



# NEWS

*Nutrition Education  
with Seniors!*

FINAL EDITION | [HealthierLiving.HHSA@sdcounty.ca.gov](mailto:HealthierLiving.HHSA@sdcounty.ca.gov) | [www.HealthierLivingSD.org](http://www.HealthierLivingSD.org) | 858-495-5500

## A Note to Our Readers

Each season, we have loved sharing **NEWS: Nutrition Education with Seniors** with you. Together, we have explored ways to eat well, stay active, and live fully. However, due to the federal elimination of funding for the Supplemental Nutrition Assistance Program – Education (SNAP-Ed, also called CalFresh Healthy Living in California), this will be our final issue. *This change does not affect CalFresh food benefits.* We have been honored to walk alongside you on your path to better health. While our newsletter is ending, our commitment to your wellbeing remains.

## Staying Connected to Resources

- **Healthier Living San Diego** | [www.HealthierLivingSD.org](http://www.HealthierLivingSD.org)  
Fall prevention, fitness programs, healthy eating and food assistance programs  
Call: 858-495-5500 | Email: [HealthierLiving.HHSA@sdcounty.ca.gov](mailto:HealthierLiving.HHSA@sdcounty.ca.gov)
- **CalFresh Healthy Living San Diego** | <https://bit.ly/aiscfhl>  
Nutrition and physical activity resources and the most recent newsletters
- **EatFresh.org**  
Recipes, meal planning, and eating healthy on a budget
- **Ageing & Independence Services Call Center** | <https://bit.ly/3N92hdF>  
Programs and services for older adults and people with disabilities  
Call: 800-339-4661

## A Heartfelt Thank You

Your dedication to learning and living healthier inspires us every day. Although this is goodbye to our newsletter, it is not goodbye to healthy living. Keep exploring, cooking, moving, and connecting with others.

- Aging & Independence Services *CalFresh Healthy Living* Team



This newsletter was developed by the County of San Diego Health and Human Services Agency, Aging & Independence Services, through a contract with California Department of Aging, with funding from the United States Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. For more information about our programs, visit [www.HealthierLivingSD.org](http://www.HealthierLivingSD.org)



# NEWS

Nutrition Education  
with Seniors!

FINAL EDITION | HealthierLiving.HHSA@sdcounty.ca.gov | www.HealthierLivingSD.org | 858-495-5500

## Consistent Small Steps Lead to Big Changes

Over the years, we have shared one simple message again and again: healthy living is not about perfection or strict rules, but about awareness, balance, and small choices that add up over time. Whether adding one more vegetable to your plate, moving a little more each day, or taking a moment to pause and breathe, even the smallest steps can support your health, energy, and overall well-being. We hope these reminders continue to support you on your journey—at your pace, in ways that work for you.

### Nutrition

**Read the Label:** Read food labels to compare products and choose options higher in fiber and lower in added sugar and sodium. Be cautious of foods with long ingredient lists and/or ingredients that are unfamiliar.

**Remember:** Since teaspoons may be easier to picture in our mind than grams, remember this:

**4 grams of sugar = 1 teaspoon of sugar**

So if an item has 20 grams of sugar, it has 5 teaspoons of sugar ( $20 \div 4 = 5$ ).

**Add More Color:** Colorful fruits and veggies provide important nutrients. Try adding them to pasta, stir-fries, eggs, a bagel, or a quesadilla.

**Go Whole When Possible:**

Choose whole vegetables, fruit, beans, and whole grains for more nutrition and lasting energy.



### Physical Activity

**Move in ways that work for you:**

Aim for 30 minutes of moderate physical activity most days.

**Small Moves Add Up:** Park farther away, take the stairs, or do chair exercises while watching TV. Even 5-10 minutes at a time can make a difference.



### Mental Well-Being

**Care for Your Mental**

**Health:** Manage stress, get enough sleep, and stay connected with nature, friends, and family.

**Pause & Reset:** Practice gratitude or try slow, deep breathing to calm your mind.

**Support Brain Health:** Engage your mind through reading, puzzles, or learning something new—even short mental challenges make a difference.

