

# CRRRC News Update



**Open:**  
**Tuesday 11 am—2 pm**  
**Wednesday 9 am—1 pm**  
**Friday 9am—12 pm**  
**Come and visit the food pantry or apply for CalFresh and Medi-Cal!**



**HARVEST OF THE MONTH:**  
**DRIED FRUITS**

**How to Store:**  
Store dried fruit in a reseal-able plastic bag in the refrigerator.

**How to Eat:**  
Toss dried fruit into trail mix for an on-the-go snack.  
Sprinkle dried fruit on top of salads for a sweet flavor.

**MINDFULNESS MATTERS:**

Keep a Self-Esteem Journal

As a student in the middle of the semester, you are busy. It can be easy to get caught up doing assignment after assignment without taking a breath. Taking time to appreciate to appreciate yourself and your accomplishments. One way to do this is by self-esteem journaling. Write three sentences on each day of the week using the back of this newsletter.



**Be on the look out for an opportunity to participate in a focus group about food security.**

**Lunch will be provided!**

**5 REASONS COLLEGE STUDENTS SHOULD MAKE TIME FOR EXERCISE**

- ◆ Exercise stimulates brain cell development
- ◆ Exercise improves memory retention
- ◆ Exercise increases focus and concentration
- ◆ Exercise boosts mood
- ◆ Exercise relieves stress