

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

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

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

