

## Healthier Planet, Healthier Life

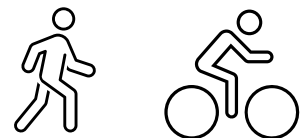
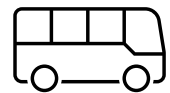
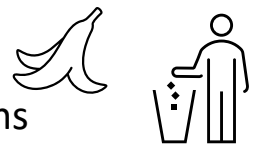
Caring for our environment is a lot like caring for ourselves, it takes time, dedication, and more than just one day a year. A healthy environment is essential for our personal health and wellbeing. Air quality, personal spaces, and access to clean water and food supplies all directly impact our body's health through various ways. Having a healthy environment can reduce the risk of health problems such as anxiety, respiratory diseases, heart disease, and cancer. Some ways we can work to create a healthier environment are activities like composting, recycling, gardening, carpooling, and cleaning our homes regularly. When we do these activities, not only are we able to reduce the amount of waste we produce, but we also become more mindful about our impact on the Earth and gain a sense of order and control over our lives.



## My Commitment to Sustainable Actions

*Try these Earth-friendly actions:*

- ☐ Compost food scraps and yard waste in green residential trash bins
- ☐ Recycle cans, plastic bottles (#1-#7), cartons, clean paper, and glass
- ☐ Organize one drawer or one room a week
- ☐ Plant/buy in-season fruits and vegetables
- ☐ Carpool with a friend or take public transportation if possible
- ☐ Walk and bike instead of driving short distances



## Know Your Label: Cholesterol

Found in our liver and in the foods we consume that are made up of animal products (i.e. eggs, beef, poultry, shrimp, cheese, etc.), cholesterol is vital, helping our body make cell membranes, Vitamin D, and many hormones. Despite its importance, the *Dietary Guidelines for Americans* recommend consuming less than 300 mg per day, as it can also lead to hardening of the arteries which can increase risk for heart attacks, strokes, or other circulation problems. This does not mean we should avoid all animal products; however, it is important that we consider the overall quality of the food we are eating, as well as our eating patterns. Consider grilled chicken over fried chicken, a hearty vegetable spaghetti sauce over pizza, and unsaturated fats like avocado or olive oil over lard or shortening.

## Nutrition Facts

4 servings per container

**Serving size 1 1/2 cup (208g)**

Amount Per Serving

**Calories**

**240**

% Daily Value\*

**Total Fat 4g** 5%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol 5mg** 2%

**Sodium 430mg** 19%

**Total Carbohydrate 46g** 17%

Dietary Fiber 7g 25%

Total Sugars 4g

Includes 2g Added Sugars 4%

**Protein 11g**

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Composting 101: The Do's and Don'ts

Recycling our organic waste is a great way we can reduce our carbon footprint on the Earth. In San Diego County, we can now place our food scraps and food-soiled paper/cardboard with our yard waste into our large green residential trash bins to create compost instead of landfill waste. So what exactly can we compost?

**DO** put these items into your provided green bins:

- Fruits and vegetables
- Breads, pastries, tortillas, rice, and beans
- Eggs, eggshells, and dairy products
- Leftover foods
- Coffee grounds and the paper filter
- Paper towels, napkins, paper plates/cups
- Food soiled paper bags and cardboard
- Yard trimmings, leaves, grass, and untreated wood

**DON'T** put these items into your provided green bins:

- Any type of plastic containers or plastic bags
- Liquid/solid fats, oil, and grease
- "Compostable" or "Biodegradable" plastic products





LIVE WELL  
SAN DIEGO

# NEWS

Nutrition Education  
with Seniors!

Spring 2023 | HealthierLiving.HHSA@sdcounty.ca.gov | www.HealthierLivingSD.org | 858-495-5500

## Eat Healthfully This Spring

San Diego offers a wide variety of fresh produce! In-season produce is often cheaper and at its peak of nutrition. Here's what's in-season this Spring:



Radishes



Scallions



Plums



Grapefruit



Basil



Broccoli

## Are You a Waste Wizard?

Test your knowledge of what waste items go in which type of waste bin! Draw a line from the waste item to the correct trash bin.

- A. Leftover food
- B. "Biodegradable" plastics
- C. Plastic Bottles and Containers (♻️ #1-#7)
- D. Pizza Box/Food-soiled cardboard
- E. Clean cardboard
- F. Food-soiled paper towels/napkins



## Body Scan Meditation *(source: Mayo Clinic)*

*Meditation is the practice of being very aware of what you are feeling and sensing in the present moment. It has been shown to help reduce stress and relax the body.* Lie on your back with your legs extended and arms at your sides, with palms facing up. Focus your attention slowly and intentionally on each part of your body from head to toe or toe to head. Be aware of any sensations, emotions or thoughts associated with each part of your body. Do this whenever you need it for about 15 minutes or more.

## CFHL Group Spotlight: Villa Alta Older Adult Residents partner with UrbanLife Youth



Villa Alta resident's first visit to UrbanLife Farms.

After completing the *Eat Smart, Live Strong* series, Villa Alta apartment residents in City Heights set out to improve their community! In one effort, the residents connected with UrbanLife, a neighboring youth organization dedicated to youth empowerment. UrbanLife offered the residents a space to garden on their farm. Valuable Intergenerational relationships are in the making as youth provide their support and older adults share their life wisdom.

## Resource Spotlight: Waste Free San Diego

Source: <https://wastefreesd.org/>



WasteFreeSD is a one-stop zero waste resource which offers information on diversion of household items, recyclables, and household hazardous waste from our crowded landfills. Check out their website to find resources on how to properly dispose of your waste! Or call their toll-free hotlines for more information.

For incorporated residents of San Diego call: [1-800-237-2583](tel:1-800-237-2583)

For unincorporated residents of San Diego call: [1-877-713-2784](tel:1-877-713-2784)

## Broccoli Salad

Serves 5 | 10 minutes | Recipe courtesy of: EatFresh.org

### Ingredients:

- 4 cups of Broccoli *washed and cut into bite-size pieces*
- 1/3 cup of Mayonnaise
- 2 1/2 tbsp. of Yogurt *plain, low fat*
- 1/4 cup of Red Onion *diced*
- 1 tbsp. Sugar or Honey
- 1/2 cup of Raisins
- 1 tbsp. of Rice Wine Vinegar
- 3/4 cup of Radishes *thinly sliced*



**Directions:** In a medium bowl, combine broccoli, onions, raisins and radishes. In a small bowl, blend mayonnaise, yogurt, sugar and vinegar. Pour dressing over broccoli and mix well. Refrigerate for at least 2 hours before serving for optimal marination. Enjoy!