



***"Men Need Nutrition, Counseling,
and Health Classes Just As Much As
Women."***

Around the world, people are celebrating men this month as part of Men's Health Month.

Did you know that 1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women? And, women are more likely to visit the doctor for annual exams and preventative services than men?

Here at Healthy Fontana, we want you to have the tools you need to be a healthier version of yourself. Whether the tools are for yourself or someone important in your life, it's important to address one's health in some simple steps. The CDC reports two of the largest concerns in men's health are hypertension

and obesity, which are both preventable.

Hypertension is a medical term for high blood pressure which just means your body is struggling to force the blood around the artery walls. This can be very dangerous in the long term and cause things like hormone imbalance, diabetes, and high cholesterol. Obesity also has long-term effects that can impact our health such as heart disease and stroke just to name a few. The good news is that all of these can be addressed with simple day-to-day tasks from physical activity to making better food choices.

Consider adding just 30 to 60 minutes a day of physical activity to your day. It's easy to add these extra steps or physical activity when you do them with a team. Consider **Fontana Walks!** and walk with your families and fellow community members. Logging your steps and walking with others is a great way to stay motivated. Check out upcoming walks below. And, by making a few easy food swaps you can address your health needs by still enjoying yummy foods. Adding whole grains and eating more fruits or veggies is a great easy way to get started on your health journey. Check out this month's healthy tomato sauce below! The **Fontana Farmers' Markets** can help you do that by offering a selection of fresh produce every week. Make sure to also visit the Healthy Fontana booth to help you find new ways to get healthier. These are just some small ways to get healthier, but don't forget if you have questions or concerns about your health, always talk to your medical provider first for personalized health plans.

The Healthy Fontana team is here to support you and help provide you with resources on how to be a healthier version of yourself. For more information about Healthy Fontana or the programs available to you, visit the **Healthy Fontana website** or call 909-350-6542.

Tomato Sauce (Meatless)

Ingredients

- 2 1/2 tsp vegetable oil
- 1/2 cup 1 tbsp chopped fresh onions
or 1/2 cup 1 tbsp dehydrated onions
- 1 cup low-sodium canned tomato
paste
- 3 cups 1 tbsp low-sodium canned
diced tomatoes, with juice
- 1/2 cup water
- 1/8 tsp black or white pepper
- 1 tbsp dried parsley
- 2 1/4 tsp granulated garlic
- 1/4 tsp dried basil
- 1/4 tsp oregano
- 1/8 tsp dried marjoram

- pinch of dried thyme

Directions

1. Heat oil and add onions. Cook ~5 minutes.
2. Add tomato paste, canned tomatoes, water, pepper, parsley, granulated garlic, and seasonings.
3. Mix well and bring to a boil.
4. Reduce heat and simmer, uncovered, 25-30 minutes.



Enjoy with chicken, pasta, and more!

WHY TOMATOES?

- Tomatoes and the lycopene they contain have often been noted for their benefit in treating prostate disease and prostate cancer.
- Tomatoes have also been link to benefits for men's sexual health: lycopene naturally helps blood vessels to relax, which enhances circulation and in turn can improve blood flow.
- Tomatoes contain many nutrients, antioxidants, and minerals such as vitamin C, potassium, folate, and vitamin K.

Upcoming Events**

*** Times/Locations Subject to Change ***

Visit Healthy Fontana booth at one (or all) of these upcoming events for FREE resources and giveaways!

- **Sundays, June 5th, June 12th, June 19th & June 26th: Fontana Farmers' Market**, 12pm-5pm, Fontana Park Aquatic Center Parking Lot

- **Thursdays, June 2nd, June 9th, June 16th, June 23rd, & June 30th:** **Fontana Farmers' Market**, 2pm-6pm, Southridge Park/Don Day Parking Lot
- **Thursday, June 3rd-Friday, June 4th:** Fontana Days Fitness Expo, 4pm-8pm & 7am-12pm
- **Saturday, June 11th: *Fontana Walks!*** 8am at Miller Park Amphitheater
- **Saturday, June 11th:** FREE Garden Workshop, Central City Park Community Garden, 9am
- **Family Fun Nights | 5pm-9pm**
 - Saturday, June 11th: Southridge Park
 - Saturday, June 18th, Patricia Marrujo Park
 - Saturday, June 25th, Heritage Circle Grass Area
- **Thursday, June 30th: *Fontana Walks!*** at Southridge Park, 6pm

Connect with Healthy Fontana

Community Services Department
16860 Valencia Ave | Fontana, CA 92335
Hotline: (909) 350-6542 | healthy@fontana.org
