

March 2024
Wellness Coalition
Newsletter

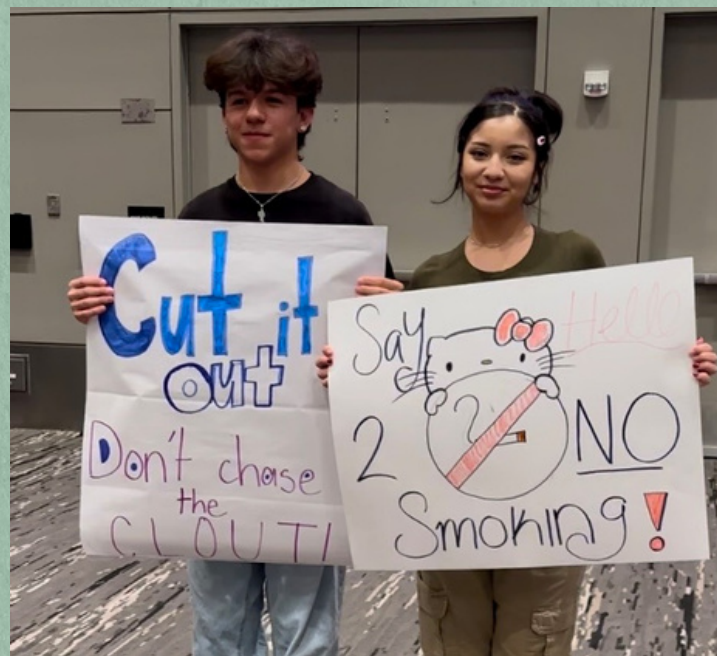


Happy March Wellness Coalition Members!
Read below for tobacco news:

Youth Quest 2024

Youth Quest 2024 was successful, with nearly 400 youth and adult partners traveling to Sacramento to educate state representatives.

Participants from 58 coalitions showcased their commitment to a tobacco-free California, shared local work with legislators, and enhanced their advocacy skills



Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be held June
04, 2024
Location TBD

If you are interested in joining our coalition and presenting at our next meeting, please contact Crystal Ortiz at crortiz@cosb.us

ORGANIZATION

Spotlight



SAFE KIDS SBC

- The mission of the Safe Kids Coalition of San Benito County is to prevent accidental death and injury to children 18 years and under through the collaborative efforts of community partners.
- Our priorities: #1 Home Safety #2 Car & Road Safety #3 Sports & Play Safety #4 Data Collection
- Local events include Kids at the Park, Bike to School day with helmet fitting, Walk to School day, child passenger safety-host-2-car seats, and more.
- Follow us on social media:  Safe Kids San Benito County



A New Summer Food Program Coming in 2024

Learn how SUN Bucks can help you!

SUN Bucks, also known as **Summer EBT (S-EBT)**, is a new program to help families buy food for their school-aged children during the summer. Families will get \$120 for each eligible child to buy groceries during the summer. Families must use SUN Bucks within 122 days of funds being loaded to their card. Children who get **SUN Bucks** can still participate in other summer meal programs. **SUN Bucks** will not affect immigration status.



Will my child get SUN Bucks?

Your child will automatically get **SUN Bucks** if:

- They are age 6 - 18 years and get CalFresh, CalWORKs, or Medi-Cal; OR
- They are age 0 - 22 years, attending schools that are part of National School Lunch and/or School Breakfast Programs, **AND** are approved for free or reduced price meals. Check with your child's school to make sure your free or reduced-price meal application or Alternative Income Form is on file.

Children who are attending Head Start, experiencing homelessness, living in foster care or part of a migrant family are also automatically eligible.

How do SUN Bucks work?

Eligible families will get **SUN Bucks** on an S-EBT card mailed to their home. You do not need to fill out an application. You will get one new **SUN Bucks** card for each eligible child. You can use **SUN Bucks** just like a debit card to buy food like fruits, vegetables, meat, whole grains, and dairy at grocery stores, farmers markets, and other places that accept CalFresh EBT benefits.

Have You Moved?

Make sure your mailing address is current, so your **SUN Bucks** are sent to the right place! Update your address by April 1, 2024.

- If you get CalWORKs, CalFresh, or Medi-Cal, change your address online at BenefitsCal.com, or call or visit your local county office.
- If you qualify for free or reduced-price meals, change your address at your child's school of attendance. Not sure? Check with your child's school.





Un nuevo programa de alimentos de verano llega en 2024

¡Conozca cómo SUN Bucks puede ayudarle!

SUN Bucks, también conocido como **Summer EBT (S-EBT)**, es un nuevo programa para ayudar a familias comprar alimentos para sus hijos de edad escolar durante el verano. Familias recibirán \$120 por cada niño elegible para comprar alimentos durante el verano. Familias deben usar sus SUN Bucks dentro de los 122 días después de haberse depositado a su tarjeta. Los niños que reciben **SUN Bucks** aún pueden participar en otros programas de alimentos de verano. **SUN Bucks** no afecta el estatus migratorio.



¿Van a recibir SUN Bucks mis hijos?

Sus hijos van a recibir **SUN Bucks** automáticamente si:

- Tienen entre 6 a 18 años y reciben CalFresh, CalWORKs o Medi-Cal; O
- Tienen entre 0 a 22 años y asisten a escuelas que forman parte de los Programas Nacionales de Almuerzos Escolares y/o Desayunos Escolares, Y están aprobados para comidas gratuitas o a precio reducido. Consulte con la escuela de su hijo para asegurarse que su solicitud de comida gratuita o a precio reducido o que el Formulario de Ingreso Alternativo esté en el archivo.

Los niños que van a Head Start, que no tienen hogar, que reciben cuidado de crianza o que son parte de una familia migrante, también son elegibles automáticamente.

¿Cómo funcionan SUN Bucks?

Familias elegibles recibirán SUN Bucks en una tarjeta enviada por correo a su hogar. No es necesario que llene una solicitud. Recibirá una tarjeta nueva de SUN Bucks por cada niño elegible. Puede usar SUN Bucks como una tarjeta de débito para comprar alimentos como frutas, verduras, carne, granos integrales y productos lácteos en supermercados, mercados de agricultores y otros lugares que aceptan beneficios de CalFresh EBT.

¿Se han mudado?

¡Asegúrese que su dirección postal esté actualizada, para que sus SUN Bucks se envíen al lugar correcto! Actualice su dirección antes del 1 de abril del 2024.

- Si sus hijos reciben CalWORKs, CalFresh o Medi-Cal, cambie su dirección en línea en [BenefitsCal.com](https://www.benefitscal.com), o llame o visite la oficina local de su condado.
- Si sus hijos califican para comidas gratuitas o a precio reducido, cambie su dirección en la escuela de asistencia de sus hijos. ¿No están seguros? Consulte con la escuela de sus hijos.



USDA es un proveedor, empleador y prestamista que ofrece igualdad de oportunidades. • Enero 2024 • Para obtener más información, visite: www.fns.usda.gov/summer

El programa SUN Bucks en California es posible gracias a la financiación de los Servicios de Alimentos y Nutrición del Departamento de Agricultura de EE. UU. y es traído a usted por el Departamento de Servicios Sociales de California (CDSS) en asociación con el Departamento de Educación de California (CDE).



Fuel Your Fun

Crazy for Citrus Fruits



Oranges. Peel and eat. Or, cut the orange in half lengthwise and each half into 3 or 4 wedges. Then remove the peel with your hands or just bite off the juicy fruit.

Clementines. Peel—they are usually easier to peel than oranges—and eat. Kids can do this!

Grapefruit. Cut in half and scoop out each section with a spoon. You may have to cut around each section first. Or, cut the grapefruit into wedges and then cut off the peel.

Spring into Action



With the weather getting warmer, this is a great time to get back into healthy habits outdoors. Plan nightly bike rides or walks after dinner as a family to connect with one another and improve your health.

Healthy Choices Count!



5-2-1-0 helps you remember health goals for your child each day:

- ◆ 5 or more fruits and vegetables
- ◆ 2 hours or less of recreational screen time
- ◆ 1 hour or more of physical activity
- ◆ 0 sugary drinks; drink more water



Funded by USDA SNAP, an equal opportunity provider. Visit www.CalFreshHealthyLiving.org for healthy tips.

ARTIST CALL

Radiant Futures: A
Substance Free Creation

Age Categories:

7-11

12-18

Deadline to enter:

April 1st

Gallery:

April 4th



San Benito County

Youth Art Contest

We are accepting submissions for an art exhibition, "Radiant Futures: A Substance Free Creation" celebrating a substance-free lifestyle and showcasing the talents of youth. Join the celebration for healthier futures! Artwork submissions can include painting, poetry, drawing, photography, crafts, sculpture, ceramics, and film/video. Don't miss the deadline for the "Radiant Futures: A Substance Free Creation" youth art exhibition. Submit your artworks by April 1st, 2024, to promote a positive, substance-free lifestyle and showcase your talent and creativity. Wherever you find yourself in your artistic practice we want to share and celebrate your work!

“Radiant Futures: A Substance-Free Creation” will be on display at The Sala located at 351 Tres Pinos Rd. Suite 100-A, from 12-4:30pm on April 4th, 2024.

In-person art submissions can be dropped off at 351 Tres Pinos Rd, Suite A-202. Email photography or film/video submissions to dreynoso@cosb.us. Please include your name, age, art descriptions, and contact information.

All art must be submitted by April 1st, 2024. Chosen artists will be notified by April 2nd, 2024.

This is a curated event. Not every submission will be chosen for display. All submissions will go through an initial vetting process then they will be judged based on an established rubric.

Artists will be divided the artist into 2 categories: youth (7-11 years) and teen/adult (12-18 years). Judging will be based on a 4-point system with an established grading rubric and 5 unbiased judges. Winners will be selected and prizes will be given.

Important Dates

Exhibition Date: Thursday April 4th, 2024

Artwork Drop Off: Open until Monday, April 1st, 2024

Artwork Pick Up: Friday, April 5th, 2024

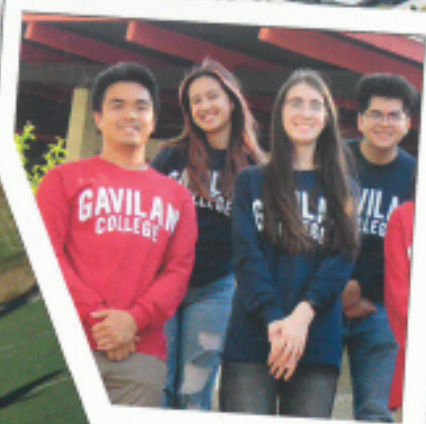


GAVILAN COLLEGE

Gilroy • Hollister • Morgan Hill • San Juan Bautista • San Martin

GAV 4 FREE

- FREE Tuition for 1 year
- Open to all



bit.ly/gav4free



SAN BENITO YOUTH ASSOCIATION

COME JOIN THE YOUTH-BASED COALITION

THIS OPPORTUNITY IS FOR YOUTH AGED 13-18 WHO WANT TO PROMOTE A TOBACCO-FREE COMMUNITY AND DRIVE CHANGE.

BI-MONTHLY MEETINGS THAT ARE LIVELY, ENJOYABLE, AND INVOLVE DELICIOUS FOOD WHILE WORKING.



LOOKING TO RACK UP THOSE COMMUNITY SERVICE HOURS?



DREAMING OF A CHANCE TO EXPLORE NEW HORIZONS WHILE MAKING A DIFFERENCE IN THE WORLD?



WANT GIFT CARDS, FOOD AND OTHER INCENTIVES?

HANKERING AFTER SOME TOP-NOTCH COLLEGE RECOMMENDATION LETTERS?



INTERESTED IN JOINING?

CONTACT JAVIER PEREZ
JPerez@COSB.US
(831) 902-9892



San Benito Youth Association



What We Need:

The Tobacco Education Program is seeking help from young adults aged 18-20 for a tobacco sting operation.



What Decoys

Will Do:

Pose as customers and attempt to purchase tobacco products. Decoys would not complete the transaction, but instead trigger an attempt by the cashier. Officers will issue citations to shops that violate tobacco laws.

Training:

-Two training days, each one hour in length



Contact Information

Crystal Ortiz: crortiz@cosb.us
Javier Perez: jperez@cosb.us



A sweet prize for finishing strong!

Participants can receive a \$20 gift card, service hours, and a personal recommendation letter from the San Benito County Tobacco Educational Program.



San Benito County Health and Human Services

+831-636-4180

<https://hhsa.cosb.us>

1111 San Felipe Rd Suite

Hollister, CA 95023



In San Benito County...

many families need help putting food on the table.

San Benito County Public Health

+831-637-5367

<https://hhsa.cosb.us>

351 Tres Pinos Rd. Suit A-202

Hollister, CA 95023

Need Food?

Nececita Comida?

En el Condado de San Benito...

muchas familias necesitan ayuda en poner comida en la mesa.





Funded by USDA SNAP, an equal opportunity provider and employer. Visit CalFreshHealthyLiving.org for healthy tips.

Food Resources that can help:

211 Call 2-1-1


- 211 in San Benito County can help you find food, housing, health care, senior services, child care, legal aid and much more. Available 24/7
- El 211 en el condado de San Benito le ayuda en obtener alimentos, vivienda, cuidado de salud, servicios para la gente de mayor edad, cuidado de niños, ayuda legal y más. Disponible 24/7

WIC 831-637-6871

- The Woman, Infants, and Children Supplemental Nutrition Program serves women who are pregnant, breastfeeding, or recently had a baby as well as infants and children under 5 years old, who meet the WIC income limits.
 - WIC (Mujeres, Infantes y Niños) sirve a las mujeres quienes están embarazadas, amamantando, o que acaban de tener un bebe, quienes también califican los límites de ingreso establecidos por WIC.
-  www.sanbenitohealth.org
 351 Felice Dr.
Hollister, CA 95023

CalFresh Food 831-636-4180

- The CalFresh Food Program can add to your food budget and help put healthy and nutritious food on the table. Monthly electronic benefits can be used to buy most foods at many markets, farmers' markets, and food stores.
- CalFresh Food le puede ayudar a aumentar el dinero que tiene para el presupuesto de los alimentos y le puede ayudar a poner alimentos sanos en la mesa. Los beneficios serán recibidos en una tarjeta debito mensualmente y se poder usar en un supermercado o los mercados al aire abierto.


 www.benefitscal.com


 1111 San Felipe Rd. Suite 206
Hollister, CA 95023

Jovenes de Antaño

Senior Center 831-637-9275

- Jovenes de Antaño is dedicated to improving the general welfare of older adults and people with disabilities including congregate meals and meals on wheels.
- Jovenes de Antaño se dedica a mejorar el bienestar general de los adultos mayores y personas con discapacidad incluyendo comidas y comidas congregadas sobre ruedas.


 www.jdasbcseniors.org


 300 West St.
Hollister, CA 95023

Recursos alimentarios que pueden ayudar:

Community Food Bank 831-637-0340
Banco de comida de la comunidad


- The Food Bank's Community Pantry provides bilingual referrals and information to connect people in need of food to food distributions, meal programs, and brown bag delivery (for seniors).
- Provee referencias e información bilingüe que conecta a la gente que necesita comida a dispensas, programas de comida, y entrega de bolsas marrón (para personas mayores).


 www.communityfoodbankofsbcc.org

 1133 San Felipe Rd.
Hollister, CA 95023

Salvation Army 831-636-9832

- The Salvation Army's neighborhood food pantry provides nutritionally balanced groceries for individuals and families.
- La dispensa de alimentos del vecindario del Ejército de Salvación ofrece alimentos nutricionalmente balanceados para individuos y familias.

 www.hollister.salvationarmy.org

 910 Buena Vista Rd.
Hollister, CA 95023



Your Health Happens Here

The Open Enrollment Period Ends January 31!

Health plans start at \$0 per month.

Medical and pharmacy deductibles are also as low as \$0 per month

Don't miss your chance to find a new health plan, right here in your community.

At Valley Health Plan, our mission is to help our members get the healthcare they need, close to home. We've served the California community with affordable, high-quality health plans for 40 years, made for residents of Santa Clara, San Benito, and Monterey counties.



Don't wait! The right health plan for you is right here.

Call 408.885.3560

Visit www.valleyhealthplan.org/CoveredCA to enroll on Covered California.

Affordable plan options.

We offer Bronze, Silver, Gold, and Platinum tiers of plans. Each tier includes low-cost health benefits and local coverage.

Get care in your community.

You'll have access to our growing network of local doctors, hospitals, and clinics.

Access a range of providers.

Our network includes primary care, specialty care, mental health care, and more.

Get help close to home.

Our helpful, friendly staff are here to offer you in-person assistance.

Get answers on the phone and on video.

Our 24/7 Nurse Advice Line and video health services are here to help you get medical service from home.

Live life to the fullest with extra services!

These include fitness, nutrition, and health education classes.





**Would like to share an announcement? Email our Project
Coordinator at crortiz@cosb.us**

Cessation Resources

KICK/IT
California

Ready to Quit?

**Kick It CA is a free program that helps Californians kick
tobacco with the help of proven, science-based strategies.
Take the first step toward quitting.**

For more information:

**San Benito County Tobacco Education Program 351 Tres Pinos Rd,
Suite A-202 Hollister, CA 95023 Tel: (831) 637-5367 Monday-Friday:
8:00am to 5:00pm**

San Benito County Tobacco Education Program Coalitions