

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: ORANGES

How to Select

Choose oranges that have firm smooth skins and are heavy for their size.

How to Eat

peel and enjoy, serve sliced with plain yogurt, drizzled with honey or sprinkles with cinnamon.

Nutrition

Excellent source of vitamin C, good source of fiber

Eatfresh.org

MINDFULNESS MATTERS

College can be a time full of exciting, but often times stressful transitions and new experiences. Many of us are juggling school, family, jobs, financial problems, relationships all while trying to figure out who and what we want to be. Mindfulness is a way of stepping back to acknowledge and appreciate the present moment without judgement. These exercises are aimed to manage stress and gain a healthier perspective.

5-4-3-2-1

Name **5** things you can see in the room. Name **4** things you can feel (“feet on the floor”), Name **3** things you can hear right now, Name **2** things you can smell right now, name **1** quality you appreciate about yourself.
Finish with several slow breaths.

DESKERCISE?!

As you return to school and sit at a desk in class, in the library or at home, don't forget to move!

1. Just stand up and sit down -- no hands
2. Substitute exercise for sitting -- while you work
3. Shrug your shoulders -- to release the neck and shoulders
4. Loosen the hands with air circles
5. Point your fingers -- good for hands, wrist, and forearms
6. Release the upper body with a torso twist
7. Do leg extensions -- work the abs and legs
8. Stretch your back with a "big hug"
9. Cross your arms -- for the shoulders and upper back
10. Stretch your back and shoulders with a "leg hug"
11. Look up to release upper body
12. Substitute walks for email -- and don't eat at your desk

How can I get involved? I'm glad you asked!

- Share ideas with Staff about events, food items, recipes, etc.
- Join research activities