

# APRIL NEWSLETTER



## 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.**





# ORGANIZATION

## Spotlight



### FIRST 5 SAN BENITO

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!

**Fruit:** 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 raspberry vinaigrette



#### 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.

## ALIMENTA TU DIVERSIÓN

### ESPINACAS



Las ensaladas y lechugas en bolsas pueden ayudarte 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. ¡Y 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.
- Mézclala en un batido.
- Añádala a un salteado

#### Aderezos para ensalada de espinacas:

##### ¡Usted elige!

**Fruta:** fresas, otras bayas, arándanos secos, manzanas o mandarinas

**Nueces:** pacanas, almendras, nueces o semillas de girasol

**Queso:** feta, de cabra o azul

**Aderezo:** vinagreta balsámica, de semillas de amapola o de frambuesa



#### ¡Primavera 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.



Get ready for Earth Day!



Join us for a

# VAPE TAKEBACK LIVE WEBINAR

April 21, 2025



11:00 AM PST

*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



← Register now!

*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!





**APRIL 26**  
10AM-1PM

**FREE TO  
THE PUBLIC!**

FIND A SAFE, HEALTHY & FUN SUMMER AT THE Y!

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

National Sponsor  
**PEANUTS**  
© PNTS



**DÍA DE  
LOS NIÑOS  
SALUDABLES™**

**26 DE ABRIL**  
10AM-1PM

**¡GRATIS Y ABIERTO  
AL PÚBLICO!**

¡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

Patrocinador  
a nivel nacional  
**PEANUTS**  
© PNTS

### 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 Distribución de Alimentos

Donde: 351 Tres Pinos Road, Suite 100-A

Cuando: Cada Miercoles

Horario: 3:30PM-5:00PM

*Puede registrarse en el sitio*

Preguntas? llame o envíe un mensaje a Alexia Magaña

al (831) 204-7314 o alexia@first5sb.com



## 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 [sbciwm@sanbenitocountyca.gov](mailto:sbciwm@sanbenitocountyca.gov) and follow @sbciwm 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



San Benito County Integrated Waste Management Presents:

San Benito County Integrated Waste Management Presents:

# CELEBRACION DEL DIA DE LA TIERRA SABADO

## 19 DE ABRIL 2025

Downtown Hollister  
649 San Benito St  
Hollister, CA 95023  
11:00am - 2:00pm



PUESTOS / JUEGOS / ARTE / PRESENTACIONES  
PROGRAMAS GRATIS DE RECICLAJE  
GANADORES DEL CONCURSO DE CARTELES DE ARTE SERAN  
ANUNCIADOS

WWW.SANBENITOCOUNTYCA.GOV/IWM  
(831) 636-4110



# EARTH DAY CELEBRATION SATURDAY APRIL 19, 2025

Downtown Hollister  
649 San Benito St  
Hollister, CA 95023  
11:00am - 2:00pm



BOOTHS / GAMES / ART / PERFORMANCES  
FREE RECYCLING PROGRAMS  
ART POSTER CONTEST WINNERS ANNOUNCED

WWW.SANBENITOCOUNTYCA.GOV/IWM  
(831) 636-4110





## SAN BENITO YOUTH ASSOCIATION

### COME JOIN THE YOUTH- BASED COALITION

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

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

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















**PARENTS & CAREGIVERS**

**YOUR VOICE IS IMPORTANT!**

HELP US UNDERSTAND HOW FAMILIES IN SAN BENITO COUNTY ACCESS RESOURCES BY TAKING THIS QUICK 1-MINUTE SURVEY!



SCAN HERE

**SAN BENITO COUNTY  
PUBLIC HEALTH SERVICES**



**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! ❤️ Escanee el código QR o haga clic en el enlace para participar.**



**PADRES Y CUIDADORES**

**¡TU VOZ ES IMPORTANTE!**

¡AYÚDENOS A COMPRENDER CÓMO LAS FAMILIAS DEL CONDADO DE SAN BENITO OBTIENEN ACCESO A LOS RECURSOS RESPONDIENDO A ESTA BREVE ENCUESTA DE 1 MINUTO!



ESCANEAR AQUÍ

**SERVICIOS DE SALUD  
PÚBLICA DEL  
CONDADO DE SAN BENITO**





**Would like to share an announcement? Email our  
Program Coordinator at  
[ssmith@sanbenitocountyca.gov](mailto: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](#)**