

# JANUARY 2024 WELLNESS COALITION NEWSLETTER

WELLNESS COALITION  
OF SAN BENITO COUNTY  
Est. 1990

**Happy January Wellness Coalition Members!**  
**Read below for updates:**

## Nutrition News!

Eat mandarin oranges as soon as you can - no more than a week from bringing them home. Refrigerate to delay spoilage and preserve flavor!

## **RAPID RECIPES**

### Mandarin Salad-

3 cups spinach, washed and drained

2 (15oz.) cans mandarin oranges packed in 100% juice, drained

1/4 cup reduced-fat, Asian Sesame dressing

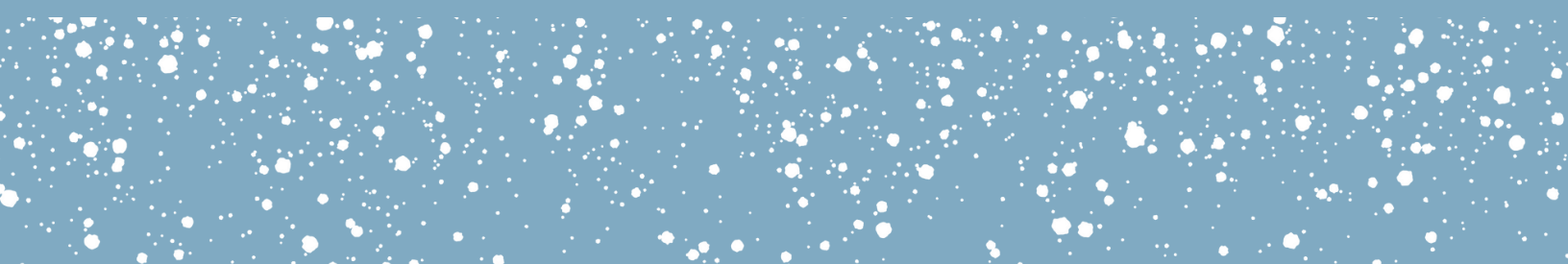
Combine all the ingredients into a bowl and toss gently until thoroughly coated. Serve immediately.



## New Year, New You!

The beginning of the year is a great time to re-focus on wellness. Through the 5-2-1-0 Healthy Choices Count! program, you and your family can learn how to set realistic goals to improve your health. Learn more about the program and access free resources by visiting: [www.iowahealthieststate.com/5210](http://www.iowahealthieststate.com/5210).

## Mangos

- ◆ You may notice different types of mangoes at the store. Try them to see which you like best.
    - ◆ A ripe mango will give slightly when you squeeze it. Color is not a good judge of ripeness.
    - ◆ You can leave an unripe mango on the counter for a few days to ripen it. Put it in a paper sack to speed up the process.
    - ◆ Mangoes are easy to eat once you learn how to cut them: [www.mango.org/how-to-cut-a-mango/](http://www.mango.org/how-to-cut-a-mango/).
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# ORGANIZATION

## Spotlight



### CALFRESH HEALTHY LIVING

- Provides nutrition and physical activity education for afterschool programs and elementary school classrooms.
- Provides adult nutrition education
- Provides physical activity curriculum education to afterschool staff members
- Partners with organizations and attends health fairs to promote nutrition and physical education

# ANNOUNCEMENTS

## Upcoming Coalition Meeting:

**Next Wellness Coalition meeting will be held March  
5th, 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](mailto:crortiz@cosb.us)**



# Stay protected from Covid-19 & Flu this fall & winter

by getting your updated Flu & Covid-19 vaccines

For information about where to get vaccinated,  
check with:

- ▶ Your healthcare provider
- ▶ Pharmacy
- ▶ Health department
- ▶ [Myturn.ca.gov](https://myturn.ca.gov)
- ▶ [Vaccines.gov](https://vaccines.gov)



For more information call  
San Benito County Public Health Services  
**(831)637-5367**



# Manténgase protegido del Covid-19 y la gripe este otoño e invierno

obteniendo sus vacunas actualizadas contra la gripe y el Covid-19

Para información sobre dónde vacunarse, consulte con:

- Su proveedor de salud
- Farmacia
- Departamento de salud
- [Myturn.ca.gov](https://myturn.ca.gov)
- [Vaccines.gov](https://vaccines.gov)



Para más información, llame al  
Servicios de salud pública del condado de San Benito

**(831)637-5367**







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](https://bit.ly/gav4free)

# 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

## 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.

## Contact Information

Crystal Ortiz: [cortiz@cosb.us](mailto:cortiz@cosb.us)  
Javier Perez: [jperez@cosb.us](mailto:jperez@cosb.us)





Free Dental Screening, Referrals,  
Fluoride Varnish, & Goody Bags!

JOIN US  
TUESDAY  
FEBRUARY 27, 2024



**Public Health Immunization Clinic**  
**1-4:30 pm, 351 Tres Piños Rd., Ste B.**  
**Call us for more information:**  
**831-637-5367**

Fun kid activities, tobacco education,  
sugar education, car seat education!



**Exámenes dentales gratuitos, referencias,  
barniz de fluoruro y bolsas de regalos**

**ÚNASE CON  
NOSOTROS  
MARTES 27 DE  
FEBRERO DEL 2024**



**Clínica de Vacunación de Salud Pública  
1pm a 4:30 p.m, 351 Tres Piños Rd., Ste B  
Llámenos para obtener más información:  
831-637-5367**

**¡Actividades divertidas para niños, educación sobre el tabaco,  
educación sobre el azúcar, educación sobre asientos para  
niños de automóvil!**





**Would like to share an announcement? Email our Project Coordinator at [cortiz@cosb.us](mailto:cortiz@cosb.us)**

## **Cessation Resources**



**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](#)**