

Healthy Fontana Newsletter: Healthy Holidays!: TEST

City of Fontana <FontanaCA@public.govdelivery.com>

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To: Jasmine Sarsadias <JSarsadias@fontana.org>

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Have yourself a very merry healthy holiday!

Don't worry about keeping the food hot on the stove or wrapping presents all night long. These activities can make you feel stressed and overwhelmed which can lead to health problems. Instead, try some of the below tips to keep you stress-free and healthy this holiday season.



Skip that late night gift wrapping and opt for more sleep instead

With the holidays fast approaching, we here at Healthy Fontana want you to have a great holiday season with tools to make it both healthy and fun.

The past two years might have been some of the hardest seasons many of us have faced, but the Centers for Disease Control and Prevention (CDC) recommends that destressing is one of the number one things you can do to have a healthier holiday. We forget that stress can create so many issues for our bodies both externally as well as internally.

A simple way to de-stress is to get a full night's sleep. So, consider skipping that late night gift wrapping and opt to do it in the morning. Another great de-stressing tool is meditation. During the holidays, we have so much pressure to make sure the food is hot and our families are entertained, but take a moment to step back and breathe.

The CDC also advises that while yummy food is often served during the holidays, a way to be healthier is to limit portion sizes. A great way to limit your portion sizing is to cut what you usually eat by a third or even half.

Healthy Holiday Recipe: Glazed Carrots & Cranberries



Prep time: 10 mins

Cook time: 15 mins

of Servings: 4

Ingredients:

- 1 pound carrots, peeled and sliced diagonally
- 1/2 teaspoon salt
- 3 tablespoons sugar, divided
- 1/2 cup chicken broth
- 1 tablespoon butter
- 1/2 cup dried cranberries
- 2 tablespoons lemon juice

Directions:

1. In a large skillet over medium-high heat, add

We can also be healthier just by washing our hands frequently. The CDC recommends washing our hands with soap for at least 20 seconds. This can help prevent the spread of diseases and food borne illnesses.

Food Safety Can Also Keep Us Healthy

For those who will be doing any major cooking/preparing food this season, don't forget to have a food safe thermometer in hand to prevent any food borne bacteria. The Food and Drug Administration (FDA) reminds us that hot food should always be at an internal temperature of 140 degrees Fahrenheit or above and cold foods should have an internal temperature of 40 degrees Fahrenheit or below. Any foods in between is considered the danger zone. If foods are left out, the rule of thumb is 2 hours. After that, it needs to be refrigerated or frozen.

When prepping all those holiday goodies, make sure to wash your hands in between touching raw food and ready to eat foods (like salad mixes) to avoid cross contamination. These are just a few food based tips to being healthier this holiday season.

Also, if you're not feeling well consider staying home and skipping gatherings with your family or friends, this is one of the best things you can do in preventing the spread of both Covid-19 or flu this season. Don't forget to stay active this season; regular activity is a great way to stay healthy. A simple way to stay active is taking a walk with your family or a community walk with [Fontana Walks!](#) For more information on our next Fontana Walks event, view 'Upcoming Events' below.

Sources: CDC & FDA

Give the Gift of Health with a Garden Plot this Season!

What better gift than the gift of health this season? Treat your loved ones to their own Community Garden Plot for only \$53 for an annual lease. Growing your own fruits and vegetables can be more nutritious, help you stay active, can help you save money, and is better for the environment. For more info about getting your own plot or for someone else, visit the [garden plots page](#) or call 909-349-6988. Follow the City of Fontana on social media to find out how you can win your own plot!



carrots, salt, 1 tablespoon sugar, and broth. Bring to a boil. Cover and reduce heat. Simmer, stirring occasionally, until carrots are almost tender, about 5 to 8 minutes.

2. Uncover; increase heat to high. Stir occasionally until liquid is reduced to about 2 tablespoons, about 1 to 2 minutes.
3. Add butter and remaining sugar to skillet; stir carrots to coat. Add dried cranberries and cook, stirring frequently, until carrots are completely tender and glaze is light gold, about 3 minutes.
4. Remove from heat and stir in lemon juice. Serve warm.
5. Refrigerate leftovers within 2 hours.

Recipe from U.S. National Library of Medicine

Upcoming Events:

- 12/11: *Fontana Walks* in the Fontana Christmas Parade! | 10am
- 12/11: Visit the Healthy Fontana booth and create spin art at the Festival of Winter event | 11am-4pm
- 12/15: Healthy Fontana Winter Stakeholders' Social | 12pm-2pm
- 12/23-12/24: Christmas holiday observed
- 12/25-1/1: Winter Closure for Community Services Department