



August Newsletter



Big News! Our Tobacco Abstract Was Selected for APHA!



We're proud to share that our abstract, "Adolescent Awareness and Attitudes of Oral Nicotine Pouches Within a Rural California County," has been selected for presentation at the American Public Health Association (APHA) Annual Meeting this November in Washington, D.C.

This is an exciting achievement for our program, our department, and San Benito County. Being featured on a national stage brings well deserved recognition to the work happening in our community.

A big congratulations to the team behind this effort: Sean, Priyanka, Javier, Daisy, Erika and Dr. Scott. Your dedication and collaboration made this possible!

***Next Wellness Coalition meeting will be held on
September 9th 2025, Location TBD.***

***If you are interested in joining our coalition and
presenting at our next meeting, please contact
Sean Smith at ssmith@sanbenitocountyca.gov***

IMPORTANT UPDATE



We wanted to inform you of a significant development regarding the Supplemental Nutrition Assistance Program-Education (SNAP-Ed), also known in California as **CalFresh Healthy Living**.

On July 4, 2025, the federal spending and tax bill known as H.R.1, or the "One Big Beautiful Bill," was signed into law. This legislation has wide-reaching implications across many federal programs, including SNAP-Ed. **Unfortunately, as a result of this new law, federal funding for SNAP-Ed will end on September 30th, 2025.**

This means that San Benito County's Public Health Services' CalFresh Healthy Living program will be sunsetting September 30th, 2025. We understand this is difficult news, as this program has played an important role in supporting nutrition education, physical activity promotion, and obesity prevention in our community since 2014.

Over the coming weeks, we are committed to sharing resources that may support continued community health efforts, and exploring any opportunities for collaboration beyond SNAP-Ed. We are actively exploring alternative funding opportunities to continue this important work in some capacity. While this transition presents challenges, Public Health Services remains committed to promoting health and wellness in our community.



We are deeply grateful for your partnerships and all the work we've accomplished together to improve the health and well-being of San Benito County. We hope to continue supporting each other in new ways moving forward.

Please don't hesitate to reach out with questions, concerns, or ideas for future collaboration. We will keep you informed as more details become available.

With gratitude,
Your San Benito County CalFresh Healthy Living Team:

Lundi Osorio-Barroso –Program Coordinator/Health
Education Associate
Rebecca Alnas – Health Education Associate
Erika Perez – Program Manager



CalFresh

HEALTHY LIVING



THANK
YOU



ORGANIZATION

Spotlight



CALFRESH HEALTHY LIVING

The CalFresh Healthy Living program (CFHL) supports healthy, active and nourished lifestyles by teaching community about importance of healthy eating and physical activity, while also building partnerships in communities to make the healthy choice, the easy choice.

It is the largest nutrition education program in the United States, supporting low-income Californians with healthy eating, physical activity, and community wellness. Over 10.7 million people are eligible for its services in California.

CFHL promotes healthy habits by leading fun, educational activities for children in schools and afterschool programs, while also providing nutrition education to help adults and families adopt healthier lifestyles. CFHL has built strong partnerships with local organizations to raise awareness about the importance of nutrition and physical activity, to creating lasting impacts across diverse communities through policies, systems and environmental changes.

FUEL YOUR FUN



Worry Less at Mealtimes

Parents should provide regular meals with a variety of foods, while children decide what and how much to eat. This helps kids develop healthy habits and enjoy different foods, especially when adults set a positive example.

How to Prepare Broccoli and Cauliflower

- **Wash:** Rinse cauliflower or broccoli under running water. Don't use soap.
- **Cut:** Remove the cauliflower leaves and cut away the large stem. Cut off the florets into bite-size pieces. Broccoli is similar. Cut off the stem and florets. The stem can be peeled and cut into bite-size pieces too.
- **Refrigerate:** Store what you don't eat in the refrigerator for 3-5 days.



Do It Together!

Fitting in time for physical activity doesn't have to feel like a chore! Exercising with a friend or family member makes movement fun! Find an "exercise buddy" to do an at home activity.



Funded by USDA SNAP, an equal opportunity provider.
Visit www.CalFreshHealthyLiving.org for healthy tips.

ALIMENTA TU DIVERSIÓN



Preocúpese menos en las comidas

Los padres deben ofrecer comidas regulares con una variedad de alimentos, mientras que los niños deciden qué y cuánto comer. Esto ayuda a los niños a desarrollar hábitos saludables y a disfrutar de diferentes alimentos, especialmente cuando los adultos dan un ejemplo positivo.

Cómo preparar brócoli y coliflor

- **Lavar:** Enjuague la coliflor o el brócoli con agua corriente. No use jabón.
- **Cortar:** Retire las hojas de la coliflor y corte el tallo grande. Corte los ramilletes en bocados. El brócoli es similar. Corte el tallo y los ramilletes. El tallo también se puede pelar y cortar en bocados.
- **Refrigerar:** Guarde lo que no comerán en el refrigerador durante 3-5 días.



¡Háganlo juntos!

¡Encontrar tiempo para hacer actividad física no tiene que ser un fastidio! Hacer ejercicio con un amigo o un miembro de la familia hace que moverse sea divertido! Encuentre un "compañero de ejercicio" para hacer una actividad en casa.



Financiado por SNAP del USDA, un proveedor que brinda igualdad de oportunidades. Para consejos saludables, visite www.CalFreshHealthyLiving.org.

BACK-TO-SCHOOL VACCINATION CLINIC

Hosted by San Benito County Public Health,
Hollister School District and Safeway Pharmacy

3 years and older

Uninsured, Insured, Medi-Cal (Kaiser plans not eligible)

Parents or Guardian must be present

All districts incoming and current students

Aug. 1st 3-6pm

No appointment needed

Rancho San Justo Middle School

1201 Rancho Dr, Hollister CA

or

**Weekly clinics for uninsured or Medi-Cal
by appointment :**

**Tuesdays, Wednesdays and Thursday
at San Benito County Public Health Services**

351 Tres Pinos Rd

Call today For more information: **(831) 637-5367**

San Benito County Public Health Services
351 Tres Pinos Rd
Hollister, CA 95023



CLÍNICA DE VACUNACIÓN PARA EL REGRESO A CLASES

Organizado por Salud Pública del Condado de San Benito,
Distrito Escolar de Hollister y Farmacia Safeway

A partir de 3 años

No asegurados, asegurados, Medi-Cal (planes Kaiser no elegibles)

Los padres o guardianes deben estar presentes

Todos los distritos: alumnos nuevos y actuales

1 de agosto 3-6pm

No se necesita cita

Escuela Secundaria Rancho San Justo

1201 Rancho Dr, Hollister CA

o

**Clinicas semanales para no asegurados o Medi-Cal
con cita previa:**

martes, miércoles y jueves

en los **Servicios de Salud Pública del**

Condado de San Benito

351 Tres Pinos Rd

Llame hoy Para más información: **(831) 637-5367**

Servicios de Salud Pública del Condado de San Benito
351 Tres Pinos Rd
Hollister, CA 95023



INFORMED  CHOICES

baby care kits

**FREE KIT
DISTRIBUTION**

August 16th

10 AM - 12 PM

Drive-thru

while supplies last

Instructions:

- Head North on Egleberry until reaching Informed Choices at 66 1st St. Gilroy, Ca. 95020.
- A volunteer will hand each recipient a **FREE** baby care kit box. (each kit contains one diaper size ranging from 1 - 5. *while supplies last*)

Questions? Call 408-847-8880 or info@informed-choices.org

BABY CARE KIT CONTAINS:



**24
Diapers**



**1 Diaper
Cream**



**1 Pack of
Baby Wipes**



**1 Baby
Wash**



1 Washcloth

INFORMED  CHOICES

kits de bebé

**GRATIS:
DISTRIBUCIÓN
DE KITS**

Fecha: 16 de Agosto

Hora: 10 AM - 12 PM

Drive-thru

hasta agotar el stock

Instrucciones:

- Vaya hacia el norte por Egleberry hasta llegar a Informed Choices en 66 1st St. Gilroy, CA. 95020.
- Un voluntario le dará GRATIS una caja con un kit para el cuidado del bebé.

(Cada kit contiene pañales en una talla entre 1-5 *hasta agotar el stock*)

¿Preguntas? info@informed-choices.org o 408-847-8880

EL KIT DE BEBÉ CONTIENE:



24 pañales



**1 crema
para
rosaduras**



**1 paquete
pañales húmedos**



**1 jabón
para
bebé**



1 toallita



SAN BENITO YOUTH ASSOCIATION

COME JOIN THE YOUTH-BASED COALITION

THIS OPPORTUNITY IS FOR YOUTH AGED 13-18 WHO WANT TO PROMOTE A TOBACCO-FREE COMMUNITY AND DRIVE CHANGE.

BI-MONTHLY MEETINGS THAT ARE LIVELY, ENJOYABLE, AND INVOLVE DELICIOUS FOOD WHILE WORKING.



LOOKING TO RACK UP THOSE COMMUNITY SERVICE HOURS?

DREAMING OF A CHANCE TO EXPLORE NEW HORIZONS WHILE MAKING A DIFFERENCE IN THE WORLD?

WANT GIFT CARDS, FOOD AND OTHER INCENTIVES?

HANKERING AFTER SOME TOP-NOTCH COLLEGE RECOMMENDATION LETTERS?

INTERESTED IN JOINING?

CONTACT JAVIER PEREZ
JPerez@SANBENITOCOUNTYCA.GOV
(831) 902-9892






5K Run/Walk at Southside Sand and Gravel

Saturday, September 14, 2024

The River Run 2024 describes the unique experience that awaits as you meander through a working sand and gravel quarry. This 5K Walk/Run takes you inside the Southside Sand and Gravel Quarry to see the working quarry site, the banks of the San Benito River, specialized equipment that processes the rock and beautiful natural surroundings.

The River Run benefits the YMCA of San Benito county.

RACE TYPE: 5K Run/Walk
DATE: September 14, 2024
TIME: 8:00 a.m.
LOCATION: Southside Sand and Gravel
5632 Airline Highway, Hollister



Having trouble scanning the QR code? Use this link instead:
<https://runsignup.com/Race/CA/Hollister/GraniterockRiverRun>




VFW Post 9242 Presents

The Second Annual

SPECIAL HEROES CARNIVAL

October 18th, 2025

11am - 2pm

Sponsors and Volunteers needed

To volunteer or to make a donation fill out the registration form by scanning the QR code, or enter the address into your web browser.

<https://forms.office.com/r/P5LjCnThYB>



Hollister Elks Lodge
351 Astro Dr

- Games
- Food/drinks
- Booths
- and More!



Get rewards for your family's health care.

Members can get rewarded** for getting a healthy start on life.

Get Target gift cards by making sure your child is up to date with vaccines and checkups.

Healthy Start rewards are for members who have the Alliance as their only health care coverage and for the **ages of 0-15 months, 15-30 months, 2-year-olds, 13-year-olds and 18 to 21-year-olds. Those with other health coverage are not eligible.

Questions? Call the Alliance Health Education Line at **800-700-3874, ext. 5580**

For more information, visit www.thealliance.health/healthystart or use your smart phone to scan the QR code below:



HEALTHY PEOPLE. HEALTHY COMMUNITIES.
www.thealliance.health

05-2025



HEALTHY START PROGRAM REWARDS

Who is the reward for?	What is the reward?	What do I have to do to get the reward?
 Ages under 15 months	\$50 Target gift card	Your child must have 6 checkups with their doctor on or before turning 15 months.
 Ages 15-30 months	\$25 Target gift card	Your child must have 2 checkups with their doctor on or before turning 30 months.
 2-year-olds	\$100 Target gift card	Your child must have gotten all needed vaccines from their doctor by their 2nd birthday.
 13-year-olds	\$50 Target gift card	Members must complete 1 checkup with their doctor within 12 months and have gotten all needed vaccines from their doctor by their 13th birthday.
 Ages 18-21 years	\$25 Target gift card	Members must complete 1 annual checkup with their doctor.

How it works

- The member needs to complete all required actions for the reward.
- A Target gift card will be mailed to you between 4-8 weeks after the requirements are met.
- Make sure the Alliance has your current mailing address so we can send you your Target gift card! Call Member Services at **800-700-3874 (TTY: 800-735-2929 or 711)**, Monday through Friday, from 8 a.m. to 5:30 p.m.
- You must claim the Target gift card within 12 months of becoming eligible for the reward.

HEALTHY PEOPLE. HEALTHY COMMUNITIES.
www.thealliance.health



Obtenga recompensas por el cuidado de salud de su familia.

Los miembros pueden ser recompensados** por comenzar una vida sana.

Obtenga tarjetas de regalo de Target al asegurarse de que su hijo esté al día con las vacunas y chequeos.

Las recompensas de Comienzo Saludable (Healthy Start) son para los miembros que tienen la Alianza como su única cobertura de cuidado de salud y para **las edades de 0-15 meses, 15-30 meses, 2 años, 13 años y los de 18 a 21 años de edad. Las personas que tienen otra cobertura de salud no son elegibles.

¿Tiene alguna pregunta? Llame a la línea de Educación de Salud de la Alianza al **800-700-3874, ext. 5580**.

Para obtener más información, visite www.thealliance.health/es/healthystart o use su teléfono inteligente para escanear el código QR a continuación:



PERSONAS SANAS. COMUNIDADES SANAS.
www.thealliance.health

05-2025



RECOMPENSAS DEL PROGRAMA COMIENZO SALUDABLE

¿Para quién es la recompensa?	¿Cuál es la recompensa?	¿Qué tengo que hacer para obtener la recompensa?
 Menores de 15 meses	Tarjeta de regalo de Target de \$50	Su niño debe tener 6 chequeos con su doctor a los 15 meses o antes de cumplirlos.
 De 15 a 30 meses	Tarjeta de regalo de Target de \$25	Su niño debe tener 2 chequeos con su doctor a los 30 meses o antes de cumplirlos.
 2 años	Tarjeta de regalo de Target de \$100	Su niño debe recibir todas las vacunas necesarias de su doctor antes de su segundo cumpleaños.
 13 años	Tarjeta de regalo de Target de \$50	Los miembros deben completar un chequeo con su doctor dentro de 12 meses y haber recibido todas las vacunas necesarias de su doctor antes de cumplir 13 años.
 De los 18 a 21 años de edad	Tarjeta de regalo de Target de \$25	Los miembros deben completar un chequeo cada año con su doctor.

Cómo funciona

- El miembro debe completar todas las acciones necesarias para recibir la recompensa.
- Una tarjeta de regalo de Target será enviada a usted por correo de 4 a 8 semanas después de cumplir con los requisitos.
- ¡Asegúrese de que la Alianza tenga su domicilio actual para que podamos enviarle su tarjeta de regalo de Target! Llame a Servicios para Miembros al **800-700-3874 (TTY: Marque 800-855-3000 o 711)**, de lunes a viernes, de 8 a.m. a 5:30 p.m.
- Debe reclamar la tarjeta de regalo de Target dentro de los 12 meses de ser elegible para la recompensa.

PERSONAS SANAS. COMUNIDADES SANAS.
www.thealliance.health

**Would like to share an announcement? Email our
Program Coordinator at
ssmith@sanbenitocountyca.gov**

Cessation Resources



Ready to Quit?

Kick It CA is a free program that helps Californians kick tobacco with the help of proven, science-based strategies. Take the first step toward quitting.

For more information:

**San Benito County Tobacco Education Program 351 Tres
Pinos Rd,
Suite A-202 Hollister, CA 95023 Tel: (831) 637-5367 Monday-
Friday:
8:00am to 5:00pm**

San Benito County Tobacco Education Program Coalitions