

**HAPPY JULY WELLNESS COALITION MEMBERS!
READ BELOW FOR TOBACCO NEWS:**



San Benito's Youth Association attended CYAN's annual statewide conference for the second year! CYAN aims to empower youth working on tobacco-free initiatives. The event provides training in advocacy, coalition development, public speaking, and community engagement to enhance youth engagement in local policy change efforts.

Upcoming Coalition Meeting:

**Next Wellness Coalition meeting will be held
September 2024
Location TBD**

If you are interested in joining our coalition and presenting at our next meeting, please contact Javier Perez at jperez@sanbenitocountyca.gov

ORGANIZATION

Spotlight



SBC OPIOIDS TASK FORCE

- San Benito County Opioid Task Force, est. in 2017, is a cross-collaborative, multi-agency coalition whose purpose is to address the opioid crisis locally through partnership & prevention efforts.
- Focus areas of the OTF have been (but not limited to) naloxone training & distribution, education and outreach, safe disposal of expired & unused medications, safe prescribing, expanding support and treatment resources, awareness and education about fentanyl & other emerging substances.
- The coalition's efforts have resulted in: -Over one thousand persons trained to use naloxone -Over 4,000 doses dispersed into the community -Placing 6 naloxone distribution boxes in various areas to allow for 24/7 access to naloxone for free -Panel presentation at Hollister High school taking place over 4 days & reaching 1400 students -Greater than 50% reduction in opioid prescription rate
- The coalition thanks its members and our community for the ongoing support, partnerships, efforts to increase awareness and keep our residents safe and healthy!



Fuel Your Fun

Is Snacking OK For My Family?

Having a snack in between a meal is perfectly acceptable! Snacks help kids get the nutrients and energy they need to grow and stay active. Most kids need to eat every 3-4 hours. Plan for snacks to keep kids from grazing all day long and ruining their appetite at mealtime.

Keep healthier snacks on hand, such as fresh fruit and veggies, low-fat cheese sticks, whole grain crackers, or low-fat yogurt. Create spaces in your cupboards or refrigerators that are designated spots for a healthy grab- and- go snack.



Unplug to Have More Fun!

This Summer, focus on reducing your screen-time! What's your favorite non-screen activity? Aim for 2 or less hours a day in front of a TV, smart phone, or tablet device.



How to Pick a Good Cantaloupe

Color: The outside should be golden with a flat, yellowish spot, which means it ripened on the vine.

Firmness: The ends of the melon should yield slightly when gently pressed.

Weight: It should feel heavy for its size when compared to other cantaloupe.



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



Alimenta tu diversión

¿Está bien que mi familia tome botanas?

¡Tomar una botana entre comidas es perfectamente aceptable! Las botanas ayudan a los niños a obtener los nutrientes y la energía que necesitan para crecer y mantenerse activos. La mayoría de los niños necesitan comer cada 3 o 4 horas. Planifique botanas para evitar que los niños coman todo el día y arruinen su apetito a la hora de comer.

Tenga a mano botanas más saludables, como frutas y verduras frescas, palitos de queso bajos en grasa, galletas integrales o yogur bajo en grasa. Cree espacios en sus alacenas o refrigeradores que sean lugares designados para una botana saludable para llevar.



¡Desconéctate para divertirte más!

¡Este verano, concéntrate en reducir el tiempo que pasas frente a la pantalla! ¿Cuál es tu actividad favorita fuera de la pantalla? Trate de pasar 2 horas o menos al día frente a un televisor, teléfono inteligente o tableta.



Cómo elegir un buen melón

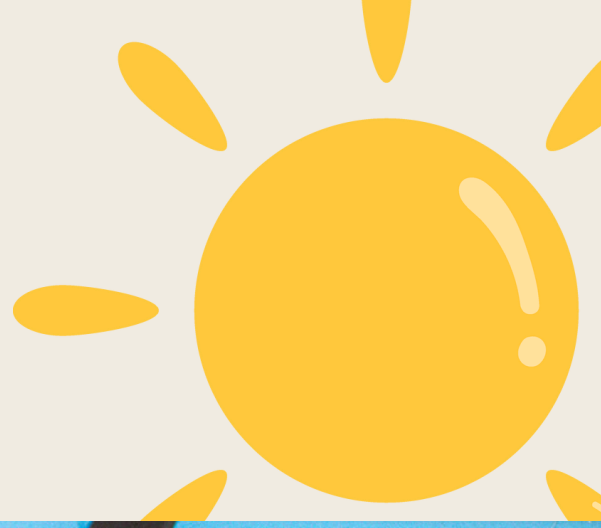
Color: El exterior debe ser dorado con una mancha plana y amarillenta, lo que significa que maduró en la viña.

Firmeza: Las puntas del melón deben ceder ligeramente al presionarlas suavemente.

Peso: Debe sentirse pesado para su tamaño en comparación con otros melones.



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Visit www.CalFreshHealthyLiving.org for healthy tips.



GAV 4 FREE!

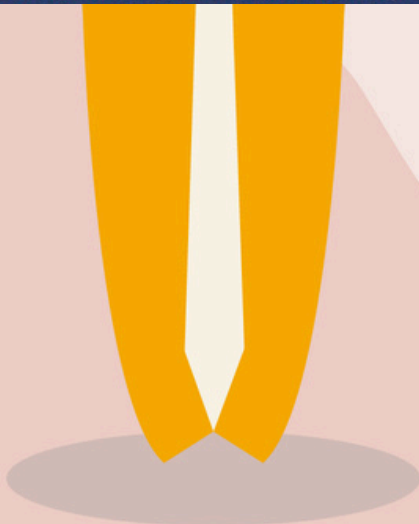
**LAST CHANCE FOR
FREE TUITION**

 **GAVILAN COLLEGE**

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



bit.ly/gav4free





Interested in going to college?

Join TRIO Upward Bound!

Academic Advising
& Mentorship

FASFA, Scholarship,
College Application
Assistance

Career
Counseling

University
Campus Visits

APPLY NOW >

tinyurl.com/YATRIOUB



Lorena Villagómez
TRIO Upward Bound Director
831.265.1243
Lorena@youthall.org

Eligibility Criteria:

- Attending Hollister High School
- 2.5 or higher GPA
- Qualify as a Low-income and/or First-Gen Student



WORLD BREASTFEEDING CELEBRATION

DRIVE THROUGH EVENT

Thursday, August 1st

10:30 am - 12:30 pm

**Hazel Hawkins Hospital
Women's Center**



WABA | WORLD BREASTFEEDING WEEK 2024



Please enter the campus through the ER Driveway and follow directions to join the drive-through que line.

Join us to celebrate the benefits of breastfeeding and receive information for your family from our community partners.

- ♥ Family/Newborn Wellness
- ♥ Car Seat Safety
- ♥ Drawings for Car Seats and Breast Pumps
- ♥ Reading Developmental Milestones
- ♥ Breastfeeding Information
- ♥ World Breastfeeding Week Give-Aways
- ♥ Dr. Armstrong's Famous Lactation Cookies
- ♥ Photo Ops
- ♥ Do you have extra breastmilk? Sign up to be a breastmilk donor to help save tiny babies lives.



Hazel Hawkins
MEMORIAL HOSPITAL



San Benito County



baby care kits

FREE KIT DISTRIBUTION

August 17th
10 AM - 12 PM
Drive-thru
while supplies last

Instructions:

- Head North on Egleberry until reaching Informed Choices at 66 1st St. Gilroy, Ca. 95020.
- A volunteer will hand each recipient a FREE baby care kit box. (each kit contains one diaper size ranging from 1 - 5. *while supplies last*)

Questions? Call 408-847-8880 or info@informed-choices.org

BABY CARE KIT CONTAINS:



24
Diapers



1 Diaper
Cream



1 Pack of
Baby Wipes



1 Baby
Wash



1 Washcloth

kits de bebé

**GRATIS:
DISTRIBUCIÓN
DE KITS**

Fecha: 17 de agosto

Hora: 10 AM - 12 PM

Drive-thru

hasta agotar el stock

Instrucciones:

- Vaya hacia el norte por Egleberry hasta llegar a Informed Choices en 66 1st St. Gilroy, CA. 95020.
- Un voluntario le dará GRATIS una caja con un kit para el cuidado del bebé.

(Cada kit contiene pañales en una talla entre 1-5 *hasta agotar el stock*)

¿Preguntas? info@informed-choices.org o 408-847-8880

EL KIT DE BEBÉ CONTIENE:



24 pañales



**1 crema
para
rosaduras**



**1 paquete
pañales húmedos**



**1 jabón
para
bebé**



1 toallita



ORAL HEALTH ADVISORY COMMITTEE MEETING

JOIN US

AUGUST 27TH, 2024 2PM



TOPICS INCLUDE:

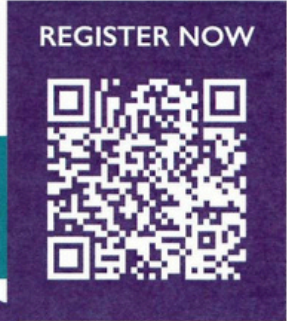
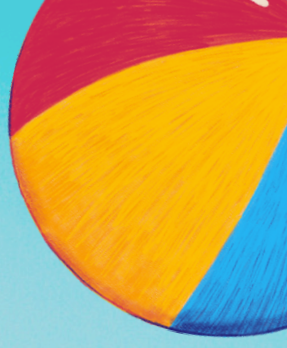
- Latest activities
- New screening results
- New Kindergarten brushing video
- Should you be eating Takis?
- Questions and answers

Questions?



Scan here





5K Run/Walk at Southside Sand and Gravel • September 14, 2024
Benefiting the YMCA of San Benito County





SAN BENITO YOUTH ASSOCIATION

COME JOIN THE YOUTH-BASED COALITION

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

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



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?



INTRESTED IN JOINING?

CONTACT JAVIER PEREZ

JPerez@sanbenitocountyca.gov

(831) 902-9892



Would like to share an announcement? Email our Coalition & Community Engagement Coordinator at jperez@sanbenitocountyca.gov

Cessation Resources

The logo for KICK IT California is centered on a white rectangular background. The word "KICK" is in a large, bold, orange sans-serif font. A diagonal slash is positioned between "KICK" and "IT". The word "IT" is also in a large, bold, orange sans-serif font. Below "KICK / IT", the word "California" is written in a smaller, orange sans-serif font.

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