

# hapitimes

## Give Your Community a Boost

The COVID-19 pandemic has disproportionately affected communities of color. April is National Minority Health Month and the theme this year is "Give Your Community a Boost." Be sure you and your family get the COVID-19 vaccination, including a booster, and spread the word in your community!

### MORE VEGETABLES, PLEASE

The benefits of healthy eating add up over time, bite by bite. Here are some ways to add more vegetables to your diet.

**Start your day with vegetables.** Add leftover cooked vegetables to your omelet or breakfast wrap. Or, add spinach to a morning smoothie and enjoy a burst of flavor and nutrition!

**Add variety to salads:** Make your salad pop with color and flavor by including corn kernels, radish slices, or diced red onions. Include seasonal vegetables for variety throughout the year.

**Try a stir-fry.** Stir-fry vegetables like carrots, shredded cabbage, greens, and low-sodium jarred mushrooms for a quick meal. Add some tofu as a protein source.

**Spruce up your sandwich.** Add spinach or some thinly sliced sweet onions to your favorite sandwich or wrap for extra flavor and a little crunch.

**Go for a dip or a dunk.** Enjoy baked potato wedges, cucumber slices, or cauliflower pieces with a homemade Italian dressing or dunked into a low-fat dip or hummus.

**Take vegetables on the go.** Carry along carrots, celery, jicama sticks, cherry tomatoes or sugar snap peas for an easy snack.

Source: [www.myplate.gov](http://www.myplate.gov)

### HAPI meals

## Healthy Mac and Cheese

### Ingredients

8 ounces whole-grain macaroni noodles, uncooked  
1 tablespoon trans-fat-free butter spread  
1 tablespoon whole wheat flour  
10 ounce bag (2 cups) cubed frozen butternut squash or cauliflower rice, thawed  
2 ounces (½ cup packed) reduced fat cheddar cheese  
Sea salt, to taste

### Instructions

Wash your hands.  
Boil noodles according to directions.  
Drain and reserve 2 cups pasta water.  
In pot over medium heat, cook butter spread with flour for 1 to 2 minutes.  
Whisk in 1 cup pasta water.  
Add squash or cauliflower and cook/mash until smooth.  
Add more pasta water as needed for a smooth cheese-like consistency.  
Add cheese and stir until melted.  
Fold in cooked noodles until combined and season with salt.  
Enjoy!

*Recipe adapted from [www.eatright.org](http://www.eatright.org)*

### wise words

"Wherever life can grow, it will. It will sprout out, and do the best it can."

—GWENDOLYN BROOKS

**Garden & Flower Time:** Greenhouse kits are available! Please call the office ASAP at 585-271-2680 to confirm your garden plot number, then prepare the soil for seedlings. To be planted indoors in April: watermelon, cherry tomatoes, hot poblano peppers, hot chili peppers, beefsteak tomatoes, sweet peppers, basil, jalapeño peppers. To be planted outdoors in May: onions, zinnia, nasturtium, scallions, squash/zucchini, cucumber, cilantro....Mother's Day Gardening Craft: April 11-15, 1-3 pm, Monday through Friday. Receive a clay pot, dirt, flower seeds, and watering can to decorate. Flowers will germinate and start growing by May 8, in time for Mother's Day....Sola Flower Painting Workshop: Tuesday, April 19, 2:30 to 3:30 pm.

**Friendly Neighbor Program:** Refer/bring a neighbor that has never been to an event hosted by Jewish Family Services, and you will receive a \$5 gift card to either Dollar General or toward the Curbside Market.

**iPad Lending Program:** Rent a free iPad to connect with your family, peers, and community!

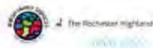
**Community Offerings and Events:** Call 585-216-1887 ext. 4 for the following, and see the calendar for more.

- Passover Gift Bag Pick-Up: Thursday, April 14, 3 to 4 pm. Call by April 7 for a Passover (Pesach) gift bag with goodies, including plates, cups, herbs and fruits.
- Take-and-Make Meal in a Bag Pick-Up - Spring Salads: Thursday, April 28, 3 to 4 pm. Call by April 7.
- Jeopardy: Mental and Physical Health with Nurse Jules and Brittney: Thursday, April 7, 10:30 to 11 am.
- Wellness Workshop with Nurse Jules on Nutrition Monday, April 18, 2 to 3 pm.



Fun at last month's St. Patrick's Day event.

Please call 585-216-1887 ext. 4 to register for all events!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 JFS Office Closed April Fool's Day	2
3	4 12:30 - 1:15pm Exercise with Sanjay 3:30 - 4:30pm Curbside Market *Near the dog park*	5 10:30 - 11:30am Coffee & Convo: Join us for coffee and conversations!	6 12:30 - 1:15pm Exercise with Diane	7 10:30 - 11:00am Jeopardy Health Game Available via Zoom and in person! 11:00 - 12:00pm Pantry Pick Up	8 JFS Office Closed	9
10	11 12:30 - 1:15pm Exercise with Sanjay 3:30 - 4:30pm Curbside Market *Near the dog park*	12 3:00 - 4:00pm Bingo	13 12:30 - 1:15pm Exercise with Diane	14 3:00-4:00pm Passover Gift Bag Pickup! *Must register by April 7th*	15 JFS Office Closed Passover Good Friday Tax Day	16
17 Easter Sunday	18 12:30 - 1:15pm Exercise with Sanjay 2:00 - 2:45pm Nutritional tips with Jules Available via Zoom and in person! 3:30 - 4:30pm Curbside Market *Near the dog park*	19 2:30 - 3:30pm Sola Flower Painting Workshop *Must register by April 8th*	20 12:30 - 1:15pm Exercise with Diane	21 11:00 - 12:00pm Pantry Pick Up	22 JFS Office Closed Earth Day	23
24	25 12:30 - 1:15pm Exercise with Sanjay 3:30 - 4:30pm Curbside Market *Near the dog park*	26	27 12:30 - 1:15pm Exercise with Diane 5:30 - 6:30pm Bingo	28 3:00 - 4:00pm Take and Make Meal: Spring Salads! *Must register by April 14th*	29 JFS Office Closed	30

