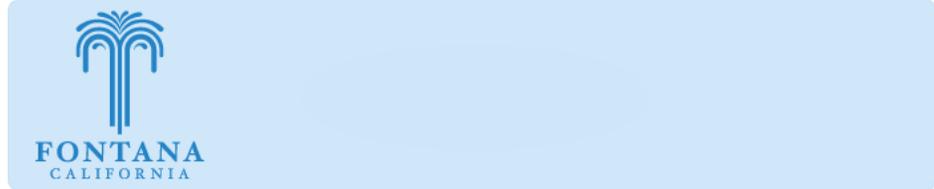


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Healthy Fontana Newsletter: Let's Move on the Trail!

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Let's Move on the Trail!

In partnership with the Fontana Police Department and Fire Station 71, Healthy Fontana presents the 9th* Annual Let's Move on the Trail Health & Safety Expo this month! Read about how you could get involved and moving down the Pacific Electric Trail (PET) while receiving a variety of resources and being involved in a number of fun family activities.

*2018 event cancelled due to inclement weather

Healthy Halloween Recipes



Trick-or-Treat Trail Mix:

Pretzels, reduced-fat cheese, crackers, dried cherries and/or cranberries, dried chopped apricots or peaches, chocolate- or yogurt-covered raisins.

Halloween Pizza Face:

Use prepared pizza bread/crust, tomato or pasta sauce, light mozzarella cheese, reduced-fat turkey pepperoni, and variety of colorful veggie slices to design a ghoulish pizza face! It'll be fun for the kids and will fill them up for an exciting evening of festivities.

Harvest Apple Salad:

5 cups mixed salad greens
1 apple, cored and sliced
½ cup EACH dried cranberries AND pecans
¼ cup sliced red onion
1-2 cups shredded rotisserie chicken or sliced grilled chicken
Light Dijon or vinaigrette salad dressing, to taste

In large bowl, mix lettuce, apple slices, cranberries, pecans, onions, and chicken. Just before serving, drizzle with salad dressing.

Creamy Pumpkin Dip & Apples:

1 cup canned pumpkin or fresh pumpkin purée
1 cup light cream cheese, softened
½ cup EACH marshmallow cream AND apple sauce



Walk/Run/Bike/Roll

Did you know that too much sitting and not enough moving can increase your risk of heart disease and stroke? One study showed that adults who watched more than 4 hours of television a day

had an 80% higher risk of death from cardiovascular disease.

Walk, run, bike, or roll down the Pacific Electric Trail for better health on **Saturday, October 9th at 8:00 am** and take steps to lower your blood pressure, boost good cholesterol levels, improve blood circulation, maintain weight, and prevent bone loss. Not to mention, being more active can improve your mood, keep your muscles strong, and help you live longer!

Register for the events at <https://racewire.com/register.php?id=12469> and snag your own FREE event shirt and bike helmet, while supplies last.



FREE Resources and giveaways!

Who doesn't love a free giveaway, or two? Load up on a variety of information and resources from one of many health and safety vendors

including REI, Burttec, Master Gardeners, Kaiser Permanente*, and other community resources from the City of Fontana.

*Kaiser Permanente is a Corporate Sponsor of this year's event.

Take a Tour & Watch a Demo from PD and the Fire Station

The Fontana Police Department and San Bernardino County Fire Station will be opening their doors for this special event to give attendees a glimpse into the lives of the people working for the police and fire station. You can also step into the gear of a firefighter or SWAT team member.



For more reasons why you should attend this year's Let's Move on the Trail event, visit healthyfontana.org or call (909) 350-6542.

Fire Prevention Week is October 3-9



Let's Move on the Trail highlights the importance of fire safety in conjunction with **Fire Prevention Week**.

This observance is celebrated every year during the first week in October in remembrance of the multiple people whose lives were lost and displaced due to the Great Chicago Fire in 1871. The fire left more than 17,000 buildings destroyed and burned more than 2,000 acres of land.

The goal of Fire Prevention Week is to raise awareness about the dangers of fire and spread knowledge about fire and safety to reduce the number of fire related deaths and injuries.

Each year, a theme is selected to remind everyone how they can prevent fires. This year's theme, "**Learn the Sounds of Fire Safety!**" educates the community about the various sounds that smoke and carbon monoxide alarms make. Learning about the different sounds can help keep you and your family safe.

For more information on how to keep you and your loved ones safe, visit the National Fire Protection Association website.

Ground cinnamon and/or pumpkin pie spice, to taste (few dashes)
Apple slices

Mix all ingredients, except apple slices in medium bowl until smooth; refrigerate until ready to serve. Serve with apple slices for dipping.

Healthy recipe ideas from:
Fruits & Veggies for Better Health website

Mark Your Calendars for these *Spooky Fun* Events!

- FREE COVID-19 Testing and Vaccines - ongoing
- 10/9: FREE Let's Move on the Trail Health & Safety Expo | 9am-12pm
- Fontana Walks! Let's Move on the Trail | 8am
- 10/11: Columbus Day/Indigenous People's Day
- 10/30: FREE Halloween events in the City of Fontana
- 10/31: Halloween! Stay safe & healthy by trying a recipe from above!

Connect with Healthy Fontana!

Community Services Department

16860 Valencia Avenue | Fontana, CA 92335

Healthy Fontana Hotline (909) 350-6542

www.healthyfontana.org | healthy@fontana.org

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