



# WORKING for WELLNESS

June 2008

## National Fresh Fruits and Vegetables Month

With so many fresh fruits and vegetables in-season this month, it's a perfect time to celebrate! Get creative by trying new fruits and vegetables, making new recipes, and experimenting with healthy cooking techniques.

California is bursting with fresh, locally grown fruits and vegetables this time of year. This makes eating fruits and vegetables easy and affordable. Displays of in-season fruits and vegetables will stand out in your grocery stores.

Try to eat a rainbow of fruit and vegetable colors. For yellow/orange, try carrots or papaya. For white, try leeks. For blue/purple, try eggplant. For red, try beets or strawberries. For green, try bok choy or collard greens.

### This Edition

#### National Fresh Fruits and Vegetables Month

Stock up today!

#### Featured Worksite

South Bay Community Services

#### Something in Season!

Mangos and Asparagus

#### June Activities in San Diego

Register with your co-workers and invite family members!

## Featured Worksite

Lily Prado, Human Resource Associate at South Bay Community Services (SBCS) in Chula Vista, doesn't miss a beat when it comes to coordinating the *Worksite Program*. She successfully motivated almost half of her organization to participate in the Fruit and Vegetable *Take Action!* And as a reward, she & HR Director, Ismena Valdez, prepared and served pancakes with fruit, from the *Everyday Healthy Meals* cookbook.

At this breakfast, Team Captain Tim Gonzales and his team **Tim's Tremendous Trolley Trestle Ten Dollar Tomato Team** were announced as the winning team, they met 102% of their fruit and vegetable goal, conquering first place. However, the second place team **The Transformers**, led by Christine Petrella wasn't far behind meeting 98% of their goal.

As a next step, Lily motivated a larger crowd to participate in the Physical Activity *Take Action!* At the kick-off event, Team Captain Tim and his team members displayed special *Network for a Healthy California* team t-shirts, which they designed. Team Captain, Christine, encouraged all the teams to do an upcoming 4-mile run/walk event together.

This sparked another idea in team captain Gisela Morena's head. She is organizing the first ever SBCS Walk/Run for all employees. The event will take place on June 5<sup>th</sup> and feature either a 2 or 4 mile route and rest stops with water, fruit, and other healthy snacks.

Gisela has also helped to organize free exercise classes offered throughout the ten-week *Take Action!* Program. These classes include kickboxing, yoga, abs and weights.

The leadership of these team captains is strongly supported by Lily because it has created a sustainable wellness program and a great sense of camaraderie at South Bay Community Services.

# Something in Season!

**MANGOS** (vitamin C, vitamin A, vitamin B6, vitamin E, vitamin K, fiber)

- Look for firm, plump mangos that have a sweet smell and give slightly to gentle pressure. Avoid mangos with bruised or broken skin.
- Blend mango chunks with lowfat yogurt and orange juice for a smoothie.
- Sprinkle mango chunks with chili powder and lime juice for a refreshing snack.



**ASPARAGUS** (vitamin A, vitamin K, vitamin C, iron, fiber, folate, riboflavin, thiamin)

- Look for firm, bright green stalks with tightly closed tips. Avoid limp asparagus stalks or stalks with open tips.
- Cook asparagus in a small amount of boiling water until tender.
- Thread wooden skewers through whole spears side by side to make an asparagus “raft” that can be easily flipped on the grill.



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## June Activity in San Diego

### **2008 Rotary Club of Coronado Low Tide Ride and Stride:**

bike ride, run, or walk on the beach at low tide

**When:** Sunday, June 8, 8:00 AM

**Where:** Imperial Beach to Coronado  
[kathy@kathyloperevents.com](mailto:kathy@kathyloperevents.com)

### **10<sup>th</sup> Annual Buena Vista Park:**

3 mile cross-country run, 1/2 mile free kid's fun run

**When:** Wednesday, June 18<sup>th</sup>, 6:30 PM

**Where:** Vista, CA  
[joecrosswhite983@roadrunner.com](mailto:joecrosswhite983@roadrunner.com)

### **24<sup>th</sup> Bonita's Road Runners:**

5K run/walk or 1K kid's fun run

**When:** Saturday, June 21<sup>st</sup>, 7:30 AM

**Where:** Rohr Park  
[sblanca28@msn.com](mailto:sblanca28@msn.com)



For more information about the Take Action! Worksite Program visit: <http://www.dhs.ca.gov/ps/cdic/cpns/worksite/default.htm>  
Be a Champion for Change, visit: <http://www.cachampionsforchange.net/en/index.php>

### **Contact Information**

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