

# FAMILY CONNECTION

Keeping you informed and engaged

MAY 2026

## Family Engagement Event

**Building Nutrition and Healthy Habits Using MyPlate**

**TUESDAY, MAY 26, 2026**  
5:00 PM

Discover how to incorporate MyPlate into your daily meals.

Building healthy eating habits with tips such as replacing sugary drinks with healthier alternatives and incorporating more vegetables into meals. Practice strategies for encouraging children to eat healthy foods.



**Link:** Zoom meeting ID 89381871314

### REMINDER:

Please stay connected through Brightwheel, our primary tool for communication.

## Education

**School Readiness Goal: Safety First – Building Skills for Life**  
**DRDP Alignment: COG 4 – Safety**

Help children understand the rules and tips that will ensure their safety. All of our preschool classrooms focus on a new safety area every two months. An important area of focus is Community and Pedestrian Safety. Help children recognize safety signs, understand “stop and go” signals, and practice staying close to trusted adults.



Help build these habits at home:

- **Practice “Stop and Look”** whenever you reach a curb or crosswalk.
- **Play “Red Light, Green Light”** to practice following directions and stopping quickly.
- **Identify Safety Helpers** like crossing guards and fire-fighters when you see them.
- **Watch a ReadyRosie video** on safety and try a “safety walk” around your neighborhood.



## Calendar

- **MAY 1, 2026** 1:00 PM  
**Early Dismissal for all programs except School Age**
- **MAY 12, 2026**  
6:00 PM – 8:00 PM  
**Virtual Parent Leadership Council and Health & Mental Health Services Advisory Committee**
- **MAY 25, 2026**  
**No School - Memorial Day**

## Community Events

- **MAY 10, 2026**  
11:30 AM – 1:00 PM  
**Mother's Day Flowers at the Park** Enjoy a family-friendly morning at the lagoon creating floral crafts and celebrating community.  
*Lagoon Park, 110 Armory Dr, San Rafael, CA 94903*
- **MAY 25, 2026**  
**Mill Valley Memorial Day Parade & Festival** Celebrate community with a parade with one-of-a-kind floats and "Our Democracy." The parade will be followed by a festive Day on the Green featuring a very special Veterans Ceremony.  
Parade starts at 10:30 AM  
*Friends Field, South 180 Camino Alto, Mill Valley, CA 94941*
- **PG&E BILL HELP & ENERGY SAVINGS PROGRAMS**  
PG&E offers programs to help families lower energy bills and save money. Programs Include:
  - **CARE:** 20%+ discount on gas & electricity
  - **FERA:** 18% discount for households of 3+
  - **ESA:** Free energy-efficient home upgrades
  - **Medical Baseline:** Extra support for qualifying medical needs

Apply at [pge.com/billhelp](https://pge.com/billhelp) or call us at **(415) 526-7550** for assistance.

## Follow Us

@communityactionmarin



# Health & Safety

## Mental Health Matters

May is Mental Health Awareness Month. Prioritize your well-being with small steps such as mindful breathing or seeking support.

Visit **NAMI Marin** at [namimarin.org](https://namimarin.org) for local resources, including free support groups and educational programs.



## Additional Family Support

### Attention School-Age Families!

If you have Partnership Health Plan Medi-Cal, you may qualify for additional family support.

Lead Care Manager Nazareli Parra provides confidential assistance with:

- Coordinating medical and mental health appointments.
- Accessing housing, food, and transportation.
- Managing communication between your child's providers.

Nazareli will visit sites during drop-off/pick-up. Connect with her to learn how these services can support your family.

### Contact Nazareli Parra at:

- **Phone:** (415) 526-7512
- **Email:** [nparra@camarin.org](mailto:nparra@camarin.org)

# Nutrition

## Strong Bodies with Iron and Vitamin C

Children need the support of nutrients, including iron and vitamin C, to grow, stay active, and learn. Iron helps carry oxygen in the blood, supporting energy and brain development. Vitamin C strengthens the immune system and helps absorb iron.

Instead of tracking exact amounts, focus on offering a variety of whole foods to children. Iron-rich foods include beans, eggs, meats, spinach, fortified cereals, and tofu. Vitamin C sources include oranges, strawberries, mangoes, tomatoes, peppers, and broccoli.



Pairing these foods (beans with tomato salsa, or oatmeal with strawberries) helps the body use iron. Try creating a "power plate" by combining one iron-rich and one vitamin C-rich food to support your child's growth. Even small changes make a big difference!

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is **berries**



## Health and Learning Success Go Hand-in-Hand

Getting children to try new foods can be hard. It is normal to offer a new food many times before kids are willing to try it. Be a good role model and eat fruits and vegetables in front of your children. Use *Harvest of the Month* tips and recipes to encourage trying new foods and to find new family favorites.

### Produce Tips

- Choose fresh **blueberries** that are plump and have a solid, dark blue color. Refrigerate for up to two weeks.
- Choose fresh **raspberries** that are bright and evenly colored. Refrigerate for up to three days.
- Select fresh **blackberries** that are dry and shiny, without any green or red colors. Refrigerate for up to three days.
- Wash berries just before serving.
- Shop for fresh berries in season to get the best value.

### Healthy Serving Ideas

- Add berries to your cereal for added fiber and flavor.
- Mash berries to make your own jam.
- Top pancakes with fresh blueberries or blackberries.
- Stir your favorite berries into lowfat yogurt for a tasty snack.
- Toss raspberries into a spinach salad.
- Keep a bag of mixed berries in the freezer for smoothies.

## HONEY GINGERED FRUIT SALAD

Makes 6 servings. 1 cup per serving.

Prep time: 30 minutes

### Ingredients:

- 1 large mango, peeled and cubed
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries, sliced
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwifruit, peeled and sliced

### Honey Ginger Sauce:

- $\frac{1}{3}$  cup 100% orange juice
- 2 tablespoons lemon juice
- 1 tablespoon honey\*
- $\frac{1}{8}$  teaspoon ground nutmeg
- $\frac{1}{8}$  teaspoon ground ginger

1. In a large bowl, combine fruit.
2. In a small bowl, mix all sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes. Serve chilled.

\*Do not give honey to children under the age of one.

### Nutrition information per serving:

Calories 124, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions*, Network for a Healthy California, 2009.

Recipe courtesy of BOND of Color.

### Let's Get Physical!

Biking is a great way to be active and healthy. It also helps the environment by lowering air pollution and traffic.

- **At home:** Ride your bike for errands.
- **At work:** Invite coworkers to ride bikes during Bike-to-Work in May.
- **With the family:** Ride to a park after dinner to play a game of tag.

For more information, visit:

[www.bikeleague.org/programs/bikemonth](http://www.bikeleague.org/programs/bikemonth)

### Nutrition Facts

Serving Size:  $\frac{1}{2}$  cup blueberries (74g)  
Calories 42                      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 0%
Vitamin C 12%	Iron 1%

### How Much Do I Need?

- A  $\frac{1}{2}$  cup of berries is about one cupped handful.
- A  $\frac{1}{2}$  cup of most berries (blueberries, strawberries, blackberries, raspberries) is a good source of vitamin C and fiber.
- Berries are rich in phytochemicals, which come from plants and may help you stay healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. All forms of fruits and vegetables count toward your daily needs – fresh, frozen, canned, dried, and 100% juice! Look at the chart below to find out how much your family needs.

### Recommended Daily Amounts of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

### What's in Season?

In California, blackberries, blueberries, and raspberries are in peak season in late spring and summer. Frozen berries are available year round. Visit a local farmers' market to ask about the berry season in your area.

Try these other rich sources of phytochemicals: beets, cherries, plums, red or purple cabbage, red or purple grapes, and whole grains.