



# Family Self-Sufficiency

## Mandatory Program Meeting

From the Desk of Doug De Soto

All FSS participants are required to attend a **mandatory meeting** to discuss FSS program updates and to review participant participation requirements. You are only obligated to attend one of the scheduled meetings.

- Wednesday, July 7, 2010:** St. Nicholas Church, 5872 Oliver Road, **Paradise**. 6:00 p.m.
- Friday, July 9, 2010:** Housing Authority Office, **Chico**. 10:00 a.m. or 6:00 p.m.
- Thursday, July 15, 2010:** Greater Oroville

Family Resource Center, 2185 Baldwin Avenue, **Oroville**. 6:00p.m.  
Plan on the meeting lasting one hour.

Starting this Fall, the monthly FSS workshops will once again be held in Paradise and Oroville, as well as in Chico. A Saturday morning make-up class will continue to be offered at the Housing Authority in Chico.

Congratulation to Syama, Donna, and Anita for successfully graduating from the FSS program in June.

Their combined escrow checks exceeded over \$8,000.00. Best of luck as you continue your journey towards full self-sufficiency!

Please welcome new program participants Brett, Janine, Vicki, Shawna, Sheree, Pravina, and Laura.

This issue of the FSS newsletter is comprised of 5 simple steps you can follow in order to live a long and healthy life by eating lean and green.

Have a safe and fun summer!

### Step #1: Choose Whole Foods

There are many things you need to do in order to live a long and healthy life. You need adequate sleep and plenty of exercise. You need to say no to drugs. One of the most

important things you can do in order to live your healthiest and best life is to make *healthy and lean food choices*. Here are just some of the reasons for eating healthy and lean foods:

**EXTRA ENERGY...** healthy food equals extra energy to work and play at your very best.  
**HAPPINESS...** healthy food helps you to feel happier (junk food

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Switching to plant proteins can do as much to keep



our planet green as Switching from a car to a bike!

## Whole Foods — Continued

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equals bad mood).

**BRAIN POWER...** healthy food helps your brain to think and learn better.

**STRENGTH...** healthy food helps your body to be leaner, faster, and stronger.

**CONFIDENCE...** when you have energy, happiness, brain power, and strength, you can't help but have more confidence!

*And there's one more really BIG reason for eating healthy. It turns out, the foods that are healthiest for your body and brain are also the foods for keeping our planet healthy and green - it's a win-win situation!*

### **For your health...**

Food grows from the earth - delicious and nutritious - just how nature intended for it to be eaten. The opposite of whole foods are *processed* foods. Examples of processed food are white rice and white bread. Brown rice and brown



bread are made from the whole grain - they are brown because grains are brown when they grow

from the earth. White rice and white bread are made when the food processing company takes away part of the grain after it is harvested. When they do that, they take away fiber and other important nutrients your body needs! White sugar is another example of a processed food.

### **For a healthy planet...**

Whole foods are better for the planet because there is no extra energy used at a factory to process and then package the food. Food packaging accounts for about 20% of waste that winds up in our landfills-never a good thing for the planet.

## Step #2: Choose Mostly Fruits and Vegetables

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**For your health...** Fruits and vegetables are wonderful whole foods, packed with vitamins and minerals to help your body and brain to be strong and healthy. A good way to know if a food is rich in vitamins is if it's colorful - eat all the colors of the rainbow, especially leafy greens like broccoli, spinach and collard greens!

**Vitamin A** - for healthy eyes, teeth, & skin in green, yellow, orange, & red fruits and veggies.

**Vitamin B** - for healthy skin, bones, & nervous system in green, yellow, orange

& red fruits and veggies.

**Vitamin C** - for a healthy immune system (fights off sickness) and connective tissues (the stuff that holds our body together) in green, yellow, orange, & red fruits and veggies.

**Vitamin D** - for bones... Vitamin D is really cool because our body makes it from SUNSHINE. That's right, our body makes Vitamin D - so turn off the TV and go outdoors for exercise in the sunshine! In addition to being delicious and nutritious, fruits and vegetables are also powerful for fighting diet related

diseases because they are low in the saturated fat and never contain cholesterol. Eating too much of the foods that contain saturated fat and cholesterol can contribute to heart disease, diabetes, and cancer.

### **For a healthy planet...**

Like whole grains, fruits and vegetables are another perfect example of whole foods, which grow from the earth - no extra processing or packaging (pollution) necessary.

## Step # 3: Choose Plant Proteins

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Protein is one of the most important nutrients your body needs. Protein helps your muscles, heart, and brain to be strong - so you can play, perform, and feel your best. Most Americans get their protein from animal sources such as beef (cows), chicken, pork (pigs), eggs, and dairy/milk products. However, more and more people are choosing plant proteins for health and environmental reasons.

### **For your health...**

Plant proteins - such as nuts, seeds, and beans - are not just delicious and nutritious whole foods, they also contain extra special nutrients which help to protect against "diet - related" diseases such as cancer, diabetes, heart disease and obesity.

• **PHYTO-NUTRIENTS:** Phytonutrients in plants protect the plant from various threats (disease, ex-

treme weather, hungry bugs). When people eat plant foods, the phytonutrients help to protect people from disease!

• **GOOD FATS:** Nuts and seeds contain "good fats" - important for healthy muscles, energy, and brain power - nuts and seeds actually help you think and learn better!

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## Plant Proteins — Continued

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• **FIBER:** Only plant foods have fiber. Fiber helps to keep food moving through (and out of) your body - to keep the *inside* of your body clean, which helps fight diet related diseases.

• **LEGUMES are VEGETABLES:** Legumes (beans, peas, peanuts, lentils) have all the benefits of colorful vegetables.

**Plant Proteins for a healthy planet...**

• **ENERGY CONSERVATION:** You turn off the lights to conserve energy. Walking or biking to school saves energy. Eating plant proteins conserves energy too - about *fifteen times* the energy (fossil fuel) as animal protein.

• **WATER CONSERVATION:** Around the world and here in the U.S., we face serious water shortages. A serving of plant protein saves close to 20 times the amount of water as a serving of animal protein. So, for a family of four - that's a savings of up to 3,000 gallons for eating just ONE plant based meal - the same amount of water saved if the whole family stopped taking showers for two weeks!

• **LAND CONSERVATION:** Raising animals for protein uses approximately 10 times more land than growing plants for protein. Eating plant protein conserves natural habitat and saves wildlife.

• **REDUCE GLOBAL WARMING:** Raising cows, pigs, chickens, and other animals for protein account for approximately 1/3 of all greenhouse gases - more greenhouse gas than ALL transportation (cars, trains, and planes) combined! Many people strive to make all their meals plant-based meals for health, environmental, and ethical reasons. This way of eating is called "vegetarian" and "vegan." Whenever we eat a PB&J sandwich, a bean and rice burrito, or a bowl of veggie soup we are eating vegetarian... and we are eating the colorful, whole foods our body needs to be healthy: energized, happy, smart, strong, and confident.

## Step #4: Choose Organic Food

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**For your health. . .** Organic food is food grown in the most natural way; from earth's rich soil, with rain and sunshine from the sky.



Non - organic food is grown using 1) chemical fertilizers, 2) pesticides and poisons to kill bugs, and

3) seeds that have been altered or changed in a laboratory (genetically modified organisms). Studies show that organic food is healthier for your body. When food grows from rich & healthy soil, which has not been treated with chemical fertilizers, it has more naturally occurring vitamins and minerals - many more. Organic food is also safer for your health, because pesticides have been linked to cancer and learning problems

**For a healthy planet....**

Pesticides sprayed on crops (and farm animals) washes into our rivers, streams, and oceans - contaminating drinking water and poisoning fish and wildlife.

**For farm animals...** Organic meat comes from animals that eat organic food. And organically raised animals live in a somewhat more natural, and therefore healthier environment, compared to animals raised in intense confinement on "factory farms."

## Step #5: Choose Locally Grown Food

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**For your health...**

You've heard of herbivores and omnivores, now there are "locavores." Locavore is a fun word for describing people who buy locally grown food. Locally grown food is much fresher - the fresher a food is, the more nutrients it has to nourish your body and brain.

**For a healthy planet...**

Locally grown food is better for the environment because the food doesn't have to travel far - in gas guzzling planes, trains, and trucks - to get to market. And, many local farmers offer organic foods, which are healthier and safer for people and the planet. Many towns now have popular *Farmers*

*Markets.* Local farmers come together (usually once a week) in one location, so people can buy produce right from the person who grew it! You can also find locally grown foods at the health food stores or perhaps in your own backyard garden!

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COUNTY OF BUTTE**

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# Family Self-Sufficiency

## Summer Workshop Schedule

Summer Break-See you in the Fall!



July 2010

**Topic:**

Mandatory Program Meeting

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Road, **Paradise.**  
6:00 p.m.

**Friday, July 9, 2010:**

Housing Authority Office, **Chico.**  
10:00 a.m. or 6:00 p.m.

**Thursday, July 15, 2010:**

Greater Oroville Family Resource  
Center, 2185 Baldwin Avenue,  
**Oroville.** 6:00 p.m.

**Lean & Green Wrap Recipe**

**INGREDIENTS:**

**Beans and Nuts:** Choose from black beans, pinto, garbanzo, lentils, baked tofu and so many more... add some delicious nuts or seeds - like cashews, walnuts, almonds, sunflower or pumpkin seeds.

**Greens:** Choose a leafy green such as spinach, romaine, or red leaf lettuce.

**Toppings:** Add fruits and veggies you like on sandwiches, salads, or pizzas.

How about pineapple, olives, tomatoes, avocados, carrots and cucumbers - the sky's the limit!

**Dressing:** Experiment with low fat dressings or sauces such as Italian, Asian, Honey Mustard, BBQ sauce, or salsa.

**Wrap:** Stack the fixing's high on a whole grain tortilla and "wrap" it up for a delicious, lean and green lunch on the go!