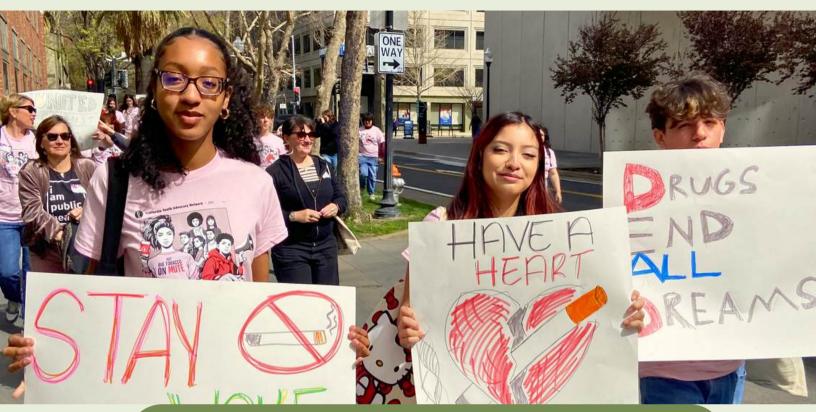


**APRIL NEWSLETTER** 

VOL. 31 APRIL 1, 2025



# YOUTH QUEST 2025



Youth Quest, hosted by CYAN, celebrates youth advocacy in tobacco control. This year's event empowered young leaders to share their local efforts with legislators, enhance advocacy skills, and support a tobacco-free California. It was a dynamic day of inspiration and action.



## FIRST 5 SAN BENITO

ORGANIZATION

First 5 San Benito is dedicated to ensuring that children in San Benito County thrive and reach their full potential at home, in school, and throughout life. Their mission is to promote the health, early learning, and social-emotional well-being of children from prenatal through age 5 through strategic investments and partnerships. The organization offers free services to families with children in this age range, including Home Visiting, Hola Bebe, Talk, Read, Sing, and the Quality Counts program for childcare providers. Additionally, they provide screenings such as the Ages and Stages Questionnaire and Newborn Observations to support early development.

Upcoming events hosted by First 5 San Benito:

- Hola Bebe: Every Second Wednesday of the Month at 10:00 a.m. @1011 Line St. Room 10 Hollister CA 95023
- Talk, Read & Sing: Monday, Tuesday & Thursday at 10:00 a.m. @ 1011 Line St. Room 10 Hollister CA 95023
- Food Distribution Every Wednesday 3:00 p.m.- 5:00p.m. @ 351 Tres Pinos Rd, Suite 100-A Hollister CA 95023

# **FUEL YOUR FUN**



## SPINACH

Bagged salads and lettuces can really help you save time, while still eating healthy. Bagged spinach is one of the cheapest lettuces available. It's washed and ready to use. And, it's loaded with nutrients!

#### What to do With Spinach?

- Make a salad.
- Blend into a smoothie.
- Add to a stir-fry.
- Cook into egg dishes.
- Add to a sandwich or wrap.

#### Spinach Salad Toppings: You Choose!

Eruit: strawberries, other berries, dried cranberries, apples or mandarin oranges Nuts: pecans, almonds, walnuts or sunflower seeds Cheese: feta, goat, or blue Dressing: balsamic, poppyseed or







### Spring Into Action!

With the weather getting warmer, this is a great time to get back into healthy habits outdoors. Plan nightly bike rides or walks after dinner as a family to connect with one another and improve your health.

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

# ALIMENTA TU DIVERSIÓN



## ESPINACAS

Las ensaladas y lechugas en bolsas pueden ayudarlo a ahorrar tiempo y, al mismo tiempo, seguir comiendo sano. La espinaca en bolsas es una de las verduras más baratas disponibles. Está lavada y lista para usar. iY está repleta de nutrientes!

#### ¿Qué hacer con las espinacas?

- Prepare una ensalada.
- Agréguela a un sándwich o un wrap.
- Agréguela a sus platos con huevos.
- Mézclela en un batido.
- Añádala a un salteado

#### Aderezos para ensalada de espinacas: ¡Usted elige!

Fruta: fresas, otras bayas, arándanos secos, manzanas o mandarinas <u>Nueces</u>: pacanas, almendras, nueces o semillas de girasol Queso: feta, de cabra o azul Aderezo: vinagreta balsámica, de semillas de amapola o de frambuesa





iPrimavera en acción!

Con el clima cada vez más cálido, este es un buen momento para volver a los hábitos saludables al aire libre. Planee paseos nocturnos en bicicleta o paseos en familia después de la cena para conectarse y mejorar su salud.

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

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Learn from California advocates and household hazardous waste experts about:

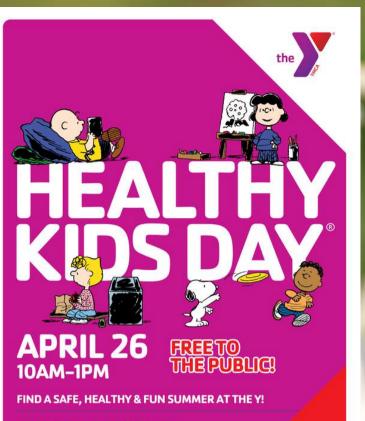
- Different types of vape waste
  - The process of disposing of vaping devices and nicotine solutions
    - Unique partnerships to increase the proper disposal of waste
      - Takeback programs in several California communities

BREATHE

CALIFORNIA

Presented by Breathe California of the Bay Area, Golden Gate, and Central Coast

Breathe California is excited to be hosting our first Vape Takeback Webinar on April 21, where we will have experts from Santa Clara County Household Hazardous Waste Program and the California Youth Advocacy network speaking about the different types of vape waste, disposal of vape and nicotine devices, partnerships needed to increase proper waste disposal, and takeback programs in California communities. Vape device disposal has been an ongoing issue for many of our communities, and we are looking forward to this opportunity to shed some light on how we can all stay vigilant and informed. All community members, environmental health and public health professionals, advocates, school administrators, and teachers are invited to join us!



YMCA OF SAN BENITO COUNTY 351 Tres Pinos Road, Hollister, CA 95023 831.637.8600 centralcoastymca.org

PEANUTS



DISFRUTA DE UN VERANO SEGURO, SANO Y DIVERTIDO EN LA Y!

YMCA DEL CONDADO DE SAN BENITO 351 Tres Pinos Road, Hollister, CA 95023 831.637.8600 centralcoastymca.org

PEANUTS

First 5 San Benito Food Distribution Where: 351 Tres Pinos Road, Suite 100-A When: Every Wednesday Time: 3:30PM-5:00PM Register on Site Questions? Call/Text Alexia Magaña (831) 204-7314 or email alexia@first5sb.com

Primeros 5 San Benito Distribuión de Alimentos Donde: 351 Tres Pinos Road, Suite 100-A Cuando: Cada Miercoles Horario: 3:30PM-5:00PM Puede registrarse en el citio Preguntas? llame o envie un mensaje a Alexia Magaña al (831) 204-7314 o alexia@first5sb.com

ammunite

FoodBank



# 2025 Free **Recycling Events!**



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#### 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**



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.



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, Halliste

#### **Community Clean-ups**

March 1 a June 14 September 20 = December 6

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

Visit 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 sbclwm@sanbenitocountyca.gov and follow @sbclwm on Facebook and Instagram to stay up to date on recycling events, community cleanups, and recycling resources

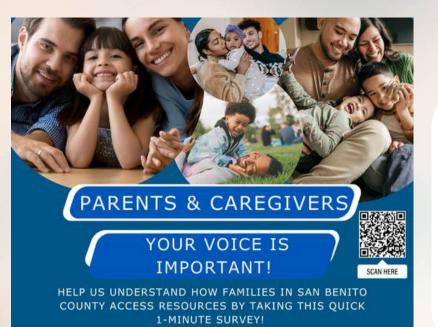


## **Environmental Days**

Recology hosts free compost givesways (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







Take this 1-minute survey to help improve access to family resources in San Benito County. Your feedback will shape a free Family Resource Guide! Scan the QR code or click the link to participate.

¡Comparta su voz! Tome esta encuesta de 1 minuto para ayudar a mejorar el acceso a los recursos de la familia en el Condado de San Benito. ¡Sus opiniones darán forma a una Guía de Recursos Familiares gratuita! Sescanee el código QR o haga clic en el enlace para participar.



CONDADO DE SAN BENITO

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