



WORKING ON WELLNESS UPDATES



PROMOTING BETTER FOOD CHOICES UPDATE

On October 3rd, the Community Wellness Program participated at the Southeast Community Health Fair which provided and promoted holistic wellness services to the Bayview, Hunters Point, and Potrero Hill neighborhoods. We provided nutrition education, particularly around healthy beverages. In alignment with our Promoting Better Food Choices project, we have been making strides to educate populations about the hidden amounts of sugar in various beverages. **Within the past year, we have participated in 10 different community**

events and will continue to share easy, healthy tips to our community in an effort to ultimately encourage better food choices! Contact us if you're interested in having us at your event or if you'd like to join us at a future event.



GARDEN GIVEAWAYS THAT'S A WRAP!

On September 28th, The Community Wellness Program and SFGH Gardeners wrapped up our **6th season of Garden Giveaways!** This program is dedicated to providing fresh veggies grown in SFGH garden beds to our patient education groups. With a mission to **inspire greater consumption of vegetables in patient diets**, volunteers bundled produce every Monday at 7:30 am. A special thank you to SFGH Gardeners, and Wellness Navigators **Kelly Kozak and Haley Martin** for all their support! If you are interested in receiving Garden Giveaways, please contact us for the 2016 season!

THIS THURSDAY! VINEGAR PICKLES & PRESERVATION, NOON TO 1:00PM AT THE WELLNESS CENTER

October's Cooking Demonstration will be a **hands-on workshop on quickly and safely preserving a variety of vegetables in vinegar!** Learn from Master Food Preservers how to make delicious pickles using simple ingredients, and about the nutritional benefits of eating pickled foods.



CONTACT US

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FOOD FOR THOUGHT

"Always do your best. What you plant now, you will harvest later."