



Official Newsletter of WIC Worksite Wellness

CULTIVATING TRUSTED RELATIONSHIPS (AT WORK)

Aneth Gonzalez & Chelsie Miller

Trust is believing that someone is reliable and can be counted on which is very important, especially at work.^{1,2} Trust can break down at work if we are not honest and do not [communicate effectively](#).² Here are a few tips that can help build trust at work:

1. **Create positive social connections** - [Supporting](#) your coworkers helps everyone feel like they belong, which helps improve work quality.³
2. **Be clear and concise** - Think of what you want to say and who you are saying it to. You do not need to use a lot of fancy words.⁴
3. **Tone awareness** - How you say or write things can affect how someone understands what you are saying. Choosing your words carefully and using a positive tone can help promote trust.⁴
4. **Acknowledge emotions** - Using simple phrases like “you seem upset” or “you look excited,” let your coworker(s) know that they are seen and valued, which builds trust.⁵

INCLUSION & BELONGING AT WORK



Meghen Lord & Karina Montes

Inclusion and belonging are essential ingredients at work. Inclusion creates safe spaces for understanding.⁶ Understanding and inclusion can offer a sense of belonging.⁷ Belonging is important for personal wellbeing⁸ and creating more diverse and effective workplaces.⁹ To create more inclusion and belonging at work, consider trying these tips with your team members:

1. Be mindful of your words & actions
2. Keep an open mind to everyone's suggestions and efforts
3. Practice empathy & provide opportunities to learn from each other
4. Welcome everyone's input and be open to understanding different life experiences
5. Respect everyone's boundaries
6. Write an anonymous note that compliments a team member's skill or trait

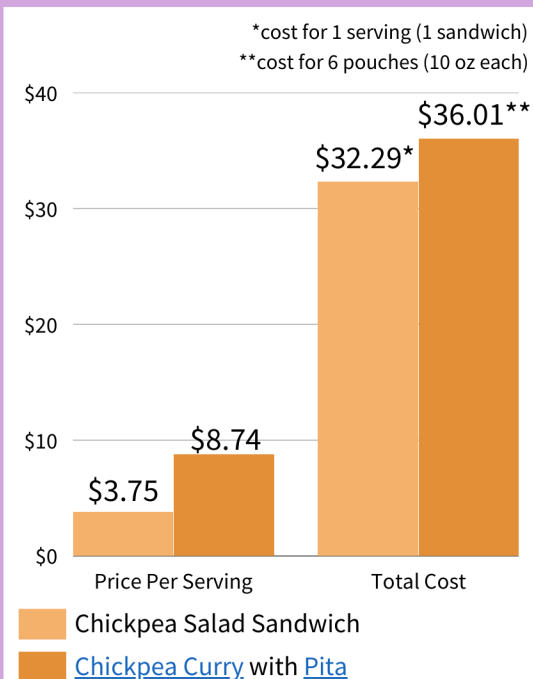
CHICKPEA SALAD SANDWICH

By Ashley Gubicza, Grace Klein, & Kacey Van Duzer



If you're looking for a fun and delicious sandwich option, this one is a must try! This chickpea salad sandwich is packed with nutritious ingredients and will make you feel amazing. Chickpeas, also called garbanzo beans, are a good source of protein, carbohydrates, and vitamins helping you feel fueled, full, and ready to go!¹⁰

PRICE COMPARISON



Total time: 25 minutes **Prep Time:** 20 minutes **Servings:** 1

Ingredients:¹¹

- ½ (15 ounce) can of reduced-sodium chickpeas, rinsed and drained
- 1 ½ tablespoons nonfat plain yogurt
- 1 tablespoon freshly squeezed lemon juice
- ¼ teaspoon garlic powder
- ⅛ teaspoon black pepper
- ½ tablespoon maple syrup
- ⅛ teaspoon curry powder
- 1 stalk celery, finely chopped
- ½ green onion, finely chopped
- 3 tablespoons raisins
- 1 whole wheat pita

Instructions:¹¹

1. Place the chickpeas in a large mixing bowl and mash with a fork.
 - Suggestion: Leave a few whole chickpeas for texture.
2. In the same bowl as the chickpeas, add in the yogurt, lemon juice, garlic powder, black pepper, maple syrup, and curry powder. Mix well with a spoon.
3. Mix in celery, green onions, and raisins.
4. Serve either cold or at room temperature. Place chickpea salad mixture inside the whole wheat pita and enjoy!



NUTRITION FACTS

Serving size: 1 sandwich¹²

- Total Calories: 462
- Total Fat: 6 g
 - Saturated Fat: 1 g
- Cholesterol: 1 mg
- Sodium: 321 mg
- Carbohydrates: 89 g
 - Fiber: 17 g
 - Sugar: 22 g
 - Added sugars: 6 g
- Protein: 20 g

GOT COMMUNITY?

Edgar Doolan & John Haubenstricker



Thinking about joining a book club? [Bookclubs.com](https://bookclubs.com) is a free website that allows you to create your own book club community and/or connect to one. The site lets you rate books, find out what people are reading, and connect with others virtually. And, if a book you want to read is not available at Bookclub.com, try libbyapp.com—another free resource for borrowing books digitally.

nextdoor

eventbrite

Looking to connect? Well check out [Nextdoor](https://nextdoor.com) and [Eventbrite](https://eventbrite.com). Nextdoor helps you connect with your neighbors, businesses, and public services locally and globally. Whereas, Eventbrite is your platform to connect with others at live events, e.g., festivals and community rallies. So go ahead and make new connections. What are you waiting for?



This newsletter was made possible by the partnership between California WIC Association and the American Red Cross WIC Program.

REFERENCES

1. American Psychological Association. (n.d.). Trust. In *American Psychological Association dictionary*. Retrieved May 9, 2023, from <https://dictionary.apa.org/trust>
2. Meinert, D. (2018, May 24). *Why Trust Matters at Work: A Culture of Fear Hinders Innovation and Growth*. SHRM. <https://www.shrm.org/hr-today/news/hr-magazine/0618/pages/why-trust-matters-at-work.aspx>.
3. *Work Design Principle #3: Improve Social Relationships in the Workplace*. Harvard University. Retrieved April 13, 2023 from <https://workwellbeinginitiative.org/module-4-moderating-work-demands>.
4. Emerson, M.S. (2021). *Eight Things You Can Do To Improve Your Communication Skills*. Harvard. Retrieved from https://professional.dce.harvard.edu/blog/eight-things-you-can-do-to-improve-your-communication-skills/?gclid=Cj0KCQjwocShBhCOARIsAFVYqQjca5TmOSiNUkeduPua4AwwzBVGaRp85IS5RDa3XA1DS2ajlTwOp2caAl-iEALw_wcB
5. Kinni, T. (2021, May 13). *All the Feels: Why It Pays to Notice Emotions in the Workplace*. Stanford Business. <https://www.gsb.stanford.edu/insights/all-feels-why-it-pays-notice-emotions-workplace>.
6. Thompson, D. (2022, July 01, 2022). *What We Do Matters: Fostering Inclusion and Belonging in the Workplace*. Revista Mexicana de Astronomia y Astrofisica Conference Series, http://www.astrosu.unam.mx/rmaa/RMxAC..54/PDF/RMxAC..54_DThompson-II.pdf
7. *What Does It Take to Build a Culture of Belonging?* (2021, June 21). Harvard Business Review. Retrieved April 14, 2023, from <https://hbr.org/2021/06/what-does-it-take-to-build-a-culture-of-belonging>
8. *How to ensure diverse spaces are equitable and inclusive*. USC. (2021, October 20). Retrieved April 14, 2023, from <https://msw.usc.edu/mswusc-blog/how-to-ensure-spaces-have-diversity-equity-inclusion/>
9. *Tips to creating inclusive spaces - luc.edu*. LUC. (n.d.). Retrieved April 15, 2023, from <https://www.luc.edu/media/lucedu/equity/pdfs/visualaids/Creating%20Inclusive%20Spaces.pdf>
10. Jukanti, A. K., Gaur, P. M., Gowda, C. L., & Chibbar, R. N. (2012). Nutritional quality and health benefits of chickpea (*Cicer arietinum* L.): a review. The British journal of nutrition, 108 Suppl 1, S11–S26. <https://doi.org/10.1017/S0007114512000797>
11. Clarke, E. (2023, March 24). *Chickpea Salad Sandwich*. Well Plated. Retrieved from, <https://www.wellplated.com/chickpea-salad-sandwich/>
12. Cronometer. (2023, February). Track nutrition & count calories. Retrieved from <https://cronometer.com/>