



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER

March Programs Newsletter

Group Program Updates

Congratulations Fall 2018 Graduates!

We are excited to welcome 90 new members to our FEAST Graduates community. Congratulations to the participants from Heart of Los Angeles, A Place Called Home, With Love Market, Children's Institute, Miriam's House, West Hollywood Community Housing Corporation, Kaiser Permanente Baldwin Hills, and Providence Health. During graduation, participants have the opportunity to share about the changes they've made by joining the program. Read a speech from one of our amazing participants at our website: [My Special Thoughts About FEAST](#)



Please join us on March 12th, 9-11am for our last graduation at Kaiser Permanente Baldwin Hills. RSVP with amy@feastforall.org.

Current Spring Groups Launched

The next wave of FEAST groups have sprung at Manual Arts High School, Hank's Mini Market, John Liechty Middle School, Orthopaedic High School, and A Place Called Home. We look forward to sharing about their progress in the next newsletter!



FEAST Leadership Trainings

2019 Training Highlights

In the month of January, 13 new Group Leaders were trained to implement the FEAST program in their respective communities. Congratulations to the individuals from Providence Health, A Place Called Home, USC School of Gerontology, and UCLA!



WANT TO START A FEAST PROGRAM? JOIN US AT OUR NEXT LEADERSHIP TRAINING IN LOS ANGELES!

SAVE THE DATE!
May 22 to 24

Location: FEAST HQ
3655 South Grand Ave

VISIT OUR WEBSITE FOR MORE INFORMATION

[Click Here](#)

Tips for Keeping Healthy at Work

By Jordan Anthony, USC Dietetic Intern

Taking time for yourself while at work can be a challenge, but maintaining a work life balance can really be the key to happiness. For most of us a day at the office involves endless sitting, staring at a computer screen, and speed eating in between calls. Staying active while at work is a challenge but finding the time to incorporate some sort of physical activity will not only help the day go by quicker but also has pretty great health benefits. A popular study that was published in the New England Journal of Medicine found that those who walk at least 30 minutes per day 5 or more times a week had a 30% lower risk of cardiovascular disease.



Below are a few tips and tricks to try while at work:

1. **Take the stairs:** Taking the stairs instead of the elevator is a great way to sneak in cardio throughout your day!
2. **Take stretch breaks:** Using office furniture such as your chair is a great way to stretch out your calves, hamstrings and lower back.
3. **Eat your lunch outside:** Getting some fresh air throughout the day is a great way to stay alert.
4. **Walk during your lunch break:** After finishing your lunch spend the rest of your lunch break walking around the neighborhood. The American Heart Association recommends 10,000 steps per day for a healthy heart.
5. **Invest in an exercise ball:** Sitting for long hours can really irritate your lower back. Try switching out your chair for an exercise ball- this is a great way to keep your core engaged while working.
6. **Drink more water:** Did you know our body is made up of 60% water? Stay hydrated at work to ensure circulation and blood flow.



March is National Nutrition Month!

Did you know there is a whole month dedicated to promoting nutrition, health, and wellness? Celebrate with us all month long by following us on social media. We will be posting and sharing tips on well-being. Special thanks to the USC School of Gerontology and USC Good Neighbors campaign for allowing us to work with their students. Instagram: @feast_for_all Facebook: @feastforall

Curried Cauliflower “Fried Rice” with Mixed Veggies and Quinoa

Serves 4-6

Ingredients:

- ½ cup quinoa, cooked
- 1 head cauliflower, finely chopped in food processor
- ½ onion, diced
- 1 cup vegetables of choice (cabbage, carrots, peas, mushrooms, etc)
- 2-3 garlic cloves
- 1 tablespoon curry powder
- 3 tbs oil of choice (canola, olive)
- Hot sauce (optional)

Directions

1. Finely chop the cauliflower using a food processor or knife.
2. Saute oil in a pan and cook onion for 3-4 minutes until clear. Add garlic and cook for another minute until fragrant.
3. Add cauliflower and curry powder and heat for a few minutes.
4. Add vegetables and a little bit of water. Use a lid to cover to allow the vegetables to steam.
5. Once vegetables soften, remove lid and stir in the quinoa. Cook for a few minutes until slightly toasted. Add hot sauce or salt to taste. Enjoy!

