Vol. 30 February 20, 2025

FEBRUARY NEWSLETER

Read below for tobacco and community news:



WELLNESS COALITION

YOUTH ALLIANCE

SURVEY ON NICOTINE POUCHES

As part of our ongoing Tobacco Education Program, we're conducting surveys with teenagers in our community to better understand their awareness and use of nicotine pouches. This initiative will help us track the latest trends and educate teens on the potential risks. The feedback we gather will shape future efforts to protect the health of our youth. Stay informed about the findings!

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The next Wellness Coalition meeting will take place on March 4, 2025, from 10:00 AM to 12:00 PM at 351 Tres Pinos Rd., Suite B, Hollister, CA 95023.

If you'd like to join our coalition or present at the meeting, please reach out to Sean Smith at ssmith@sanbenitocountyca.gov.

ORGANIZATION Spotlight

INTEGRATED WASTE MANAGEMENT

DMMUNITY CLEANU

Integrated Waste Management organizes community cleanup events, hazardous waste disposal, and bulky item drop-off services to help residents properly dispose of waste and keep the environment clean.

Upcoming events hosted by Integrated Waste Management

- Community Cleanup: March 1st, 9 a.m. 12 p.m. @ Hollister Super on San Juan Rd.
- Monthly Hazardous Waste Drop-off Event: March 15th, 9 a.m. 12 p.m. @ John Smith Rd. Landfill (Residents may dispose of up to 15 gallons or 125 pounds of household hazardous waste (paint, motor oil, pesticides, cleaners, batteries, etc.)
- Quarterly Bulky Item Drop-off: March 29th & 30th @ John Smith Rd. Landfill
- Earth Day Celebration: April 19th (Further information can be found on <u>www.sanbenitocountyca.gov</u> or by calling (831) 636-4110.)

FUEL YOUR FUN



Peas please! Green peas, also called sweet peas, are easy to find frozen or canned. Keep them on hand for when you need a quick veggie side dish. Sugar snap peas and snow peas are other types of peas, but they have a pod that you eat. Try them cooked, or fresh for a snack.

Peas

Ramen Noodle Skillet

Ingredients

- -2 teaspoons oil (canola or vegetable) -1 cup onion, chopped
- -2 cups frozen broccoli stir fry mixed vegetables (includes snap peas), thawed
- -1 carrot, chopped or sliced into small pieces
 -2 cups cooked meat or poultry, cut into bite size pieces
- -1 package (3 ounces) beef flavored instant ramen noodles
- -1 cup water or broth
- Preparation
- 1. Heat oil in a large skillet. Add onion and carrots and sauté until soft (about 5 minutes).
- 2. Thaw the broccoli mixture in the microwave and drain.
- 3. Add the broccoli and cooked meat to the skillet. Stir and heat (about 1-2 minutes).
- 4. Add the noodle seasonings to the water/broth and stir into the skillet.
- 5. Break apart the ramen noodles. Add to the skillet when the water/broth simmers. Stir to moisten the noodles. Cover the skillet and cook until done (about 2 minutes). Serve immediately.



Take it Outside

- Take a walk together as a family and look for 10 interesting things or find three blue (could be any color!) objects.
- Play a game of tag, kickball, hide and seek or shoot baskets.
- Do yard work together
- Just dress for the weather whatever it may be!





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

ALIMENTA TU DIVERSIÓN



Los chicharos verdes, también llamados chicharos dulces, son fáciles de encontrar congelados o enlatados. Téngalos a mano para cuando necesite un acompañamiento rápido de verduras. Los chicharos dulces y los tirabeques son otros tipos de guisantes, pero tienen una cascara que se come. Pruébelos cocidos o frescos como refrigerio.

CHICHAROS

Sartén de fideos ramen

- INGREDIENTES
- 2 cucharaditas de aceite (canola o vegetal) -1 taza de cebolla picada
- -1 zanahoria picada o cortada en trozos pequeños -2 tazas de verduras mixtas salteadas de brócoli congelado

(incluye arvejas), descongeladas

- -2 tazas de carne o ave cocida, cortada en trozos del tamaño de un bocado
- -1 paquete (3 onzas) de fideos

Preparación

- 1. Calienta el aceite en una sartén grande. Agregue la cebolla y las zanahorias y saltee hasta que estén blandas (aproximadamente 5 minutos).
- 2. Descongela la mezcla de brócoli en el microondas y escúrrela.
- 3. Agregue el brócoli y la carne cocida a la sartén. Revuelva y caliente (aproximadamente 1-2 minutos).
- 4. Agregue los condimentos para fideos al agua / caldo y revuelva en la sartén.
- 5. Separa los fideos ramen. Agregue a la sartén cuando el agua / caldo hierva a fuego lento. Revuelva para humedecer los fideos. Tape la sartén y cocine hasta que esté lista (aproximadamente 2 minutos). Servir inmediatamente.



Salga afuera

- Pasee con su familia y busquen 10 cosas interesantes o encuentren tres objetos azules (ipueden ser de cualquier color!).
- Jueque un juego de tú las traes, kickball, escondite o encestar.
- Trabajen juntos en el jardin, Solo vistase acorde al clima, sea cual sea.





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

Announcements

MILK

FoodBank

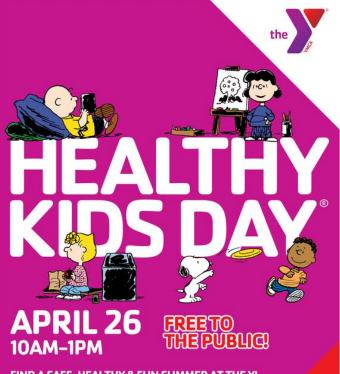
YOU ARE INVITED TO THE FOOD FOOD FOOD FIBBON CUTTING

TUESDAY, FEB. 25, 2025 11 AM - 12 PM Hollister Campus 505 Fairview Road

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FREE REFRESHMENTS

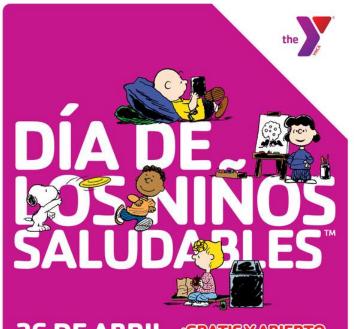


FIND A SAFE, HEALTHY & FUN SUMMER AT THE Y!

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

National Sponsor PEANUTS

PEANUTS



26 DE ABRIL 10AM-1PM

¡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

Flu cases are at HIGH levels in San Benito County

43.3% positivity rate

Get your Flu Shot for best protection!

FREE at San Benito County Public Health

Wednesday & Thursday 10:00 a.m. - 12:00 p.m. 2:00 p.m. - 4:00 p.m.

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

> Los casos de gripe están en niveles ALTOS en el Condado de San Benito

43.3% de positividad

MANTENTE A SALVO, MANTENTE SANO

Vacúnese contra la gripe para protegerse mejor

GRATIS en Salud Pública del Condado de San Benito Miércoles y jueves 10:00 a.m. - 12:00 p.m. 2:00 p.m. - 4:00 p.m.

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





Please join us for this free online training with live Spanish translation Thursday, February 27, 2025 12:00pm - 1:00pm

Register in advance for this meeting: https://us02web.zoom.us/meeting/register/vlUA3PnNSyikomX1yY67zA



Recology Poster Contest 2025 keep San Benito Bonito





w#0

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.

DRIZE

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 conte winners Aayana, Emrie, and Gla

idor, service, etc.). The pury se act on the information of

2025 Free **Recycling Events!**





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 = Novembe or 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.

Visit sanb



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

3er Anual Medidas de apoyo a la Lactancia en la Agricultura y otros espacios de trabajo

Por favor acompáñenos para esta junta gratis con traducción en Español en vivo Jueves, 27 de febrero 2025

12:00pm - 1:00pm Regístrese con anticipación para la junta: https://us02web.zoom.us/meeting/register/vlUA3PnNSyikomX1yY67zA

> PUENTES DE LA COMUNIDAD COMMUNITY BRIDGES







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

sidents 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,

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!

nitocountyca.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



- 1

Vaccine Clinic Get Up-to-date

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

Who: All students(Tk-12th) and Families (including adults)

When: March 12, 2025 3-5pm

Where: Calaveras School 1151 Buena Vista Rd, Hollister, CA

To Register, scan the QR code Walk-ins welcomed too!



- Vaccinations for uninsured, insured, and underinsured individuals 3 years and older (Kaiser Permanente health plan not eligible)
- Parent or Guardian must be present
- Please bring your medical/prescription insurance card



For more information contact: San Benito County Public Health Services (831) 637-5367

Clínica de vacunas Mantente al día

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

Quién: Todos los estudiantes (Tk-12 grado) y familias (incluidos los adultos)

Cuando: 12 de marzo de 2025 de 3 a 5pm

Dónde: Escuela Calaveras

1151 Buena Vista Rd, Hollister, CA 💼

Para registrarse, escanee el código QR

También se admiten personas sin cita previa

- Vacunas para personas sin seguro médico, con seguro médico o con un seguro médico insuficiente a partir de los 3 años (el plan de salud de Kaiser Permanente no es elegible).
- Los padres o tutores deben estar presentes
- Por favor traiga su tarjeta de seguro médico/de prescripción

Para más información, póngase en contacto con Servicios de Salud Pública del Condado de San Benito (831) 637-5367



FREE BULKY ITEM **RECYCLING EVENTS**

EVENT LOCATION

JOHN SMITH ROAD LANDFILL - 2650 JOHN SMITH RD., HOLLISTER

2024 Dates

March 23 & 24

September 28 & 29

June 29 & 30

December 7 8 8

To participate please bring a current California Driver's License or I.D. indicating you are a resident of San Benito County.

Event is from 9am - 3pm

LIMIT 2 BULKY ITEMS PER HOUSEHOLD PER QUARTERLY EVENT

Bulky Items are defined as:

Weighing more than 25 pounds 4 auto tires = 1 item



- One pick up load of yard waste = 1 item One pick up load of wood waste = 1 item
- Set of table & chairs = 1 item

Bulky Items NOT ACCEPTED:

- Business waste Out of County waste
- Hazardous waste
- Household trash

This program is sponsored by San Benito County Integrated Waste Management 2301 Technology Parkway, Hollister, CA 95023 For additional information please contact 831-636-4110 or sbciwm@cosb.us www.cosb.us/iwm



SAN BENITO COUNTY INTEGRATED WASTE MANAGEMENT REGIONAL AGENCY DESECHOS CASEROS PELIGROSOS Programa Mensual de Recolección

Desecho Casero Peligroso (HHW) Aceptado:



EVENTO GRATUITO DE RECOLECCIÓN **DE ARTÍCULOS VOLUMINOSOS**

UBICACIÓN 💳

JOHN SMITH ROAD LANDFILL - 2650 JOHN SMITH RD., HOLLISTER

Fechas para 2024

Marzo 23 v 24 Junio 29 v 30

Septiembre 28 v 29 Diciembre 7 v 8

Para participar por favor traiga su licencia corriente de California o identificación que indique que es un residente del Condado de San Benito. El evento es de 9am a 3pm.

LIMITE DE 2 ARTÍCULOS POR HOGAR POR EVENTO TRIMESTRAL

Artículos voluminosos definido como:

- Pesando más que 25 libras 4 llantas de automóvil = 1 artículo
- Una carga de residuos del jardin = 1 artículo Una carga de residuos de madera = 1 artículo
- Conjunto de mesas y sillas = 1 artículo

Artículos voluminosos NO ACCEPTADOS:

- Desechos comerciales Desechos fuera del Condado
- **Residuos peligrosos Basura domestica**

Este programa es patrocinado por San Benito County Integrated Waste Management 2301 Technology Parkway, Hollister, CA 95023 Para información adicional contacte 831-636-4110 o sbciwm@cosb.us www.cosb.us/iwm



SAN BENITO COUNTY INTEGRATED WASTE MANAGEMENT REGIONAL AGENCY HOUSEHOLD HAZARDOUS WASTE Monthly Collection Program

Household Hazardous Waste (HHW) Accepted:



www.cosb.us/county-departments/iwm and review the San Benito County Recycling Guide

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