | Oxnard | Ventura County Public Health* 2240 E. Gonzales Road | 9:30- 10:30 AM |
| 5/3 & 5/17 | 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

May / Mayo 2025

Promoting Health & Wellbeing

Promoción de la salud y el bienestar



Free blood pressure
and glucose screening
at Oxnard's Downtown
Farmers Market.

Screenings:

| Date | City | Location | Hours |
|-------------------|-------------|--|--------------------|
| 5/1 Thursday | Oxnard | Downtown Farmers Market 500 S C Street | 9:00 AM - 12:30 PM |
| 5/2 Friday | Santa Paula | Rodney Fernandez Gardens Apartments 212 W Santa Barbara Street | 8:00 - 10:00 AM |
| 5/2 Friday | Ventura | Red Barn Market 995 N Ventura Avenue | 1:00 - 3:00 PM |
| 5/3 Saturday | Oxnard | Nyeland Acres Community Center* 3334 Santa Clara Avenue | 8:00 - 9:00 AM |
| 5/7 Wednesday | Santa Paula | Santa Paula Senior Center Expo 530 W Main Street | 10:00 AM - 1:30 PM |
| 5/13 Tuesday | Oxnard | Nyeland Acres Community Center 3334 Santa Clara Avenue | 8:30 - 10:00 AM |
| 5/14 Wednesday | Fillmore | Fillmore Active Adult Center 553 Santa Clara Street | 10:30 - 11:30 AM |
| 5/21 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

May / Mayo 2025

Seated Tai Chi for Arthritis

Tai Chi en silla para personas con artritis

Relaxation and Pain Management

Relajación y manejo de dolor



Participants at Palm Vista Senior Center in Oxnard improving their upper body strength.

Seated Tai Chi

Clases de ejercicio para ponerse en forma

| Date | Days | Class Type | City | Location | Hours |
|-------------|---|------------|----------|---|------------------|
| 5/12- 5/19 | Mondays | Seated | Oxnard | South Oxnard Senior Center 200 E. Bard Road | 11:00 - 11:30 AM |
| 5/5- 5/19 | Mondays | Seated | Fillmore | Fillmore Active Adult Center 553 Santa Clara Street | 1:00 - 1:30 PM |
| 5/5- 5/19 | Mondays | Seated | Oxnard | Gateway Plaza Apartments* 1719 S. Oxnard Blvd. | 4:00 - 4:30 PM |
| 5/14 & 5/28 | Wednesdays | Seated | Oxnard | Pacific Point Apartments* 901 W Gonzales Road | 4:00 - 4:30 PM |
| 5/8 - 5/29 | Thursdays Except 1st Thursday of the month | Seated | Oxnard | Colonia Senior Center 197 N. Marquita Street | 9:30 - 10:00 AM |
| 5/8 - 5/29 | 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

Get Fit! Zumba® Classes

May / Mayo 2025

Promoción de actividad física

Exercising in a group is fun!

¡El ejercicio en grupo es divertido!



Join us at Westpark Community Center in Ventura for Zumba® and fun with friends!

GET FIT! Classes

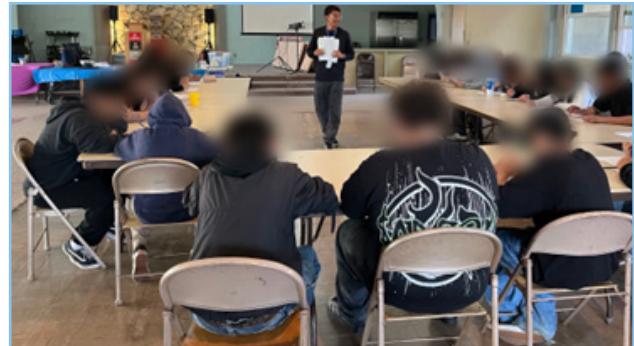
Clases de ejercicio para ponerse en forma

| Date | Days | Class Type | City | Location | Hours |
|---------------------|--|------------|---------|--|-----------------|
| 5/6 - 5/27 | Tuesdays | Zumba® | Ventura | Westpark Community Center 450 W Harrison Avenue | 7:00 - 8:00 PM |
| 5/1 - 5/29 | Wednesdays and Thursdays Except 1st Wednesday of the month | Zumba® | Ventura | Bell Arts Factory 432 N Ventura Avenue | 6:00 - 7:00 PM |
| 5/1 - 5/29 | Thursdays | Zumba® | Oxnard | NEW Gateway Plaza Apartments* 1719 S. Oxnard Blvd. | 5:00 - 6:00 PM |
| 5/3, 5/17 & 5/31 | 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 presentation
for the youth of One Step
A La Vez in Fillmore.

**Workshops:**

| Date | Activity | Time | Location | Contact Information |
|--------------|--|------------------|---|---------------------------------|
| 5/8 Thursday | Foods Smarts: Understanding Labels and Ingredients <i>Nutrition and Physical Activity</i> | 12:10 - 12:40 PM | Buena High School* 5670 Telegraph Rd Ventura, CA 93033 | 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
Christa McAuliffe Elementary
School in Oxnard.

**Workshops:**

| Date | Activity | Time | Location | Contact Information |
|------------|--|----------------------------------|---|-----------------------------------|
| 5/2 Friday | CATCH Physical Activity Games | 3:00 - 4:00 PM | Rio Plaza Elementary School* 600 Simon Way Oxnard, CA 93036 | Fernando Gaytan (805) 981-6627 |
| 5/5 Monday | Go Kids Club: Healthy Snacking Workshop <i>Nutrition and Physical Activity</i> | 3:45 - 4:30 PM 4:30 - 5:15 PM | Fred. L Williams Elementary School* 4300 Anchorage Street Oxnard, CA 93033 | Betsy Saltman (805) 981-6635 |

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

Live a Healthy Lifestyle

Vive un estilo de vida saludable



CATCH games at Rio Plaza Elementary School in Oxnard.

Workshops:

| Date | Activity | Time | Location | Contact Information |
|-------------------|--|--------------|---|-----------------------------------|
| 5/6 Tuesday | Eating and Activity Tool for Students Post-Surveys | 2:50-3:50 PM | Elm Elementary School* 450 E Elm Street Oxnard, CA 93033 | Jose Ortega (805) 981-6659 |
| 5/7 Wednesday | Eating and Activity Tool for Students Post-Surveys | 3:30-4:00 PM | Ansgar Larsen Elementary School* 550 Thomas Avenue Oxnard, CA 93033 | Jose Ortega (805) 981-6659 |
| 5/7 Wednesday | Eating and Activity Tool for Students Post-Surveys | 3:30-4:00 PM | Fred L. Williams Elementary * 4300 Anchorage Street Oxnard, CA 93033 | Jose Ortega (805) 981-6659 |
| 5/14 Wednesday | CATCH Physical Activity Games | 3:00-4:00 PM | Rio Plaza Elementary School* 600 Simon Way Oxnard, CA 93036 | Fernando Gaytan (805) 981-6627 |
| 5/19 Monday | CATCH Physical Activity Games | 3:00-4:00 PM | Rio Rosales Elementary School* 5400 Perkins Road Oxnard, CA 93033 | Betsy Saltman (805) 981-6635 |
| 5/21 Wednesday | CATCH Physical Activity Games | 1:00-2:00 PM | Art Haycox Elementary School* 5400 Perkins Road Oxnard, CA 93033 | Eduardo Mora (805) 981-6628 |
| 5/30 Friday | CATCH Physical Activity Games | 3:00-4:00 PM | Rio Plaza Elementary School* 600 Simon Way Oxnard, CA 93036 | Fernando Gaytan (805) 981-6627 |

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

Adult Education Workshops

Talleres de educación para adultos

May / Mayo 2025

Live a Healthy Lifestyle

Vive un estilo de vida saludable



Nutrition presentations at Rio Del Mar Elementary School and Center for Employment Training in Oxnard.

Workshops:

| Date | Activity | Time | Location | Contact Information |
|---------------|---|-----------------|---|------------------------------------|
| 5/1 Thursday | Foods Smarts: Understanding Labels and Ingredients <i>Nutrition</i> | 10:00 -11:15 AM | Kamala Elementary School* 634 West Kamala Street Oxnard, CA 93030 | Eduardo Mora (805) 981-6628 |
| 5/1 Thursday | Foods Smarts: Understanding Labels and Ingredients <i>Nutrition</i> | 6:00-7:00 PM | Oxnard Adult School* 1800 Solar Drive Oxnard, CA 93036 | Alejandro Ambriz (805) 981-6699 |
| 5/2 Friday | Foods Smarts: Understanding Labels and Ingredients <i>Nutrition</i> | 8:15 - 9:15 AM | Grace Thille Elementary School* 1144 E. Ventura St. Santa Paula, CA 93060 | Jose Ortega (805) 981-6659 |
| 5/2 Friday | Foods Smarts: Understanding Labels and Ingredients <i>Nutrition</i> | 10:30- 11:30 AM | Rio Rosales Elementary School * 1001 Kohala Street Oxnard, CA 93030 | Alejandro Ambriz (805) 981-6699 |
| 5/7 Wednesday | Foods Smarts: Understanding Labels and Ingredients <i>Nutrition</i> | 8:15 - 9:15 AM | Cesar E. Chavez Elementary School* 301 North Maquita Street Oxnard, CA 93030 | Fernando Gaytan (805) 981-6627 |
| 5/7 Wednesday | Foods Smarts: Understanding Labels and Ingredients <i>Nutrition</i> | 5:30 - 6:30 PM | Elm Elementary School* 450 East Elm Street Oxnard, CA 93033 | Fernando Gaytan (805) 981-6627 |

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

Live a Healthy Lifestyle

Vive un estilo de vida saludable



Food Smarts: Adults class series at Del Sol High School in Oxnard.

Workshops:

| Date | Activity | Time | Location | Contact Information |
|-------------------|--|----------------|---|------------------------------------|
| 5/8 Thursday | Foods Smarts: Understanding Labels and Ingredients <i>Nutrition</i> | 8:00 - 9:00 AM | Barbara Webster Elementary School* 1150 Saticoy Street Santa Paula, CA 93060 | Jose Ortega (805) 981-6659 |
| 5/8 Thursday | Foods Smarts: Understanding Labels and Ingredients <i>Nutrition</i> | 5:00 - 6:00 PM | Glen City Elementary School* 141 S. Steckel Drive Santa Paula, CA 93060 | Betsy Saltman (805) 981-6635 |
| 5/14 Wednesday | Foods Smarts: Understanding Labels and Ingredients <i>Nutrition</i> | 8:00 - 9:15 AM | Fred L. Williams Elementary School* 4300 Anchorage Street Oxnard, CA 93033 | Eduardo Mora (805) 981-6628 |
| 5/16 Friday | Foods Smarts: Understanding Labels and Ingredients <i>Nutrition</i> | 8:00 - 9:00 AM | Rio Real School* 600 Simon Way Oxnard, CA 93036 | Alejandro Ambriz (805) 981-6699 |
| 5/27 Tuesday | Foods Smarts: Building a Wholesome Diet <i>Nutrition and Physical Activity</i> | 5:00 - 6:00 PM | Kamala Elementary School* 634 West Kamala Street Oxnard, CA 93030 | Eduardo Mora (805) 981-6628 |
| 5/30 Friday | Foods Smarts: Understanding Labels and Ingredients <i>Nutrition</i> | 8:30 - 9:30 AM | Curren Elementary School* 1101 North F Street Oxnard, CA 93030 | Fernando Gaytan (805) 981-6627 |

Early Childhood Education

Educación temprana para niños

May / Mayo 2025

Garden-Based Education Educación de Jardín

Preschool Nutrition Workshops

Workshops:

"Tom The Tomato" at
McKinna State Preschool &
Colonia Child Development Resources



| Date | Activity | Time | Location | Contact Information |
|-----------------|---|------------------|---|-----------------------------------|
| 5/1 Thursday | Tom the Tomato <i>Garden Education Workshop</i> | 9:30 - 11:00 AM | South Oxnard Catalyst Kids* 200 E.Bard Oxnard, CA 93030 | Fernando Gaytan (805) 981-6627 |
| 5/13 Tuesday | Tom the Tomato <i>Garden Education Workshop</i> | 10:00 - 11:00 AM | Green Valley Catalyst Kids* 170 N. Juanita Avenue Oxnard, CA 93030 | Fernando Gaytan (805) 981-6627 |

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

Healthy Retail Healthy Eating

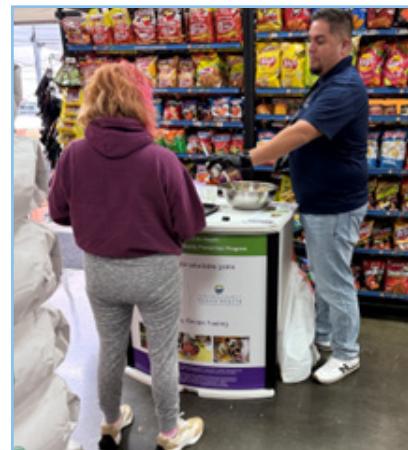
Healthy Retail Program

Partnering with local
retail markets to promote
“locally grown produce!”

Healthy Recipe Tasting:

Healthy Retail Program Programa de venta saludable

Healthy Recipe Tasting
4-Way Meat Market in Oxnard.



| Date | Activity | Time | Location | Contact Information |
|------------------|--|----------------|--|-----------------------------------|
| 5/22 Thursday | Food Demonstration and Healthy Recipe Tasting | 2:00 - 4:00 PM | Red Barn Market 995 N. Ventura Avenue Ventura, CA 93001 | Fernando Gaytan (805) 981-6627 |

Open to the public / Abierto al público

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:

- 1/2 Cup Raspberries
- 2 fresh basil leave



Preparation:

1. Fill pitcher halfway with ice.
2. Add raspberries and basil.
3. Fill with water. Chill for at least 30 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

iRefréscate 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:

- 1/2 taza de frambuesas
- 2 hojas de albahaca fresca



Preparación:

1. Llene media jarra con hielo.
2. Agregue las frambuesas y la albahaca.
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.



Chicken Ratatouille



<https://www.myplate.gov/recipes/chicken-ratatouille>

INGREDIENTS

- 1 tablespoon vegetable oil (or cooking oil of choice)
- 2 medium boneless chicken breast
- 2 medium zucchini, unpeeled and sliced
- 1 small eggplant, peeled and cut into 1-inch cubes
- 1 medium onion, sliced
- 1 red or green bell pepper, cut into pieces
- 1/2 pound mushrooms, sliced
- 1 can (14.5 ounces) tomatoes, low-sodium, diced
- 1 garlic clove, minced
- 1 tablespoon fresh basil, chopped
- 1 tablespoon fresh parsley, minced
- black pepper (to taste)

Makes 4 servings

Nutrition information per serving:

| | |
|---------------------|---------------|
| Calories: 178 | Fiber: 4 g |
| Total fat: 6 g | Sodium: 60 mg |
| Saturated fat: 1 g | Protein: 20 g |
| Carbohydrates: 14 g | |

DIRECTIONS

1. Wash hands with soap and water.
2. Remove skin and fat from chicken and cut into 1-inch pieces
3. heat oil in large non-stick skillet. Add chicken and sauté about 3 minutes, or until lightly browned.
4. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally.
5. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about 5 minutes, or until chicken is tender.



Ratatouille o pisto de pollo



<https://www.myplate.gov/es/recipes/ratatouille-o-pisto-de-pollo>

INGREDIENTES

- 1 cucharada de aceite vegetal (o aceite de cocina de su elección)
- 2 pechugas de pollo medianas deshuesadas
- 2 calabacines medianos, sin pelar y cortados en rodajas
- 1 berenjena pequeña, pelada y cortada en dados de 1 pulgada
- 1 cebolla mediana, cortada en rodajas
- 1 pimiento rojo o verde, cortado en trozos
- 1/2 libra de champiñones, en rodajas
- 1 lata (14,5 onzas) de tomates, bajos en sodio, cortados en dados
- 1 diente de ajo picado
- 1 cucharada de albahaca fresca picada
- 1/2 cucharadita de eneldo (deshidratado)
- 1 cucharada de perejil fresco picado
- pimienta negra (al gusto)

Rinde 4 porciones

Información nutricional por porción:

| | |
|---------------------|----------------|
| Calorías: 178 | Fibra: 4 g |
| Grasa Total: 6 g | Sodio: 60 mg |
| Grasa Saturada: 1 g | Proteína: 20 g |
| Carbohidratos: 14 g | |

INSTRUCCIONES

1. Lávese las manos con agua y jabón.
2. Retire la piel y la grasa del pollo y córtelo en trozos de 1 pulgada
3. Caliente el aceite en una sartén antiadherente grande. Agregue el pollo y sofría durante unos 3 minutos o hasta que dore ligeramente.
4. Agregue los calabacines, la berenjena, la cebolla, el pimiento verde y los champiñones. Cocine durante unos 15 minutos, revolviendo de vez en cuando.
5. Añada los tomates, el ajo, la albahaca, el perejil y la pimienta. Revuelva y cocine durante unos 5 minutos más o hasta que el pollo esté tierno.

Partnership for a Healthy Ventura County

May / Mayo 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

Green & Red Salad



Makes: 4 servings

Ingredients:

- 8 cups salad greens (such as baby spinach, spring mix, or lettuce mix), cut or torn into bite-sized pieces
- 2 cups sliced strawberries
- 1½ tablespoons strawberry or raspberry jam or preserves
- ¼ cup 100% orange juice
- 2 teaspoons olive, canola, or vegetable oil
- Pinch salt & black pepper
- ½ cup sliced almonds

Before you begin: Wash your hands.

1. Put salad greens and sliced strawberries in a large bowl.
2. Whisk together jam, juice, oil, salt, and black pepper.
3. Pour dressing over salad. Toss gently. Top with almonds. Serve right away.

Nutrition Per Serving: Calories 140, Total Fat 6 g (Saturated Fat 0.5 g), Protein 4 g, Carbohydrates 17 g, Dietary Fiber 4 g, Sodium 140 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

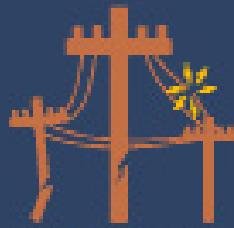


VENTURA COUNTY
PUBLIC HEALTH
Protecting Health • Promoting Wellness

¿ESTÁ LISTA SU COMUNIDAD?



Incendio forestal



Corte de energía



Agotamiento por calor



Inundación y Deslizamiento



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 estadio
- Cómo registrarse a sistemas de notificación de emergencias

PARA COORDINAR O MÁS INFORMACIÓN



Healtheducation@ventura.org



(805) 981-6637



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

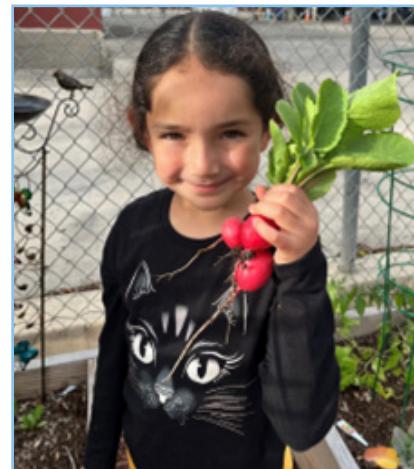
Seated group exercise classes.

Walking Clubs

Assistance initiating walking clubs in the community.

For more information, please contact:

Deanne Morales Deanne.Morales@ventura.org



It's Springtime! Green Valley Catalyst Kids students harvest radishes to begin their spring garden efforts.

Thank you for viewing and sharing our monthly calendar!