



## Official Newsletter of WIC Worksite Wellness

# GOT LEFTOVERS? SAVE MONEY & OUR PLANET!

*Lauren Yowell & Pedro Guzman*

Did you know, that every year 1.3 billion tons of food end up in the trash and are wasted? (1) That's equivalent to the weight of Mt. Everest and could feed 1/8th of the world's population each year! (3) Food waste contributes to things like food insecurity, undernourishment, wasting your money, and environmental damage! Planning, prepping, and storing food can help your family reduce food waste. (2) Here are some ideas to get you started:

- Plan ahead by creating a grocery list to avoid overspending.
- Avoid waste by saving leftovers and eating them the next day.
- Reduce portion sizes; you can always go back for seconds if you are hungry!
- Correctly store foods at proper temperatures for longer preservation.
- Prepare perishable foods immediately after shopping, making it easier to create snacks or meals later in the week.
- Avoid buying foods you already have by first checking your refrigerator and cupboards.



# GARDENING

*Brianda Gonzalez & Ashlyn Gonzales*

Gardening is associated with reduced anxiety, depression and stress, while also improving community wellbeing. (4)

## **Benefits:**

### **1. Stress Relief**

Natural scenery and green spaces reduce stress levels, increase relaxation and help with managing chronic stress.(5)

### **2. Physical Activity**

You can burn the same amount of calories at a gym as you do working in a garden.(6)

### **3. Sunlight Exposure**

The exposure to sunlight lowers blood pressure and increases vitamin D levels which contributes to bone health.(6)

### **4. Increase Fruit and Vegetable Intake**

Individuals who have their own home gardens eat more fruits and vegetables than those who do not. (7)

### **5. Social Connection**

Community gardening is an amazing way to get involved with those around you.(8)



# VEGAN AVOCADO CEVICHE

Dannie Haber, Carla Corrales & Sherry Dinh

This recipe is refreshing and delightful for the upcoming warm weather! It is easy to prepare and makes the perfect side dish appetizer with chips!

Prep time: **20 min**

Servings: **2**

## Ingredients

- ½ cup quinoa
- 1 celery stalk
- 1 small cucumber
- 1 small red bell pepper
- ½ cup red onion
- 1 avocado
- ¼ cup chopped fresh basil leaves
- ¼ cup chopped fresh cilantro (optional)
- ¼ cup lemon juice
- ¼ tsp salt
- ¼ tsp pepper

## Instructions

1. Prepare the quinoa according to the instructions on the package.
2. Chop celery, cucumber, bell pepper and red onion into small bite-size cubes.
3. Chop the avocado into bite-sized cubes and mix with chopped vegetables and quinoa. Next stir in the basil and cilantro.
4. Add the lemon juice and season with salt and pepper. Enjoy!

## WHY TRY IT?

**This flavorful recipe is loaded with essential nutrients to make you feel great!**

**Omega 3 Fatty Acids:** reduces the risk of heart disease (9)

- Avocado
- Quinoa

**Fiber:** good for digestion and keeps you feeling full (10)

- Quinoa
- Cucumber
- Celery
- Bell pepper
- Avocado

**Protein:** helps build muscle and provides energy (10,11,12)

- Quinoa
- Avocado

**Vitamin A, C, & K:** good for cell protection, strengthens the immune system and supports eye health (13)

- Vitamin A
  - Bell pepper, basil, celery
- Vitamin C
  - Bell pepper, lemon juice, avocado, and cucumber
- Vitamin K
  - Basil, celery, avocado, cilantro

## Nutrition Facts

*Per serving(12)*

- Calories: 230 kcal
- Total fat: 12 g
- Saturated fat: 1.9 g
- Cholesterol: 0 mg
- Sodium: 118 mg
- Carbohydrate: 31 g
- Fiber: 8.8 g
- Sugar: 0 g
- Protein: 4.5 g

# FREE APPS TO PROMOTE SUSTAINABILITY

Bruna Honorio & Rachel Jensen



**EcoHero** helps you complete daily challenges that guide you to a more eco-friendly life. The best part is that it calculates the positive impact of each activity, like reducing CO2 emissions or water use, keeping you motivated along the journey!



**Green Choice** gives products in the markets a score by analyzing four areas: environment, processing, food safety, and nutrition. You can filter your preferences and get directed to eco-friendly options that you enjoy. This app will help you make well-informed choices that are kinder to the Earth.

## EVENTS & PROGRAM UPDATES

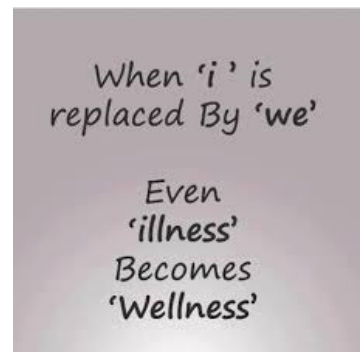
### Wellness Wednesdays Starts on June 2nd!

#### Please join us for:

- Compassionate Body Scan Meditation, June 2, 12:30-1:00pm.
- Yoga for at work or a desk, June 9, 12:30-1:00pm.
- Qigong with Cat, June 16, 12:30-1:00pm.
- More sessions to come...you can join WIC Wellness Wednesdays by clicking [HERE!](#)
- You can always check the CWA calendar and look for WIC Wellness Wednesdays to see what's going on every week by clicking [HERE!](#)

#### Interested in hosting a Wellness Wednesday?

- Sign up [HERE](#) today and/or email [Jodi @ jnulliganpfile@calwic.org](mailto:Jodi@jnulliganpfile@calwic.org) with questions.
- Hosting a Wellness Wednesday will work towards your Well WIC Worksite Certification and Recertification, and help your colleagues and coworkers focus on self-care every week!



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