

Food Pantry Summer Update



HARVEST OF THE MONTH: SALAD GREENS

How to Select

Choose crisp lettuce with deep green color. If your salad greens are wilted, put them in a bowl of cold water with ice cubes and soak for about 15 minutes.

How to Store:

Keep green leafy vegetables for up to one week in a loose plastic bag in the refrigerator.

Nutrition

Vitamin A keeps our eyes working and our cells growing. Vitamin K helps our bodies heal quickly.

MINDFULNESS MATTERS

Mindful Eating: Take a minute to slow down and bring your awareness to the present moment. Mindful eating is about noticing and appreciating the sensations— appearance, smell, touch, taste and feel of food. You can use an orange wedge or any other piece of fruit.

Step 1: Notice what the orange wedge looks and feels like in your palm. What color is it? Is the peel bumpy?

Step 2: Bring the orange to your nose. Notice its scent. Slowly bite the orange and begin chewing softly.

Step 3: Allow the juice to flow throughout your mouth. Notice the flavor and the sensations on your tongue.

<https://www.pocketmindfulness.com/mindful-eating-the-best-meal-youve-had-in-years/>

HOW MUCH WATER SHOULD I DRINK?

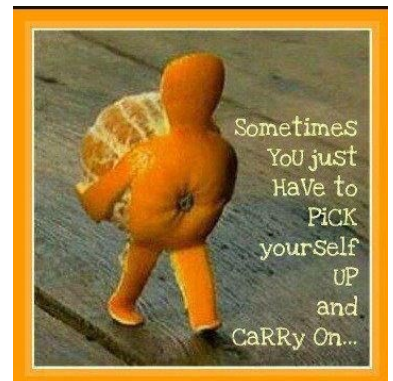
Did you know that the amount of water you should consume can vary based on your gender, age, level of activity, and environment?

During summer you should up your fluid intake to combat the hotter weather and sun exposure that can dehydrate your body more quickly.

To calculate your optimal water intake:

Your Body Weight \times $\frac{2}{3}$ = ounces of water per day

_____ \times $\frac{2}{3}$ = _____ ounces per day



WANT TO VISIT THE FOOD PANTRY DURING SUMMER? HERE'S HOW!

Food bags will be available at the following locations on campus:

- ⇒ EOPS
- ⇒ DSPS
- ⇒ TRiO
- ⇒ ASC
- ⇒ Counseling

Students can go to **ONE** of these locations on campus once a week to have access to food assistance. Please be sure to bring your school ID with you when you go to pick up a food bag. If you want to apply for CalFresh please ask for an application and see the process below for getting assistance with the application.

To Pick Up a Food Bag:

Ask the front desk for a food bag from the Food Pantry and sign in on the sheet provided.

For CalFresh Application Assistance:

If you have any questions call the Eureka call center at 1-877-410-8809. If you have a specific CR question, email crrcandpantry@gmail.com with your contact information and Ashley will contact you when available.

HUMBOLDT COUNTY FARMERS MARKETS

Old Town, Eureka	Eureka Natural Foods in McKinleyville	Henderson Center in Eureka	Willow Creek	Arcata Plaza Farmers' Market
Tuesdays 10am-2pm. June 6th- October 31st, 2017	Thursdays 3:30-6:30pm June 1st- October 26th, 2017	Thursdays 10am-1pm. June 1st - October 26th, 2017	Thursday's 5pm-8pm. June 1st- October 26th, 2017	Saturdays, 9am-2pm April 1st - November 18th, 2017.

HUMBOLDT COUNTY FREE PRODUCE DISTRIBUTION

Food for People 307 W. 14th St. Eureka	3rd Thursdays 12-2pm	May 18th	June 15th	July 20th	August 17th	September 21st	October 19th
Fortuna Community Services 2331 Rohnerville Rd.	3rd Wed. 11:30am- 1:30pm	May 17th	June 21st	July 19th	August 16th	September 20th	October 18th
Garberville Presbyterian Church 437 Maple Ln.	2nd Tuesdays 10:30am-12pm	May 9th	June 13th	July 11th	August 8th	September 12th	October 10th
Redway Baptist Church 553 Redway Dr.	2nd Tuesdays 12:30pm- 1:30pm	May 9th	June 13th	July 11th	August 8th	September 12th	October 10th