

# Food Pantry Newsletter

## OPEN HOURS

Monday 10:00 am - 2:00 pm

Wednesday 10:00 am - 2:00 pm

Friday 10:00 am—2:00 pm

Come and visit the Food Pantry or apply for CalFresh and Medi-Cal!



## **Harvest of the Month: KIWI**

### **How to Select:**

Choose kiwi based on the skin color.

Look for fruit that's plump.

Inspect kiwis for bruising, blemishes, and wrinkles.

Press the fruit gently to test ripeness.

Smell the kiwi. Unripe kiwi has no scent

### **How to Store:**

In a paper bag for 2-3 days until ripe

5-7 days after they are ripe

**Nutrition:** Vitamin C, A, Calcium

## **Mindfulness Matters**

### **Mindful Listening**

This exercise is designed to open your ears to sound in a non-judgmental way, and indeed to train your mind to be less swayed by the influence of past experiences and preconception.

1. Close your eyes and put on your headphones.
2. Try not to get drawn into judging the music by its genre, title or artist name before it has begun.
3. Allow yourself to explore every aspect of track.
4. Explore the song by listening to the dynamics of each instrument. Separate each sound in your mind and analyze each one by one.
5. Hone in on the vocals: the sound of the voice, its range and tones

The idea is to listen intently, to become fully entwined with the composition without preconception or judgment of the genre, artist, lyrics or instrumentation. Don't think, hear.

<https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>



## PAY IT FORWARD

Why not celebrate February 14! Not [as] a mushy, contrived spirit of affected sentimentality, but a spirit of defiance towards injustice, of the indomitable will to do what is necessary to protect basic human rights, even in the face of governmental opposition or outright oppression, a spirit of humility and compassion that cries out to do what is right and help others? This integrity and fierce commitment is the spirit of love at the core of Valentine's Day, the spirit of Valentine's Day that we should be keeping.

Granted celebrating Valentine's Day this way sounds much more difficult than just celebrating our romantic love with flowers, but certainly seems like a more daunting task. So, let's keep it simple and start small.

There are a million ways to show this kind of Valentine's Day spirit, since it is at heart a dedication to doing the right thing and showing your support and respect for the human rights and dignity of others.

Do something nice for someone just because

Write to your Congressperson in support of, protest, an issue that you're passionate about

[https://www.huffingtonpost.com/tammara.../keeping-the-spirit-of-val\\_b\\_6674966.htm](https://www.huffingtonpost.com/tammara.../keeping-the-spirit-of-val_b_6674966.htm)