

Men's Health Month
"Stronger Together, Better Forever"



CDPH.gov

Mes de la Salud Masculina
"Juntos somos más fuertes, mejores para siempre"

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VENTURA COUNTY
PUBLIC HEALTH
A Department of Ventura County Health Care Agency

2220 E. Gonzales Road
Oxnard, CA 93036
Tel. (805) 981-6645

For more information visit us online:
http://www.vhca.org/ph

“Stronger Together, Better Forever: Building Better Health for Men & Boys, Lifelong!” Men’s Health Month - June 2024

Celebrated in the month of June, **Men’s Health Month** aims to bring awareness about the health issues men are most affected by and creates an opportunity to generate movement towards preventative action! There is no better time, especially as we observe Father’s Day on Sunday, June 16, to acknowledge, honor, and appreciate the important role of men in our own lives and throughout our communities. This June, let’s commit to empowering men and boys to lead healthier lives, take charge of their health, make well informed decisions, and find balance on a pathway to a lifetime of well-being.

Below, are some powerful messages to share with the men in your life to give them tools to make actionable choices that can positively impact their lives and empower them on their journey to long-term well-being and disease prevention:

Fuel Your Body and Move More

As reported by the Centers for Disease Control and Prevention (CDC), in the United States, 41.6% of men experience obesity and 50.1% of men have been diagnosed with hypertension, both of which are linked to a higher risk for developing various health conditions such as heart disease, diabetes, and stroke. Eating healthier meals that include fruits, vegetables, and whole grains, and less processed and sugary foods, can help lower high blood pressure and body fat. Incorporating at least 150 minutes of physical activity per week doing something you enjoy, such as hiking, playing soccer, walking, bike riding, or going for a swim, can also help you improve these health outcomes!

Talk for Mental Health

Break down the barriers to good mental health by removing the stigma. Although for men it may be difficult to talk about stress, trauma, and challenging life events, it is important to take time to find the support to face these tough situations. Identify someone you trust, whether it’s a health professional, a family member, or a friend, and engage in open and meaningful conversations. Talking about these issues can improve your health!

Practice Dry Week

Avoid the use of alcohol and tobacco products. These products are known to increase the risk for accidental injury, suicide, and cancer. Voice your desire to socialize without the need to consume harmful products such as these. Instead, try finding new healthy habits to enjoy with family and friends!

It is imperative that we build knowledge throughout our communities to support men and boys to better understand what puts their health at risk, identify tools to prevent or delay disease, and feel empowered to talk more openly about their own health issues. Whether it is men taking direct action to improve their health, or family and friends encouraging them to start the conversation, we must all take a personal approach in promoting positive lifestyle habits, healthier choices, longevity, and a better quality of life for all men in our communities.



CDPH.gov

Find more tools and resources to help celebrate **Men’s Health Month** at:
2024 Men’s Health Network Toolkit - <https://menshealthnetwork.org/2024-mens-health-network-toolkit/>
FastStats - Mens Health - <https://www.cdc.gov/nchs/fastats/mens-health.htm>

For more information, including free health screenings, classes, and community activities, visit:
<http://vhca.org/chronic-disease-prevention-program>

“Juntos somos más fuertes, mejores para siempre: ¡Construyendo una mejor salud para hombres y niños durante toda la vida!” Mes de la Salud Masculina: junio de 2024

Celebrado en el mes de junio, el **Mes de la Salud Masculina** tiene como objetivo crear conciencia sobre los problemas de salud que más afectan a los hombres y crea una oportunidad para generar movimiento hacia acciones preventivas. No hay mejor momento, especialmente cuando celebramos el Día del Padre el domingo 16 de junio, para reconocer, honrar y apreciar el importante papel de los hombres en nuestras vidas y en nuestras comunidades. Este mes de junio, comprometámonos a empoderar a hombres y niños para que lleven vidas más saludables, se hagan cargo de su salud, tomen decisiones bien informadas y encuentren el equilibrio en el camino hacia una vida de bienestar.

A continuación, se encuentran algunos mensajes poderosos para compartir con los hombres de su vida y brindarles herramientas para tomar decisiones prácticas que puedan impactar positivamente sus vidas y empoderarlos en su camino hacia el bienestar a largo plazo y a la prevención de enfermedades:

Alimente su cuerpo y muévase más

Según lo informado por los Centros para el Control y la Prevención de Enfermedades (CDC), en Estados Unidos, el 41.6% de los hombres tienen obesidad y el 50.1% de los hombres han sido diagnosticados con hipertensión, ambos cuales están relacionados con un mayor riesgo de desarrollar diversas condiciones de salud como enfermedades cardíacas, diabetes y accidentes cerebrovasculares. Comer más comidas saludables que incluyan frutas, verduras y alimentos integrales, y menos alimentos procesados y azucarados, puede ayudar a reducir la presión arterial alta y la grasa corporal. Incorporar al menos 150 minutos de actividad física por semana haciendo algo que disfrute, como caminar, jugar fútbol, caminar, andar en bicicleta o nadar, también puede ayudarlo a mejorar estos resultados de salud!

Hablar por su Salud Mental

Derribe las barreras a la buena salud mental eliminando el estigma. Aunque para los hombres puede resultar difícil hablar sobre el estrés, el trauma y los acontecimientos desafiantes de la vida, es importante tomarse el tiempo para encontrar el apoyo para enfrentar estas situaciones difíciles. Identifique a alguien en quien confíe, ya sea un profesional de la salud, un familiar o un amigo, y participe en conversaciones abiertas y significativas. ¡Hablar de estos temas puede mejorar su salud!

Practique la semana seca

Evite el uso de alcohol y productos de tabaco. Se sabe que estos productos aumentan el riesgo de lesiones accidentales, suicidio y cáncer. Expresé su deseo de socializar sin necesidad de consumir productos nocivos como estos. En su lugar, intente encontrar nuevos hábitos saludables para disfrutar con familiares y amigos!

Es imperativo que generemos conocimiento en nuestras comunidades para ayudar a hombres y niños a mejor entender que pone en riesgo su salud, identificar herramientas para prevenir o retrasar enfermedades y sentirse capacitados para hablar más abiertamente sobre sus propios problemas de salud. Ya sean los hombres que tomen medidas directas para mejorar su salud o familiares y amigos que los alientan a iniciar la conversación, todos debemos adoptar un enfoque personal para promover hábitos de vida positivos, opciones más saludables, longevidad y una mejor calidad de vida para todos los hombres en nuestras comunidades.



Encuentre más herramientas y recursos para ayudar a celebrar el **Mes de la Salud Masculina** en:
2024 Men's Health Network Toolkit - <https://menshealthnetwork.org/2024-mens-health-network-toolkit/>
FastStats - Mens Health - <https://www.cdc.gov/nchs/fastats/mens-health.htm>

Para obtener más información, incluidos exámenes de salud gratuitos, clases y actividades comunitarias, visite <http://vchca.org/chronic-disease-prevention-program>



Diabetes Prevention Program

Nationally recognized to prevent or delay the onset of Diabetes Type 2.



- **FREE classes starting soon**
- **Classes are in-person**
- **Multiple locations throughout Ventura County**
- **Call to register now!**

For more information call (805) 765-7463

1 of 3 adults are at risk for developing Diabetes Type 2.

Start your journey towards a healthier lifestyle!

Program Topics Include:

- diabetes education
- healthy eating
- weight loss
- setting SMART goals
- nutrition education
- physical activity
- stress management
- tracking your health

PREVENGA EL T2

Un programa para prevenir el tipo 2 de la diabetes

Programa de Prevención de la Diabetes

Reconocido nacionalmente en prevenir o retrasar el desarrollo de la Diabetes Tipo 2.



- Clases GRATUITAS comienzan pronto
- Clases son en persona
- Múltiples ubicaciones en el Condado de Ventura
- Llame para registrarse ahora!

Para más información, llame al (805) 765-7463

1 de 3 adultos esta a riesgo de desarrollar la Diabetes Tipo 2.

Inicie su camino hacia un nuevo estilo de vida más saludable.

Temas del programa incluyen:

- educación de la diabetes
- educación de nutrición
- alimentación saludable
- actividad física
- perdida de peso
- manejo de estrés
- estableciendo metas
- seguimiento de su salud

Prevent T2

Prevenga el T2



Date	Days	Language	City	Location	Hours
6/3- 6/24	Mondays	Spanish	Oxnard	Wilson Senior Center 350 N. C Street	10:30 - 11:30 AM
6/4-6/25	Tuesday	English	Simi Valley	Simi Valley Senior Center 3900 Avenida Simi	1:00- 2:00 PM
6/8- 6/29	Saturdays	English	Oxnard	Ventura County Public Health 2240 E. Gonzales Rd.	9:30- 10:30 AM
6/8- 6/29	Saturdays	Spanish	Oxnard	Ventura County Public Health 2240 E. Gonzales Rd.	11:00-12:00 PM

To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

Self-Management Workshops

Talleres de automanejo

Healthy Living

Viviendo saludable



Date	Days	Language	City	Workshop/Location	Hours
6/5- 6/26	Wednesdays	English	Moorpark	Healthier Living Workshop Moorpark Active Adult Center 799 Moorpark Ave.	9:30 - 11:00 AM

To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

June/Junio 2024

Seated Tai Chi for Arthritis Tai Chi en silla para personas con artritis

Relaxation and Pain Management *Relajación y manejo de dolor*



Seated Tai Chi, Active Adult Center, Fillmore

Seated Tai Chi

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
6/3- 6/24	Mondays	Seated	Oxnard	Wilson Senior Center 350 N. C Street	9:30 - 10:00 AM
6/3-6/24	Mondays	Seated	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	1:00 - 1:30 PM
6/13- 6/27 No class on 1st Thursday	Thursdays	Seated	Oxnard	Palm Vista Senior Center 801 S. C Sreet	10:30- 11:00 AM

To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

Early Detection - Free Health Screens Blood pressure checks

Promoting Health & Wellbeing *Promoción de la salud y el bienestar*



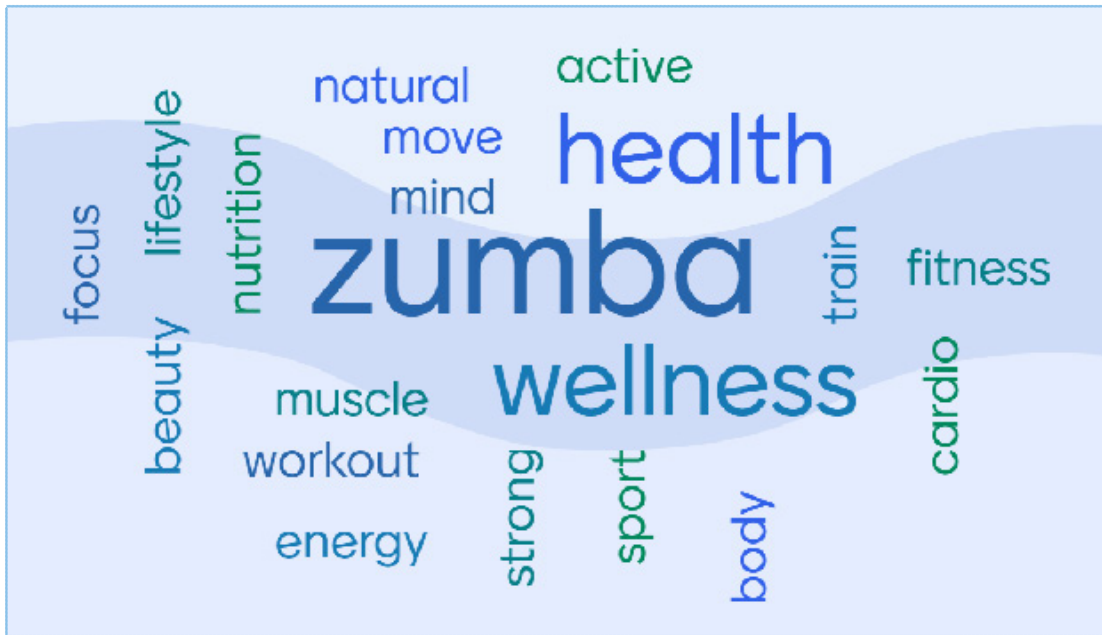
Health Screening
Farmer's Market
Downtown Oxnard

Free Health Screenings Exámenes de salud gratuitos

Date	City	Location	Hours
6/6 Thursday	Oxnard	Downtown Oxnard Farmer's Market 519 S. C street	9:00 AM - 1:30 PM
6/12 Wednesday	Port Hueneme	Vineyard Church 415 Pearson Rd	1:00 - 4:00 PM
6/14 Friday	Ventura	Red Barn Market 955 N. Ventura Avenue	1:00- 3:00 PM

Exercising in a group is fun!

¡El ejercicio en grupo es divertido!



GET FIT! Classes

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
6/6-6/13	Wednesdays and Thursdays Except 1st Wednesday	Zumba®	Ventura	Bell Arts Factory 432 N Ventura Avenue	6:00 - 7:00 PM
Ongoing	Saturdays	Zumba®	Oxnard	Nyeland Community Center 3334 Santa Clara Avenue	9:00- 10:00 AM

Open to the public. Lead by licensed instructor Maria L Peña & Esther Cárcamo.
To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

Abierto al público. Dirigido por una instructora con licencia Maria L Peña & Esther Cárcamo
Para aprender más sobre como participar o hospedar una actividad para su comunidad, llame a (805) 981-6645.

Promoting Health & Wellbeing
Promoción de la salud y el bienestar



Dia Del Niño Resource Fair at
Our Lady of Guadalupe Church
In Santa Paula

Events:

Date	Activity	Time	Location	Contact Information
6/2 Sunday	Health Fair	12:00 PM- 2:00 PM	Gold Coast health family day 4000 S Rose Ave Oxnard, CA 93033	Jose Ortega (805) 981-6659
6/8 Saturday	Resource Fair	10:00 AM- 2:00 PM	Oxnard Scholars Fun Fest 701 N Juanita Ave Oxnard, CA 93030	Jose Ortega (805) 981-6659
6/22 Saturday	Resource Fair	10:00 AM- 1:40 PM	Spring Into Summer 971 E. Ventura St Santa Paula, CA 93060	Jose Ortega (805) 981-6659

Live a Healthy Lifestyle

Vive un estilo de vida saludable

A Healthier You Nutrition Workshop at
Blanchard Elementary School
in Santa Paula



Class Series:

Eat Healthy Be Active

Locations	Class 1	Class 2	Class 3	Class 4
Tender Life Maternity Home * 871 E Thompson Blvd Ventura, CA 93001 Contact: Jose Ortega (805) 981-6659	06/14	06/28	07/17	07/26

* Not open to the public.

Workshops:

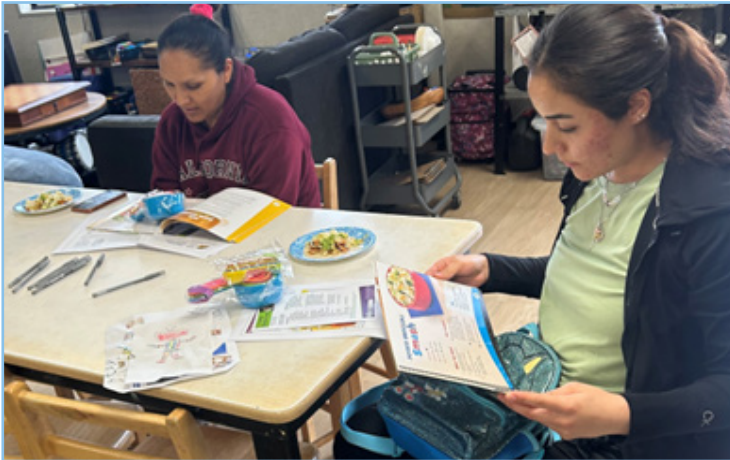
Date	Activity	Time	Location	Contact Information
6/5 <i>Wednesday</i>	Eating Healthy On a Budget <i>Nutrition and Physical Activity</i>	6:00 PM-7:00 PM	Villa Cesar Chavez 5559 Salvador Dr Oxnard, CA 93033	Jose Ortega (805) 981-6659
6/10 <i>Monday</i>	Eating Healthy On a Budget <i>Nutrition and Physical Activity</i>	6:00 PM-7:00 PM	Poder Popular 113 N. Mill Street Santa Paula, CA 93060	Jose Ortega (805) 981-6659
6/11 <i>Tuesday</i>	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	6:00 PM-7:00 PM	Emilie Ritche Elementary School* Virtual: Zoom	Jose Ortega (805) 981-6659

* Not open to the public

*No abierto al público

Live a Healthy Lifestyle

Vive un estilo de vida saludable



Enjoy Healthy Foods That Taste Great Nutrition Workshop
Green Valley Catalyst Kids and Grace Thille Elementary School
in Oxnard and Santa Paula

Workshops:

Date	Activity	Time	Location	Contact Information
6/18 Tuesday	Eating Healthy On a Budget <i>Nutrition and Physical Activity</i>	5:00 PM - 6:00 PM	Sterling Apartments 7995 Telephone Rd Ventura, CA 93003	Jose Ortega (805) 981-6659
6/25 Tuesday	Fresh from the garden: Summer Squash <i>Nutrition and Garden Education</i>	11:00AM - 12:00 PM	Villa Pacifica Apartmets 1055 Johnson Dr Ventura, CA 93003	Jose Ortega (805) 981-6659
6/25 Tuesday	Physical Activity is Key to Living Well <i>Nutrition and Physical Activity</i>	6:00PM - 7:00 PM	Foster Families 4667 Telegraph Rd Ventura, CA 93003	Jose Ortega (805) 981-6659
6/26 Wednesday	Eating Healthy On a Budget <i>Nutrition and Physical Activity</i>	11:00 AM - 12:00 PM	Buena Vida Family Apartments 9054 Telephone Rd Ventura, CA 93004	Jose Ortega (805) 981-6659

* Not open to the public

*No abierto al público

Adult Nutrition Workshops

Garden-Based Education

Educación de Jardín

Gus Good Food Nutrition Workshop and Planting Activity with Seeds at South Oxnard Catalyst Kids in Oxnard



Workshops:

Date	Activity	Time	Location	Contact Information
6/12 Wednesday	Tom The Tomato Garden Education Workshop	9:15- 10:15 AM	Ramona State Preschool* 804 Cooper Rd, Oxnard, CA 93030	Fernando Gaytan (805) 981-6627
* Not open to the public			*No abierto al público	

Pre-school Nutrition Workshops

Healthy Retail

Healthy Eating

Healthy Retail Program

Programa de venta saludable

Partnering with local retail markets to promote "locally grown produce!"

Healthy Recipe Tasting:

Healthy Recipe Tasting
La Famosa Meat Market
Santa Paula



Date	Activity	Time	Location	Contact Information
6/13 Thursday	Food Demonstration and Healthy Recipe Tasting	2:00 - 4:00 PM	4-Way Meat Market 403 Copper Rd, Oxnard, CA 93030	Fernando Gaytan (805) 981-6627

Changes may occur without prior notice.

Cambios pueden suceder sin previo aviso.

Healthy Retail Program

Refresh Better & Rethink Your Drink!

Healthy recipe made with fresh fruits and vegetables.

Makes 4 servings:

1 cup per serving.

Prep Time:

5 minutes

Ingredients:

- 2 cups Watermelon, seedless. cubed
- 10 basil leaves, fresh

Preparation:

1. Fill pitcher halfway with ice.
2. Add watermelon and basil.
3. Fill with water. Chill for at least 30 minutes before serving.
4. Store in refrigerator and drink within 24 hours.



¡Refréscate mejor y Piensa bien lo que tomas!

Receta saludable de agua con sabor a frutas y verduras.

Rinde 4 porciones:

1 taza por porción.

Tiempo de preparación:

5 minutos

Ingredientes:

- 2 tazas de sandians sin semillas, en cuadritos
- 10 hojas de albahaca fresca

Preparación:

1. Llene media jarra con hielo.
2. Agregue la sandia y albahaca.
3. Llene con agua. deje enfriar por lo menos 30 minutos antes de servir.
4. Guarde en el refrigerador y tome dentro de 24 horas.



Grilled Chicken with Strawberry and Pineapple Salsa



<https://recipes.heart.org/en/recipes/grilled-chicken-with-strawberry-and-pineapple-salsa>

INGREDIENTS

- 4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded
- 2 teaspoons salt-free steak seasoning blend
- 1/4 teaspoon salt
- 1 teaspoon canola or corn oil
- 2 slices fresh pineapple, each 1/2 inch thick, patted dry
- 1 cup whole strawberries (about 5 ounces), diced
- 1/4 cup finely chopped red onion
- 1-2 teaspoons sugar
- 1/8 teaspoon crushed red pepper flakes
- 3-4 tablespoons chopped fresh mint leaves
- 1 medium lemon

Makes 4 servings

Serving size: 3 ounces chicken and 1/2 cup salsa

Nutrition information per serving:

Calories: 191

Fiber: 2 g

Total fat: 3.0 g

Sodium: 223 mg

Saturated fat: 0.5 g

Protein: 27 g

Carbohydrates: 14 g

DIRECTIONS

Before you begin: Wash your hands.

- 1) Preheat the grill on medium high. Brush a grill pan or grill rack with the oil. Heat the grill pan or rack on the grill for about 2 minutes, or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes, before chopping.
- 2) Meanwhile, in a medium bowl, stir together the remaining salsa ingredients except the lemon. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.
- 3) Sprinkle both sides of the chicken with the seasoning blend and salt.
- 4) Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates.
- 5) Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

Pollo Asado con Salsa de Fresa y Piña



<https://recipes.heart.org/en/recipes/grilled-chicken-with-strawberry-and-pineapple-salsa>

Rinde 4 porciones

Tamaño de la porción: 3 onzas de pollo y 1/2 taza de salsa

Información nutricional por porción:

Calorías: 191

Fibra: 2 g

Grasa Total: 3.0 g

Sodio: 223 mg

Grasa Saturada: 0.5 g

Proteína: 27 g

Carbohidratos: 14 g

INGREDIENTES

- 4 pechugas de pollo deshuesadas y sin piel (aproximadamente 4 onzas cada una), desechando toda la grasa visible
- 2 cucharaditas de mezcla de condimentos para filetes sin sal
- 1/4 cucharadita de sal
- 1 cucharadita de aceite de canola o maíz
- 2 rodajas de piña fresca, de 1/2 pulgada de grosor cada una, secadas a golpecitos
- 1 taza de fresas enteras (unas 5 onzas), cortadas en dados
- 1/4 taza de cebolla roja finamente picada
- 3-4 cucharadas de hojas de menta fresca picadas
- 1-2 cucharaditas de azúcar
- 1/8 cucharadita de hojuelas de pimiento rojo triturado
- 1 limón mediano

INSTRUCCIONES

Antes de empezar: Lávese las manos.

- 1) Precaliente la parrilla a fuego medio-alto. Unte una sartén o rejilla con aceite. Caliente la sartén o la rejilla en la parrilla durante unos 2 minutos, o hasta que esté caliente. Ase la piña durante 2 minutos por cada lado. Pásala a una tabla de cortar y deja que se enfríe un poco, unos 2 minutos, antes de trocearla.
- 2) Mientras tanto, en un bol mediano, mezcle el resto de los ingredientes de la salsa excepto el limón. Ralle 1 cucharadita de ralladura de limón, reservando el limón. Incorpore la ralladura y la piña picada a la mezcla de fresas. Reservar.
- 3) Espolvorear ambos lados del pollo con la mezcla de condimentos y la sal.
- 4) Ase durante 5 minutos por cada lado, o hasta que el centro ya no esté rosado. Pasar a los platos.
- 5) Exprime el limón reservado sobre el pollo. Sírvelo con la salsa aparte.



LIVE WELL
Ventura County
Healthy Eating • Active Living

The **Partnership for a Healthy Ventura County** is a coalition that includes a wide range of community organizations and individuals, including businesses, schools, non-profits, local government and networks seeking to improve the health of Ventura County residents, policies, and community endeavors. We share the vision that Ventura County will be the national model for healthy eating, active living, and community wellbeing. We promote community and personal changes that lead to healthy eating and regular exercise to reduce obesity and related chronic diseases.

Our next quarterly meeting is scheduled to take place in person on Thursday, June 27, 2024, at 9:00am at Ventura County Public Health 2220 E. Gonzales Rd., EMS Suite 200 B Conference Room, Oxnard, CA 93036

For more information, please contact:
Eddie Munizich at (805) 981-6650
or at Eddie.Munizich@ventura.org
website: <http://livewellvc.org/>

HARVEST OF THE MONTH

Cilantro Lime Tuna Wrap



<https://foodhero.org/recipes/cilantro-lime-tuna-wrap>

Makes: 5 wraps

Ingredients:

- 3 tablespoons lime juice
- 2 tablespoons mayonnaise
- 2 cans (5 ounces each) tuna in water, drained
- 2/3 cup cilantro, chopped and loosely packed
- 2 green onions or 1/2 teaspoon onion powder
- 1 cup red bell pepper, diced
- 1 jalapeño pepper, minced (ribs and seeds removed)
- 5 medium flour tortillas
- 1 cup shredded lettuce or 5 small lettuce leaves

Directions:

Before you begin: Wash your hands.

1. Mix lime juice and mayonnaise together in a small bowl. Add tuna, cilantro, onions and peppers and mix until evenly coated.
2. Divide tuna mixture between 5 tortillas. Spread to edges.
3. Top with lettuce and fold or roll into a wrap.
4. Refrigerate leftovers within 2 hours.

Nutrition Per Serving: Calories, 190g Total Fat 8g
(1.5 g Saturated Fat), 11 g Protein, 18 g Carbohydrates,
2 g Dietary Fiber, 400 mg Sodium

Chronic Disease Prevention Program publishes this monthly Events Calendar to encourage healthy active living through physical activity and healthy eating in all communities of Ventura County. Educational opportunities are free of cost and available to residents, families and communities who are ready to lead healthier lives.

For more information, please contact:

Eddie Munizich Eddie.Munizich@ventura.org

Get Fit! Zumba® Classes

Community physical activity classes

Walking Clubs

Assistance with forming a walking club in the community

Evidence-Based Educational Workshops

CDC's National Diabetes Prevention Program (DPP) T2 for people with prediabetes

The program runs for 1 year. During the first 6 months of the program, you will meet once a week. During the second 6 months, you'll meet once or twice a month.

Tomando Control de Su Salud

- Un programa de 6 semanas

Chronic Disease Self-Management Program

- 6 week program

Diabetes Self-Management

- 6 week program

Manejo Personal de Su Diabetes Tipo 2

- Un programa de 6 semanas

For more information, please contact:

Jazmyn Jasso Jazmyn.Jasso@ventura.org

CalFresh Healthy Living Program provides nutrition education classes, train-the-trainer nutrition workshops, and cooking and physical activity demonstrations to promote informed food choices and healthier lifestyles.

Rethink Your Drink

Urges everyone to choose refreshing water to quench their thirst instead of sugary drinks. The goal of the initiative is to reach all residents and organizations in Ventura County to increase the consumption of and access to healthy beverages.

Community & School Garden Support

Offers support and education to families and educators growing their own vegetables and fruits at their local community gardens and schools.

For more information, please contact:

Jose Ortega Jose.Ortega@ventura.org



The CFHL team supporting a mother and her child in planting pumpkin seeds for the upcoming fall harvest season at La Escuelita Catalyt Kids in Oxnard.