



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER

November Programs Newsletter

Current Fall Groups

Thank you so much for reading the first FEAST Programs Newsletter! We are excited to share with you some snapshots of our group activities taking place this fall. The FEAST team is currently hosting groups across 7 different sites including: A Place Called Home, Heart of Los Angeles (HOLA), Miriam's House, West Hollywood Community Housing Corporation (WHCHC), With Love Market, Children's Institute, and Kaiser Baldwin Hills Crenshaw. In addition, Providence Health is running a satellite group after attending the FEAST leadership training earlier last year.



Group Highlights



Top:
APCH group making
Spicy Hummus
Sandwiches.

Right:
Sweet Potato a La
Mexicana recipe
approved by
WHCHC participant.

Bottom:
Whole Wheat Pasta
Salad cooking up at
With Love Market.



Quote of the Month

"Every morning, I look in the mirror and tell myself that I am beautiful, I am healthy, and I am happy"
- Participant at WHCHC

Meet the Group Leaders at FEAST



Ana Guzman

Groups: Children's Institute, With Love Market, Kaiser Baldwin Hills

Favorite vegetable: Avocado

Life motto: I can do everything through Christ who strengthens me.

If I could eat only one food for the rest of my life it would be: Guacamole



Leilani Wallace

Groups: Miriam's House, WHCHC

Favorite vegetable: Broccoli

Life motto: When life gives you lemons make lemonade.

If I could eat only one food for the rest of my life it would be: Some sort of seafood



Amy Vu

Groups: WHCHC, Kaiser Baldwin Hills, Miriam's House

Favorite vegetable: Squash, especially roasted Kabocha Squash!

Life motto: You only live once so enjoy life with no regrets.

If I could eat only one food for the rest of my life it would be: Pho



Gilda Sion

Groups: HOLA, APCH

Favorite vegetable: Avocado

Life motto: Never give up.

If I could eat only one food for the rest of my life it would be: Guacamole



Lauren Fisher

Group: Miriam's House

Favorite vegetable: Brussels Sprouts

Life motto: Make your passion your profession.

If I could eat only one food for the rest of my life it would be: Guacamole

Group Leader Spotlight: Judith Larson

Judith Larson is a former participant of one of the first FEAST programs. Since she graduated from the program in 2015, she has continued working with FEAST to create her own class called, "**El Arte de la Buena Salud (The Art of Good Health)**" which is held at the FEAST office every **Wednesday from 4-5:30pm**. She is also spreading her passion for health and wellness as a new Group Leader.

Read more about her story at our website!

<https://feastforall.org/becoming-a-better-me/>

Group: Kaiser BHC

Favorite vegetable: Beets

Life motto: Don't cry when the sun is gone because your tears won't let you see the stars.

If I could eat only one food for the rest of my life it would be: Beets



Upcoming FEAST Events

Graduate Support Groups

Join Ana Guzman for Zumba fitness and fun!
Classes will be held on the following days:

Baldwin Hills Mall Community Center

November 12, 10-11 am

3650 W Martin Luther King Jr Blvd, 90008

The Blazers

November 19, 8:30-9:30 am

1517 W 48th Street, 90062

Email ana@feastforall.org to RSVP!



Health and Wellness Roundtable

Come meet fellow community members to discuss how we can improve health and wellness services across South LA!

Monday, November 26, 6-7:30pm

Mercado La Paloma, 1st Floor Community Room

3655 South Grand Ave, 90007

Everytable meals and light snacks will be served!

Workshop will be held in both English and Spanish

RSVP by emailing amy@feastforall.org

Sweet Potato a La Mexicana

Serves 4

Ingredients:

- 4 medium sweet potatoes
- 2 cups cooked lentils (or other beans)
- 1 head romaine lettuce, shredded
- 3 oz. Greek yogurt
- 2 avocados, peeled and sliced
- 4 tomatoes, diced (or one 14.5 oz. can of diced tomatoes)
- 1 red onion, sliced
- 1 bunch cilantro, chopped
- Roasted poblano peppers (optional)
- 1 lime, juiced (if making quick guacamole in step 5)

Directions

1. Rinse sweet potatoes, then carefully puncture each one several times with a fork or knife.
2. Wrap each sweet potato in a damp paper towel and microwave until soft, 5 to 7 minutes, depending on size. You can also put them in large pot in a steamer basket and an inch of water and steam for 7 to 10 minutes until soft.
3. Cut sweet potatoes in half lengthwise, and top with lentils, lettuce, and Greek yogurt.
4. Garnish with avocado, tomatoes, red onion, cilantro, and poblano pepper, or make a quick basic guacamole as in step 5.
5. To make a quick guacamole, mash the avocados in a medium bowl with a fork, until smooth, but still a little bit chunky. Stir in the tomatoes, red onion, cilantro, as much poblano pepper as you like, and the lime juice, season with salt and freshly ground black pepper to taste. If possible, let rest for 30 minutes to allow flavors to blend.

Did you know?

The skin of sweet potatoes is a great source of fiber, potassium, and iron!



*The FEAST team
wishes you a very
happy Thanksgiving!*