

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, Medi-Cal and WIC!



HARVEST OF THE MONTH:
LEEKS

How to Select:
 Look for small, firm, straight leeks with dark green leaves and white stems.

How to Eat:
 Soups, stews, pasta dishes and quiche. Often they are paired with other vegetables such as potatoes, mushrooms and asparagus, but they are also delicious with chicken and seafood.

Nutrition
 Leeks are fat free, cholesterol free and very low in sodium. They are an excellent source of vitamin A and a good source of vitamin C.

MINDFULNESS MATTERS

Walking Meditation
 Walking during the day — at least ten or fifteen minutes — then you can do a little walking mindfulness meditation.
 It'll be easiest if done somewhere with fewer distractions, but try it anywhere and see what happens.
 As when cultivating all forms of mindfulness, it's about focusing the attention.
 At first, people often concentrate on the sensation of their feet touching the ground.
 You could just as easily focus on your breath and/or move the attention around your body, feet to head.
 The key is to develop a sort of relaxed attention. When your mind wanders away, try saying “wandering” to yourself and continue without judgement.

HEART HEALTH

American Heart Association Recommends following for Overall Cardiovascular Health:

- At least **30 minutes of moderate-intensity** aerobic activity at least **5 days per week for a total of 150 OR**
- At least **25 minutes of vigorous** aerobic activity at least **3 days per week for a total of 75 minutes**; or a combination of moderate- and vigorous-intensity aerobic activity **AND**
- **Moderate- to high-intensity muscle-strengthening activity** at least **2 days per week** for additional health benefits.

For Lowering Blood Pressure and Cholesterol

- An average **40 minutes of moderate- to vigorous-intensity** aerobic activity **3 or 4 times per week**