

# January Newsletter

Read below for tobacco and community news:

## TOBACCO ENFORCEMENT



Starting January 1, California's Assembly Bill 3218 will enhance the enforcement of the state's flavored tobacco ban. Attorney General Rob Bonta announced that the law builds upon Senate Bill 793, which banned most flavored tobacco sales in California.

The new law aims to protect youth from harmful addiction to flavored tobacco products by providing more tools for enforcement. It includes:

- A publicly available list of unflavored tobacco products allowed in California.
  - Civil penalties for selling products not on the list or lacking FDA approval.
  - Authority for law enforcement to seize unapproved products.
  - A revised definition of "characterizing flavor," now covering menthol and other distinguishable flavors.
- The law's goal is to help businesses comply and hold violators accountable.

## Upcoming Coalition Meeting

**Next Wellness Coalition meeting will be held March 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](mailto:ssmith@sanbenitocountyca.gov)**



# ORGANIZATION

## Spotlight



### SAN BENITO COUNTY FREE LIBRARY

- The Office of Education will host a Spelling Bee to celebrate young spellers, with assistance from the San Benito County Free Library, on Tuesday, February 6th from 5:30-6:30 PM at the Veterans Memorial Building.
- The library will be offering the following events:
  - Preschool Story Time every Wednesday at 10:00 AM, where children ages 0-5 can enjoy stories.
  - Bilingual Story Time every Thursday at 5:00 PM, featuring stories and songs in both English and Spanish. All ages and caregivers are welcome to join.
  - Roblox Club every Thursday from 2:00 PM - 3:30 PM.
  - Lego Club Friday January 24 from 4:00-5:00 PM.
  - Chess Club on Mondays from 3:30 PM to 4:30 PM, all chess lovers are encouraged to stop by!
- Need help with your homework? The library offers homework assistance for all students! They offer this Tuesdays and Wednesdays from 3:30 PM - 4:30 PM.



# FUEL YOUR FUN



## Kiwi

Kiwi is a small fruit with big nutrition. It's a good source of vitamin C, potassium, fiber and more. Kiwi will ripen faster on the counter. Put it in the fridge to slow down the ripening process. Eat kiwi when it starts to feel soft with slight pressure. Rinse the kiwi under cool, running water before eating.

## Ways to Eat Kiwi

### Preparation

- ◆ Cut in half and scoop out the fruit with a spoon, bite by bite.
- ◆ Cut kiwi into chunks and mix with bananas, berries and grapes for a fruit salad.
- ◆ Freeze in an ice cube tray for a glass of kiwi-infused water.
- ◆ Chop into a tropical salsa. Mix kiwi, mango, peppers, honey, lime juice and cilantro.



### 5-2-1-0 Healthy Choices Count!

Keep kids healthy by focusing on the following four daily habits:

- ◆ 5 or more fruits or vegetables
- ◆ 2 hours or less of recreational screen time
- ◆ 1 hour or more of physical activity
- ◆ 0 sugary drinks-drink more water



# ALIMENTA TU DIVERSIÓN

## KIWI



El kiwi es una fruta pequeña con una gran nutrición. Es una buena fuente de vitamina C, potasio, fibra y más. El kiwi madura más rápido en la encimera. Póngalo en la nevera para atrasar el proceso de maduración. Coma kiwi cuando empiece a sentirse suave con una ligera presión. Enjuague el kiwi en agua fría antes de comer.

## Formas de comer Kiwi

### Preparación

- ◆ Córtele por la mitad y saque la fruta de a cucharadas, como un postre.
- ◆ Corte el kiwi en trozos y mézclelo con plátanos, bayas y uvas para obtener una ensalada de frutas.
- ◆ Congélelo en una bandeja de cubitos de hielo para obtener un vaso de agua con infusión de kiwi.
- ◆ Píquelo y haga una salsa tropical. Mezcle kiwi, mango, pimientos, miel, jugo de lima y cilantro.



### **5-2-1-0 ¡Las elecciones saludables cuentan!**

Mantenga a los niños sanos centrándose en los siguientes cuatro hábitos diarios:

- ◆ 5 o más frutas o verduras
- ◆ 2 horas o menos de tiempo recreativo frente a la pantalla
- ◆ 1 hora o más de actividad física
- ◆ 0 bebidas azucaradas – beba más agua



# Announcements

**DID YOU KNOW FLU SEASON USUALLY DOESN'T PEAK UNTIL  
DECEMBER TO FEBRUARY AND CAN LAST UNTIL MAY?**

This is a key time to get your flu shot... start the New Year right

## **FREE FLU VACCINATIONS**

**SPECIAL EVENING HOURS**

**Thursday, January 16**

**5:00pm-7:00pm**

Located at:

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

Walk-ins welcome or schedule an  
appointment at: [myturn.ca.gov](http://myturn.ca.gov)

**Ages 6  
months  
and up**



**IT'S  
TODAY!**

**¿SABÍA QUE LA TEMPORADA DE GRIPE GENERALMENTE NO  
ALCANZA SU PUNTO MÁXIMO ENTRE DICIEMBRE Y FEBRERO Y  
PUEDE DURAR HASTA MAYO?**

Este es un momento clave para vacunarse contra la gripe...  
comience bien el Año Nuevo

**VACUNAS GRATUITAS CONTRA LA GRIPE**

**HORARIO ESPECIAL POR LA TARDE**

**Jueves 16 de enero  
de 5:00pm-7:00pm**

Ubicado en:

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

Sin cita previa bienvenidos o  
programen una cita en:  
[myturn.ca.gov](http://myturn.ca.gov)

**A partir  
de los 6  
meses  
en adelante**





# January



Monday	Tuesday	Wednesday	Thursday	Friday
Closed for Winter Recess				
6 Talk, Read, Sing 10am - 11am	7 Talk, Read, Sing 10am - 11am	8 HOLA BEBE 10am-11am	9 Talk, Read, Sing 10am - 11am	10
13 Talk, Read, Sing 10am - 11am	14 Talk, Read, Sing 10am - 11am	15 HOLA BEBE 10am-11am	16 Talk, Read, Sing 10am - 11am	17
20 	21 Talk, Read, Sing 10am - 11am	22	23 Talk, Read, Sing 10am - 11am	24
27 Talk, Read, Sing 10am - 11am	28 Talk, Read, Sing 10am - 11am	29	30 Talk, Read, Sing 10am - 11am	31



All services offered are free for families with children ages 0-5 years old.  
Talk, Read, Sing and HOLA BEBE are located at 1011 Lines St, #10  
For more information about our programs please call (831) 634-2046 or email

[Samantha@first5sb.com](mailto:Samantha@first5sb.com)

 @first5sanbenito  @first5sbc



# enero





Lunes	Martes	Miercoles	Jueves	Viernes
Receso de invierno				
6 Habla, Lee, Canta 10am - 11am	7 Habla, Lee, Canta 10am - 11am	8	9 Habla, Lee, Canta 10am - 11am	10
13 Habla, Lee, Canta 10am - 11am	14 Habla, Lee, Canta 10am - 11am	15 HOLA BEBE 10am-11am	16 Habla, Lee, Canta 10am - 11am	17
20 	21 Habla, Lee, Canta 10am - 11am	22	23 Habla, Lee, Canta 10am - 11am	24
27 Habla, Lee, Canta 10am - 11am	28 Habla, Lee, Canta 10am - 11am	29	30 Habla, Lee, Canta 10am - 11am	31



Los servicios ofrecidos son gratis para todas las familias con niños de 0-5 años  
Habla, Lee, Canta y HOLA BEBE esta localizado en 1011 Line St., salón 10  
Para más información sobre nuestros programas por favor llame o mande mensaje al 831-634-2046 o

envíe un correo electrónico a [Samantha@first5sb.com](mailto:Samantha@first5sb.com)

 @first5sanbenito  @first5sbc

## WEEKLY FREE VACCINATION CLINIC

Flu Vaccine free for all  
Covid vaccine for those eligible

### WEDNESDAYS & THURSDAYS

10:00 a.m. - 12:00 p.m.  
2:00 p.m. - 4:00 p.m.

Schedule appointments at [myturn.ca.gov](http://myturn.ca.gov)  
Walk-ins welcomed!



Located at:  
San Benito County  
Public Health Services  
351 Tres Pinos Rd Suite B,  
Hollister, CA 95023



For more information call (831) 637-5367.

## CLÍNICA GRATUITA DE VACUNACION SEMANAL

Vacuna gratuita contra la gripe  
Vacuna de covid para elegibles

### MIÉRCOLES Y JUEVES

10:00 a.m. - 12:00 p.m.  
2:00 p.m. - 4:00 p.m.

Programe citas en [myturn.ca.gov](http://myturn.ca.gov)  
¡Sin cita bienvenidos!

ubicado en:  
Servicios de salud pública del condado de San Benito  
351 Tres Pinos Rd Suite B, Hollister, CA 95023



Para más información, llame al (831) 637-5367



# **STOP** THE BLEED

## SAVE A LIFE

AVERAGE TIME TO BLEED OUT:  
**3 TO 5 MINUTES**



AVERAGE TIME FOR FIRST RESPONDERS TO ARRIVE:  
**7 TO 10 MINUTES**

**Community Services & Workforce Development Office**  
1161 San Felipe Road, Building B | Hollister, CA 95023

January 28, 2025

Session 1: 1:00 PM - 5:00 PM

January 30, 2025

Session 2: 8:00 AM - 12:00 PM

Session 3: 1:00 PM - 5:00 PM

To register, scan the QR code or please email  
[registration@raytomgroup.com](mailto:registration@raytomgroup.com)  
Sessions are limited to 30 students.

Free STOP THE BLEED kit included!

REGISTRATION:  
STOP THE BLEED  
JANUARY 28 & 30, 2025



## SEE SOMETHING. DO SOMETHING.



## LEARN HOW TO SAVE A LIFE!

- WHAT** STOP THE BLEED IS AN INITIATIVE TO TRAIN THE PUBLIC ON THE BASICS OF CONTROLLING LIFE THREATENING BLEEDS
- WHY** A PERSON CAN BLEED TO DEATH IN A MATTER OF MINUTES.
- HOW** JUST A FEW HOURS OF TRAINING CAN PROVIDE THE KNOWLEDGE AND SKILL TO SAVE A LIFE

*Please Join Us For*

Birth Celebration in honor of your baby's arrival.  
Bring your baby and let's discover ways to support  
your family's new special role.

*Hear up to date information on newborn care:*



*And much more!*

Starting September 11, 2024

When: Every Second Wednesday of the Month

Oct 9, 2024 | Nov 13, 2024 | Dec 11, 2024

Jan 15, 2025 | Feb 12, 2025 | Mar 12, 2025

Apr 9, 2025 | May 14, 2025 | Jun 11, 2025

Time: 10:00am to 11:00am

Location: The Children's Kingdom

1011 Line St. Room 10

Happy to help:

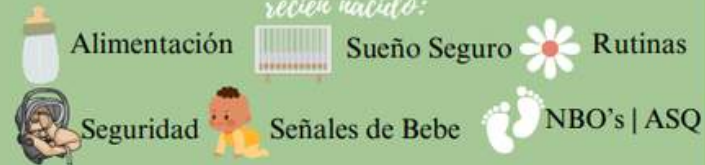
Maria Diaz Ruiz | (831) 325-0321 | [Maria@First5sb.com](mailto:Maria@First5sb.com)

*Únase a nosotros para*

Celebración del Nacimiento en honor a la llegada de  
su bebé. Traiga a su bebé y descubramos formas de  
apoyar el nuevo papel especial de su familia.

*Escuche información actualizada sobre la atención del*

*recién nacido:*



*¡y mucho más!*

A partir de septiembre 11, 2024

Cuándo: cada segundo miércoles del mes

Oct 9, 2024 | Nov 13, 2024 | Dic 11, 2024

Ene 15, 2025 | Feb 12, 2025 | Mar 12, 2025

Abr 9, 2025 | Mayo 14, 2025 | Jun 11, 2025

Horario: 10:00 am a 11:00 am

Ubicación: El Reino de los Niños

1011 Line St. Salon 10

Encantado de ayudarle:

María Díaz Ruiz | (831) 325-0321 | [María@First5sb.com](mailto:María@First5sb.com)

*Hola Bebe*

FIRST 5 SAN BENITO BIRTH CELEBRATIONS



**FIRST 5  
SAN BENITO**  
Family Resiliency Center



# Recology Poster Contest 2025

## Keep San Benito Bonito

See your winning artwork on Recology trucks!



### WHO

All San Benito County Students! TK-12th grade.

### WHAT

Please see the Rules on the back of this flyer. Poster contest themes for your respective grade level are also shown on the back.

### DUE DATE

March 14, 2025. All submissions must be received in PDF format no later than 5 PM on March 14, 2025.

### PRIZE

All qualifying artwork will be featured in an online gallery, and 15 winning posters will be enlarged and displayed on the side of Recology's collection trucks! Winners will be announced during Earth Week in April 2025. Winners will receive a certificate and a prize package.



Top to bottom: 2024 poster contest winners Aayana, Emrie, and Gial



Please be advised that the Hollister School District ("District") and Anamas-San Juan Unified School District do NOT make any representations or warranty as to the quality of services, merchandise, or opinions associated with this agency or individual, (vendor, service, etc.). The purpose of this flyer (posting, newsletter, etc.) is to provide general information to the community only, and it is not recommended that anyone act on the information contained herein without further independent inquiry.

INFORMED CHOICES

# kits de bebé

## GRATIS: DISTRIBUCIÓN DE KITS

Fecha: 15 de Febrero  
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](mailto:info@informed-choices.org) o 408-847-8880

### EL KIT DE BEBÉ CONTIENE:



24 pañales

1 crema para rosaduras

1 paquete paños húmedos

1 jabón para bebé

1 toallita

INFORMED CHOICES

# baby care kits

## FREE KIT DISTRIBUTION

February 15th

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](mailto:info@informed-choices.org)

### BABY CARE KIT CONTAINS:



24 Diapers

1 Diaper Cream

1 Pack of Baby Wipes

1 Baby Wash

1 Washcloth

## 2025 Free Recycling Events!



### Quarterly Bulky Item Recycling Events



March 29-30 • June 28-29  
September 27-28 • December 13-14

Limit of 2 bulky items per household per quarterly event. Bring ID to show proof of residency.

Bulky Item Recycling events are 9 AM-3 PM at John Smith Landfill, 2650 John Smith Road, Hollister.

### Recycle Days



February 22 • May 10  
August 30 • November 22

Residents may dispose of up to 15 gallons or 125 pounds of household hazardous waste during these events from 9 AM-1 PM at 2301 Technology Pkwy, Hollister.

### Monthly Household Hazardous Waste Events



January 18 • February 15 • March 15  
April 19 • May 17 • June 21 • July 19  
August 16 • September 20 • October 18  
November 15 • December 20

Residents may dispose of up to 15 gallons or 125 of household hazardous waste during these events from 9 AM-12 PM at John Smith Landfill, 2650 John Smith Road, Hollister.

### Community Clean-ups

March 1 • June 14  
September 20 • December 6

Join neighbors and community groups to help keep San Benito clean and litter free!

Visit [sanbenitocountyca.gov/IWM](http://sanbenitocountyca.gov/IWM) or call 831.636.4110 for more information.

Programs are sponsored by the San Benito County Integrated Waste Management Regional Agency. Join our contact list by emailing [sbcicwm@sanbenitocountyca.gov](mailto:sbcicwm@sanbenitocountyca.gov) and follow @sbcicwm on Facebook and Instagram to stay up to date on recycling events, community cleanups, and recycling resources



### Environmental Days

Recology hosts free compost giveaways (bring your own container), document shredding, and electronic-waste recycling events. For more information about Environmental Days, call Recology at 831.636.7500.

### UPCOMING DATES

January 25 • May 31 • October 25  
9 AM-1 PM, Brigantino Park, 2100 San Juan Hollister Road, Hollister  
February 1 • June 7 • November 1  
9 AM-1 PM, San Juan School, 100 Nyland Drive, San Juan Bautista



San Benito Youth Association

# SAN BENITO YOUTH ASSOCIATION



Tobacco Education Program

## 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





**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**