

Healthy Living

Local Farmers Markets:

Chino Farmers Market (NEW Location!)
Neighborhood Activity Center
5201 D Street, Chino
Tuesdays, 11:30 a.m. to 12:30 p.m.
(909) 334-3478, healthychno.com



PHOTO COURTESY: LOCALHARVEST.ORG

Jack Newe's Farmers Market
Mt. SAC Campus, Lot B
1100 N. Grand Ave., Walnut
Saturdays, 8 a.m. to 2 p.m.
(626) 810-8476

Amy's Farm
7698 Eucalyptus Ave., Ontario
Daily – If the sun is up and the gate is open!
(844) 426-9732

Corona Certified Farmers Market
488 Corona Mall, 6th and Main Street
Saturdays, 8:30 a.m. to 12:30 p.m.
(760) 728-7343

Local Races & Workshops:

Children's Discovery Workshop: Being a Water Steward

When: Saturday, Nov. 21 at 10 a.m. to 11 a.m.
Where: Chino Community Garden, N/E corner of 5th & D Street, Chino, CA 91710
Cost: FREE Admission
Contact: (909) 334-3478 or www.healthychno@cityofchno.org

Details: Participants will learn about where their water comes from, what the water cycle is and its connection to our water supply, and how to use water more efficiently.

Garden Workshop: The Basics

When: Saturday, Nov. 21 at 10 a.m. to 11 a.m.
Where: Chino Community Garden, N/E corner of 5th & D Street, Chino, CA 91710
Cost: FREE Admission
Contact: (909) 334-3478 or www.healthychno.eventbrite.com

Details: Participants will learn basic information about efficient irrigation systems, soils, design practices, fertilizers, and water wise plants.

San Dimas Turkey Trot 10K/5K/Kids Run

When: Sat., Nov. 21, 2015
Where: Bonelli Park
Benefits: Not Available
Info: <http://www.roadracerunner.com/>

Reindeer Romp 5K Run/Walk

When: Sat., Dec. 5, 2015
Benefits: Chino Valley YMCA
Info: (909) 597-7445, weymca.org



Holiday Half Marathon

When: Sun., Dec. 13, 2015
Where: Fairplex, Pomona
Benefits: Various charities
Info: <http://www.roadracerunner.com/>

Russ Miller Memorial 5K Run/Walk

When: Sat., Feb. 6, 2016
Benefits: Honors fallen Police Officer killed in the line of duty by drunk driver
Info: chinopoa.org

Chino DairyAire 5K Run

When: Sat., Mar. 5, 2016
Benefits: Chino Youth Museum
Info: (909) 334-3270, chinoyouthmuseum.com

Recipes:

Yummy Sweet Potato Casserole

COURTESY ALLRECIPES.COM

4 cups sweet potato, cubed
1/2 cup white sugar
2 eggs, beaten
1/2 teaspoon salt
4 tablespoons butter, softened
1/2 cup milk
1/2 teaspoon vanilla extract
1/2 cup packed brown sugar
1/3 cup all-purpose flour
3 tablespoons butter, softened
1/2 cup chopped pecans

• Preheat oven to 325 degrees F (165 degrees C). Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.

• In a large bowl, mix together the sweet potatoes, white sugar, eggs, salt, butter, milk and vanilla extract. Mix until smooth. Transfer to a 9x13 inch baking dish.

The Allrecipes magazine team, in preparing this recipe, came upon some alterations for this dish leading to a version they preferred, which is shared in the October/November 2014 issue. If you do not have that issue available to you, just triple the measures of the potato mixture ingredients above while leaving the topping measures as they are listed.



PHOTO COURTESY: ALLRECIPES.COM

• In medium bowl, mix the brown sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mixture.
• Bake in the preheated oven 30 minutes, or until the topping is lightly brown.

Tip: Aluminum foil can be used to keep food moist, cook it evenly, and make cleanup easier.

Chino Wins Award for Promoting Healthy Living

STAFF REPORTS

Chino - Chino has received the top honors in the Inland Empire's media awards recognition for its wide-ranging and collaborative efforts to improve healthy living.

The Inland Empire Chapter of the American Advertising Federation announced last month at its annual awards ceremony in Riverside, that Chino was a recipient of a 2015 Public Service Campaign of the Year for excellence in advertising their Healthy Chino campaign.

"We are honored to have been recognized by an esteemed list of Media and Communication professionals in the Inland Empire," City Manager Matthew Ballantyne said. "Connecting with residents and continuing to provide options in sustaining a healthy community is a priority for the city and we are

humbled that others recognize the efforts."

To reach this milestone, city officials introduced new programs in 2015 including the "grocery store on wheels" Mobile Fresh program and Children's Discovery Workshops which offer a fun and safe atmosphere for children to learn about the environment, gardening and nutrition.

Finding new ways to engage and connect with the community such as utilizing social media also contributed to receiving this honorable award, officials said.

City officials and the Healthy Chino Coalition believe that a healthy lifestyle starts from childhood. Healthy Chino introduced Super Fit Flex, a superhero helping to spread the message to a young generation about the importance of staying fit and healthy.

According to city officials,

the Healthy Chino Initiative was created in 2004 to combat an epidemic rise in obesity and associated chronic illness, such as heart disease and diabetes that affect communities across the country.

"Healthy Chino has been on a mission to increase the healthy lifestyle option in Chino through workshops, hikes, walking groups, a community garden, Healthy Family Day and the first-ever Healthy Chino General Plan element," city officials said. "Due to these efforts, the Chino community is 10 years stronger!"

Ballantyne accepted the award on behalf of the City at the American Advertising Federation, Inland Empire Media Awards Ceremony in Riverside.

Healthy Chino has also received the prestigious Helen Putnam Award and the Cities Counties Schools Partnership Award.



SHOP FOR FRESH, AFFORDABLE FOOD!

TUESDAYS // 11:30 AM-12:30 PM



NEIGHBORHOOD ACTIVITY CENTER
(N/E CORNER OF 6TH AND D STREETS)
5201 D STREET, CHINO 91710

CASH, CREDIT CARD, EBT, AND WIC ACCEPTED



A program of the Family Service Association in partnership with the City of Chino and Healthy Chino.

FOR MORE INFORMATION
909.334.3478 // HEALTHYCHINO.COM