



# MY wellness

## Employee Wellness Newsletter

### The Food Issue

by Nicole Piña

Summer brings all types of flavors and textures to our plates. With backyard barbeques, family reunion picnics, unique street fair food, and sweet frozen treats, our memories of summer are very much connected to these summertime eats. This issue brings ideas for making the most of your summer food!

When the weather is sweltering, make sure you stay hydrated and cool with frozen fruit or foods with lots of water such as watermelon, oranges, spinach or cucumber. To quench your thirst, try a variety of homemade infused waters using mint, citrus or berries. Taste the rainbow and include fresh fruit and vegetables from the entire color wheel to your summer meals!

Make sure the food you eat or prepare outdoors is safe during the hot months. Keep those cool picnic salads cold with a layer of ice under the serving dish. When packing a cooler, fill the cooler up with food and ice. Keep the cooler out of direct sunlight to keep it cold longer. In hot weather (over 90°F), food should not be left out over an hour. Promptly refrigerate the leftovers you want to save. Cook meats thoroughly to be sure you and your summer guests are safe from foodborne illnesses.

This summer, take the time to enjoy that grilled sweet corn on the cob (minus globs of butter), share a scoop of sherbet on an evening walk with a friend, or blend a fresh fruit smoothie packed with vitamins to cool down on that hot summer day!



### Freeze!

Keep cool this summer with a quick snack - frozen fruit! Slice up bananas, strawberries and grapes. Arrange on a skewer, drizzle chocolate on top and stick in the freezer for a cool treat. Cut chunks of watermelon and mango to freeze. Then add pineapple juice, agave nectar and a squeeze of lime. Blend together to make a yummy summer sorbet! Try adding fruit to your ice cube tray for a colorful addition to your ice cold summer beverage!

### Healthy Tip!

Take some "you" time this summer - relax and rejuvenate. Live easy!

### Monthly Events

**1-3** Beaumont Cherry Festival

**20** Wellness Wednesday Walk

**100th Anniversary - Beaumont Cherry Festival**  
June 1-3, 2018

1310 Oak Valley Pkwy. / Beaumont, CA 92223

**Wellness Wednesday Walk**

June 20, 2018 / 10:30 am / SJC @ Eagle MVC @  
Café / THEC/TEC @ Ent. / SGP @ 100



## Inspiration - Pineapple

by Secret Brown

Sweet fruit in the summer time. When we think of summer we think of leisure, relaxation along with good eats like ice cream, cold drinks and fresh fruit. Nothing welcomes the summer like indulging in sweet slices of pineapple.

Pineapples are an interesting fruit. They grow as a single pineapple from the ground that takes 18 to 20 months to grow and made up of many flowers, whose fruitlets have joined around the core. When I think of pineapples I can't help but think of the team of determined professionals who make up the staff and faculty of MSJC; a bunch of little fruitlets joined together at the core of serving our students.

We get to eat the sweet fruit of watching the students jubilantly celebrate their accomplishments by partaking in the annual graduation ceremony. As you reflect and wind down from this semester, let me remind you that their sweet taste of success is the result of strong roots. Strong roots which produced good fruit. As a team with one goal; staff, faculty and administrators have all tilled the ground, planted seeds, watered the crop and provided support to the students from behind the scenes to shape, mold and grow each student. Just like the pineapple, months of hard work growing as an individual resulting in a sweet succulent fruit for others to enjoy.

Reflect and acknowledge your good work this season as you partake in the summer festivities and know that you have produced good fruit that will go out into the world and continue to grow and flourish as a family member of MSJC.

Ananas, the original name of the pineapple, comes from the Tupi word nanas, meaning "excellent fruit." Good fruit comes from strong roots, not necessarily the prettiest tree or maybe not from a tree at all, but from the ground in the muck and dirt. When others taste your fruit, what will they taste, bitterness, judgement or sweetness and kindness? Be a pineapple. Stand tall, be sweet and wear a crown!

## The Farmers Market

Get those steps in and take some time to support the local economy in your area with a trip to the farmers market. The seasonal fruits and vegetables at the farmers market are fresh and picked at their peak with a wide variety of produce - including foods that aren't usually offered in your typical grocery store. Get out there and try a new healthy food!

Visit your local farmers market to support your community. Here is a sample of the farmers markets in your hometown:

### Canyon Lake Certified Farmers Market

Sundays 9 am-1 pm

31516 Railroad Canyon Rd / Canyon Lake, CA 92587

### Murrieta Farmers Market

Sundays 9 am-1 pm

24480 Village Walk Place / Murrieta, CA 92562

### San Jacinto Certified Farmers Market

Thursdays 8 am-1 pm

2575 S San Jacinto Ave / San Jacinto, CA 92583

### Temecula Farmers Market

Wednesdays 9 am-1 pm / Saturdays 8:30 am-12:30 pm

28464 Old Town Front St / Temecula, CA 92590

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**Pull up a chair. Take a taste.  
Come join us. Life is so  
endlessly delicious.**

**- Ruth Reichl**

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