



# NEWS

**Nutrition Education  
with Seniors!**

Winter 2025 | [HealthierLiving.HHSA@sdcounty.ca.gov](mailto:HealthierLiving.HHSA@sdcounty.ca.gov) | [www.HealthierLivingSD.org](http://www.HealthierLivingSD.org) | 858-495-5500

## Winter Wellness- Staying Strong for the Season



Winter can bring unique challenges to staying healthy, especially as we gather indoors more frequently, travel, and visit with friends and family. These activities, while heartwarming, can also increase the risk of illness.

That's why it's essential to focus on prevention during this season. Prevention goes beyond washing your hands and getting your flu shot. It's about making intentional choices to invest in your overall wellbeing. Winter is the perfect time to prioritize proper nutrition, hydration, restorative sleep, and meaningful connection with nature. In this edition, we'll explore accessible and unique strategies to care for yourself and prevent illness. From immune-boosting recipes to tips for staying active and grounded, you'll find practical advice to support your health and wellness during the colder months. Together, let's make this winter a season of vitality and resilience. A little prevention goes a long way in ensuring a happy, healthy you!

## My Commitment to Preventing Winter Illness

*To reduce my risks of getting sick, I will:*

- Eat a healthy and balanced diet that supports my immune health.
- Drink water regularly to support my body's ability to fight disease.
- Sleep well so that my body feels restored every morning.
- Get outdoors to relax.
- Wash my hands regularly to reduce the spread of germs.





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## Eat Healthfully This Winter

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 Winter:



**Ginger**



**Garlic**



**Lemon**



**Kale**



**Clementines**

## Handwashing: Fill in the Blank

*Let's explore handwashing and fill in the blanks with the right words or phrases to boost your illness prevention this season.*

1. The proper way to wash your hands includes scrubbing them for at least \_\_\_\_\_ seconds.
2. Using \_\_\_\_\_ and water is the most effective way to clean your hands.
3. Handwashing can reduce respiratory illnesses, like colds, by up to \_\_\_\_%.
4. Don't forget to also scrub under your \_\_\_\_\_

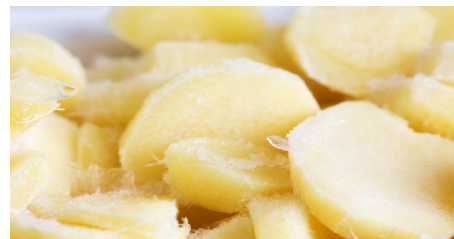


### Word Bank

- |         |                |
|---------|----------------|
| A. Soap | C. Fingernails |
| B. 20   | D. 40          |

## Chef Tip: Freezing Ginger

Ginger is known for its anti-inflammatory properties and immune boosting benefits which can help in preventing illness. Freezing ginger can help you avoid throwing away unused portions. Even better, ginger retains its flavor and nutritional benefits after freezing for up to 6 months! To freeze ginger, peel it and store it in an airtight container. You can freeze it whole or grated. Grated ginger can be proportioned into small amounts in cube trays for easy use. When you freeze your ginger whole, it becomes easy to grate and use in soups, stews, and tea.







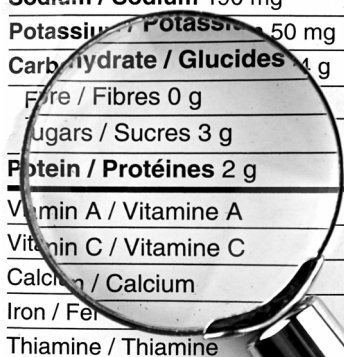
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## Know Your Label: Minerals for Immune Health

Nutrition labels can help us understand how much we are getting of minerals that are essential to strengthening our immune system. By reading labels and aiming for the appropriate % Daily Value (DV) for each mineral, you can keep your immune system strong and prevent illness. Here are a few:



|                         |        |      |      |
|-------------------------|--------|------|------|
| Sodium / Sodium         | 190 mg | 8 %  | 10 % |
| Potassium / Potassium   | 50 mg  | 1 %  | 7 %  |
| Carbohydrate / Glucides | 4 g    | 8 %  | 10 % |
| Fibre / Fibrés          | 0 g    | 0 %  | 0 %  |
| Sugars / Sucres         | 3 g    |      |      |
| Protein / Protéines     | 2 g    |      |      |
| Vitamin A / Vitamine A  |        | 0 %  | 8 %  |
| Vitamin C / Vitamine C  |        | 0 %  | 0 %  |
| Calcium / Calcium       |        | 0 %  | 15 % |
| Iron / Fer              |        | 30 % | 30 % |
| Thiamine / Thiamine     |        | 45 % | 45 % |

**Calcium:** Calcium is essential for strong bones and supports immune function by aiding in cell communication and tissue repair. Aim for foods that provide around 20-30% of the DV per serving (e.g., a cup of fortified plant milk or yogurt). Common sources include dairy products and leafy greens.

**Zinc:** Zinc plays a crucial role in immune function by activating T-cells and reducing the duration of colds. Look for foods that provide 15-30% of the DV per serving, such as meats, shellfish, legumes, nuts, and seeds.

**Magnesium:** Magnesium helps regulate immune responses, reduce inflammation, and manage stress, which supports a stronger immune system. Aim for foods that provide 10-25% of the DV per serving, such as nuts, seeds, and leafy greens.

## Grounding Exercises

"Grounding" or "Earthing" is the practice of putting your bare skin directly on the earth. Research has shown that 20-30 minutes of this practice can have health benefits, including potential support to the immune system by reducing inflammation, stress, and increasing antioxidants.



Start grounding by spending 5–10 minutes barefoot on grass, soil, or sand, gradually increasing your time. Choose areas that are clean and free of sharp objects for safety. This practice promotes relaxation and may reduce stress and inflammation.



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## Group Spotlight - Vitality in the Garden

In October, community members at Mt. Hope Community Garden piloted a new curriculum by Leah's Pantry called *Around the Table with Elders*. While sitting outside, participants enjoyed this program which focused on wellbeing throughout a lifetime, sharing traditions that improve health through food, belief systems, movement practices, and social support from the longest living populations in the world.



## Resource Spotlight: San Diego County Public Health Centers

One way to stay up-to-date on your immunizations is by getting them at County Public Health Centers, where you do not need insurance. There are six locations located around San Diego county. Routine adult vaccines, routine childhood vaccines, and seasonal vaccines are available. For more information, please call 866-358-2966 or visit:



[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/immunization\\_branch/Getting\\_Your\\_Vaccines.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/immunization_branch/Getting_Your_Vaccines.html)

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## Immunity Boosting Soup

Serves 4 | 50 minutes | *Source: Eat Well 101*

### Ingredients:

- 1 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 tsp turmeric
- 1 tsp salt
- 1 tsp pepper
- 1 tsp paprika
- 4 cups vegetable broth
- 2 carrots, sliced
- 1 cup kale or spinach
- 1 can chickpeas, drained
- Juice of 1 lemon

### Directions:

- Sauté onion and garlic in olive oil.
- Add turmeric, broth, carrots, and chickpeas. Simmer for 15 minutes.
- Stir in kale and lemon juice. Cook for 5 more minutes.
- Season with salt, pepper, and paprika and serve!

