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Healthy Fontana Newsletter: March Into National Nutrition Month!

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March 2022 | Volume 3, Issue 3

Make March A Time for Gardening and Nutrition!

With Spring just around the corner, now is a great time to start thinking about some fresh herbs you can plant and dishes to prepare. Read on to find out how you can start growing your own bountiful garden of healthy food!

FREE Workshop Series Starts

March 5 at Central City Park Community Garden!

Healthy Fontana is so excited to partner with the **Master Gardeners** Program of San Bernardino County to bring the community *FREE* **workshops** in the community garden. The first workshop, slated for

March Mediterranean Quinoa Salad

Prep Time: 1 hour | Cook Time: 10-15 minutes

Makes six 3/4 cup servings

Ingredients:

1 cup dry quinoa

2 cups low-sodium chicken broth

2 tbsp lemon juice

2 tbsp red wine vinegar

1 tsp minced fresh garlic

March 5th, will teach participants how to grow from seed. Go home with your very own planter to start your own personal garden.

Gardening is not only fun but also really good for you - all of you. The physical activity involved with gardening helps to burn calories and can strengthen your muscles, like your heart. And, in celebration of National Nutrition Month, **growing your own food can help you and your family eat healthier**. Knowing what goes into your garden is knowing what goes into your body. Being able to pick fresh produce from your own garden is not only tasty but beneficial!

Try the Swap Method

March is **National Nutrition Month** and now is the time to think about ways to get the most nutrition from your food. Fueling our bodies with high quality fruits and veggies are not only great ways to being healthier but it helps support our brain function which in turn can lead to less stress. Harvard University of Medicine did a study that compared healthy diets such as the Mediterranean diet (see recipe to the right!) that's packed full of **fresh veggies** compared to diets high in processed meats. The Harvard study found that eating low nutritional foods led to risks in depression by 25 to 30 percent more than those who ate a traditionally healthier diet. **Eating healthier foods like dark leafy greens and some fruits can make us feel better** and our brains understand this.

Additionally, more nutritional foods are easier to access than ever today. Try the swap method. By just swapping out some of our favorite less nutritional pantry staples we can be healthier with little work.

- One easy swap is **mustard** - you can swap out mayo for mustard. And, if you're feeling adventurous, you can get a mustard seed blend that will add amazing flavor to your sandwiches or salads.
- Another great swap is tossing that sugary soda and trying a *carbonated sparkling water*. This gives you the feeling of drinking a soda without any of the guilt.

When we think about our food as fuel, we want to be able to give our bodies the best kind of fuel to make sure we are feeling our absolute best. When we feel good internally this leads to better mental outcomes in how our brain feels. The Center for Nutritional Psychology found that children and adults who had diets high in omega-3 were less likely to be depressed or stressed due to the effects of dopamine in the brain. You can find omega-3 in foods such as salmon, chia seeds, soybeans, and mackerel, just to name a few. While diet alone won't cure everything, understanding that nutrition matters can make all the difference in our daily lives. And, if you want to add more greens into your diet while also getting some valuable movement, consider leasing a garden in the city.

Did you know that gardening alone for an hour can burn up to 270 calories? You could grow your very own salad mixes or even fresh herbs to compliment a hearty salmon dish. Healthy Fontana also

1.5 tbsp extra virgin olive oil

1/2 tsp salt

1/8 tsp ground white pepper

1/4 cup fresh red bell peppers, seeded, diced

2 tbsp fresh diced green onions

2 tbsp fresh red onions, peeled & diced

1/2 cup fresh cherry tomatoes, halved

2 tbsp sliced black olives

2 tbsp feta cheese, crumbled

1 tbsp chopped fresh parsley

Directions:

1. Rinse quinoa in a fine mesh strainer until water runs clear. Combine quinoa & chicken broth in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until broth is completely absorbed, ~10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. A rice cooker can also be used with the same amount of quinoa & water. Cover & refrigerate.

2. In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt, & ground pepper to make a dressing.

3. Combine red peppers, onions, tomatoes, & olives in large mixing bowl. Mix well.

4. Add dressing to the vegetable mixture. Mix in cooled quinoa. Fold in feta cheese & parsley. Cover & refrigerate ~2 hours. Serve chilled.

Recipe from USDA

Upcoming Events with Healthy Fontana:

hopes you will join us this month for our ***Fontana Walks!*** event to get your physical activity in. The special Story Time Walk on March 12 will feature an interactive story time and FREE GIVEAWAYS for participants. For more information, visit FontanaWalks.org or follow the City of Fontana on social media for updates and reminders of upcoming events.

Resources:

American Psychological Association Website

- 3/5: FREE Community Garden Workshop: Starting from Seed | 9am

- 3/12: Story Time Walk/*Fontana Walks!* | 8am

- 3/19: Teen Leadership Summit

Connect with Healthy Fontana!

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