

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

Spring Festival: Join us Saturday, April 23 at the activity center lawn for food, games, and a visit by San Bernardino Police Department Lieutenant Eddie Flores and members of his staff to answer questions and provide advice on safety watch at Village Green. Fun fact: One of the guest sergeants grew up in the neighborhood!

Venga el sábado 23 de abril al jardín del centro de actividades para un Festival de Primavera con comida, juegos y una visita especial del teniente del Departamento de Policía de San Bernardino, Eddie Flores, y otros miembros de su personal. El teniente Flores y su equipo se unirán a nosotros para conectarse con la comunidad, responder cualquier pregunta y brindar asesoramiento sobre la vigilancia de seguridad en Village Green. Dato curioso: ¡uno de los sargentos invitados creció en el vecindario!

In March, the kids at Village Green enjoyed painting, slime-making and other creative activities. One of the highlights was having Natasha, one of our regular participants, come back to the center help cleaning up after kids' activities.

We are grateful for the continued participation of kids and leadership of community members at our activity center!

En marzo, los niños de Village Green se entretuvieron con actividades de primavera tal como pintura, haciendo slime y otras actividades creativas. Uno de los mejores momentos del mes fue cuando Natasha, una de nuestras participantes regulares, regresó al centro para ofrecer ayuda con la limpieza después de que se terminaran las actividades de los niños. ¡Es un honor contar con la participación y liderazgo de los niños en su centro de actividades!





Village Green

April 2022



Good Neighbor Program - Anarra Orellana, Resident Services Coordinator. Please send questions or suggestions to: aorellana@prspurpose.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
					1	2				
3	<p>Health & Nutrition Nutrition for Seniors / Disabled 12:00 PM - 1:00 PM</p> <p>Adult Development Basic Everyday Math 1:00 PM - 2:50 PM</p> <p>Coordinator Break 2:50 PM - 3:00 PM</p> <p>Youth Development Making Bracelets 3:00 PM - 5:00 PM</p>	4	<p>Adult Development Learning to Budget 12:00 PM - 1:00 PM</p> <p>Program Coordination Community Partner Outreach 1:00 PM - 2:50 PM</p> <p>Coordinator Break 2:50 PM - 3:00 PM</p> <p>Youth Development Outdoor Games 3:00 PM - 5:00 PM</p>	5	<p>Adult Development Computer Access 11:00 AM - 12:00 PM</p> <p>Adult Development ESL Class 12:00 PM - 1:50 PM</p> <p>Coordinator Break 1:50 PM - 2:00 PM</p> <p>Recreational Activity Bingo for Families 2:00 PM - 3:00 PM</p> <p>Youth Development Movie & Popcorn 3:00 PM - 5:00 PM</p>	6	<p>Adult Development Computer Access 11:00 AM - 12:00 PM</p> <p>Adult Development ESL Class 12:00 PM - 1:50 PM</p> <p>Coordinator Break 1:50 PM - 2:00 PM</p> <p>Recreational Activity Bingo for Families 2:00 PM - 3:00 PM</p> <p>Youth Development Movie & Popcorn 3:00 PM - 5:00 PM</p>	7	8	9
10	<p>Health & Nutrition Healthy Dinner Recipes 12:00 PM - 1:00 PM</p> <p>Family Development Connecting with Local Safety Departments 1:00 PM - 2:50 PM</p> <p>Coordinator Break 2:50 PM - 3:00 PM</p> <p>Youth Development Board Games 3:00 PM - 4:00 PM</p>	11	<p>Adult Development ESL Class 11:00 AM - 12:00 PM</p> <p>Recreational Activity Loteria for Adults 12:00 PM - 1:50 PM</p> <p>Coordinator Break 1:50 PM - 2:00 PM</p> <p>Recreational Activity Loteria for Adults 2:00 PM - 3:00 PM</p> <p>Recreational Activity Egg Coloring / Basket Painting 3:00 PM - 5:00 PM</p>	12	<p>Social Services & Referrals Apply for SNAP 12:00 PM - 1:00 PM</p> <p>Recreational Activity Loteria for Families 1:00 PM - 2:50 PM</p> <p>Coordinator Break 2:50 PM - 3:00 PM</p> <p>Recreational Activity Bunny Bucket Fill Up 3:00 PM - 5:00 PM</p>	13	<p>Program Coordination Newsletter Planning 10:30 AM - 12:00 PM</p> <p>Coordinator Break 12:00 PM - 12:10 PM</p> <p>Neighborhood Development Building Our Community Garden 12:10 PM - 1:30 PM</p>	14	15	16
17	<p>Health & Nutrition Heart Healthy Desserts 12:00 PM - 1:00 PM</p> <p>Adult Development Writing Cover Letters 1:00 PM - 2:50 PM</p> <p>Coordinator Break 2:50 PM - 3:00 PM</p> <p>Youth Development Outdoor Games 3:00 PM - 5:00 PM</p>	18	<p>Neighborhood Development Building Our Community Garden 12:00 PM - 1:00 PM</p> <p>Recreational Activity Bingo for Families 1:00 PM - 2:50 PM</p> <p>Coordinator Break 2:50 PM - 3:00 PM</p> <p>Youth Development Crafts 3:00 PM - 5:00 PM</p>	19		20	<p>Recreational Activity Bingo for Seniors 12:00 PM - 1:00 PM</p> <p>Family Development Register Kids for FREE Pjs! 1:00 PM - 2:50 PM</p> <p>Coordinator Break 2:50 PM - 3:00 PM</p> <p>Youth Development Homework and Snacks 3:00 PM - 5:00 PM</p>	21	22	23
24	<p>Program Coordination Administration 12:00 PM - 1:00 PM</p> <p>Recreational Activity Loteria for Families 1:00 PM - 2:50 PM</p> <p>Coordinator Break 2:50 PM - 3:00 PM</p> <p>Youth Development Making Lip Gloss / Deodorant 3:00 PM - 5:00 PM</p>	25	<p>Adult Development Computer Access 11:00 AM - 12:00 PM</p> <p>Program Coordination Community Partner Outreach 12:00 PM - 1:50 PM</p> <p>Coordinator Break 1:50 PM - 2:00 PM</p> <p>Health & Nutrition Healthy Lunch Recipes 2:00 PM - 3:00 PM</p> <p>Youth Development Board Games 3:00 PM - 5:00 PM</p>	26		27	<p>Program Coordination Door to Door, Heart to Heart 11:30 AM - 1:00 PM</p> <p>Coordinator Break 1:00 PM - 1:10 PM</p> <p>Program Coordination Administration 1:10 PM - 2:30 PM</p> <p>Program Coordination End of Month Processing 2:30 PM - 3:30 PM</p>	28	29	30

Don't Forget...All programs are FREE for residents. Sign up your family today!

