



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER

December Programs Newsletter

Happy Healthy Holidays!

Tis the season to be surrounded with family, friends, and, of course, delicious food! While the holidays bring cheer and joy, it can also bring an amount of stress to those who are trying to stick to their healthy eating and lifestyle habits. Thankfully, USC Nutrition Students, Rochelle Lai and Brittany Bettingen have put together 10 tips to help us stay on track during the holidays. One tip they shared is to eat slowly and focus on enjoying the conversation and company! Socializing away from the food table may also help prevent us from overeating. Read more healthy holiday eating tips here at our [website!](#)

November Program Highlights

Health and Wellness Roundtable

On November 26, the FEAST team was joined by local health advocates including nonprofit leaders, promotoras, dietitians and students to discuss how health organizations and individuals could better collaborate and share resources. Participants were split into smaller working groups to identify various community assets in South LA.

Check out the [Collective Resources Map](#) that was created as a result of the event. Feel free to share and add any additional resources!



Group Highlights



Left: The infamous Black Bean Quinoa Salad cooking up at KP Baldwin Hills.

Right: USC Nutrition Student, Michael Laing, makes stretching simple and fun at APCH.



Bottom: Kale Ceviche Salad tastes better when enjoyed surrounded by good company.



Wellness Tip:

By Leilani W.

Feeling overwhelmed? Try practicing some bedtime yoga which can help reduce anxiety, stress, and help us get a good night sleep.

Enjoy this short and relaxing routine that can be done from the comfort of your bed!

[Link to Video](#)

Participant Story Highlight:

Providence Health

"During the first few session check-ins and sharing circle, she (*participant name kept anonymous*) would quietly sit, listen and observe. She was not one who would share often. We recently completed session 8 and have noticed her increase in sharing out loud. About 3 weeks ago, she shared with us that being aware of how high her A1c was, along with the education and recipes she has learned, motivated her to visit her primary care doctor. She stated that she would avoid it before because she was afraid to know how "bad" her health was, given that she knew her eating and exercise habits were not great. Currently, she has slowly changed the way she eats, is starting to become more active and reports she feels much better. She is also the only participant who has shown up to class every week with a picture of the recipe she cooked at home. Implementing the recipe competition for the first time has definitely been a motivator for our participants and it has been extremely fun looking at all their pictures! Since completing the [FEAST Leadership Training](#), Providence Health has launched 2 satellite groups, serving over 30 families."



Want to learn how to start your own FEAST group?

Join us at the next FEAST Leadership Training taking place in Los Angeles January 14-16!

[Click here for more info](#)

🎉 SEE YOU NEXT YEAR! 🎉

Wednesday, December 12th is the last Art of Good Health class of 2018! The class will resume again on January 9, 2019!

Spiced Apple Cider

Serves 4-6

Ingredients:

- 7 medium apples, cored and quartered with skin (a mix of Granny Smith, Honeycrisp, Gala)
- 1 orange, peeled and cut into segments
- ½ cup fresh cranberries
- 8-10 whole cloves
- 2 cinnamon sticks
- 1-2 whole star anise
- ½ cup of coconut sugar to sweeten (optional)
- Water

Directions:

1. Add ingredients to a pot, pressure cooker, or slow cooker.
2. Add water to cover all of the ingredients.
3. Boil ingredients. (Cooking options:
 - a. Stovetop - high heat for 3 hours,
 - b. Pressure Cooker - high pressure for 15 minutes, quick release after 10 minutes.
 - c. Slow Cooker - low heat for 4 hours)
4. Mash the fruit with a potato masher or fork to release the juices.
5. Strain solids and serve.
6. You may store the cider without solids in an airtight container for up to 1 week or freeze for later use.