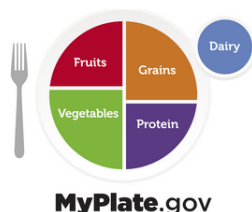


# hapitimes



## Focus on Nutrition

March is National Nutrition Month and the perfect time to review what you and your family are eating and to add more healthy meals and snacks to your regular routine. More: [www.myplate.gov](http://www.myplate.gov)



### Pasta Salad with Chicken and Vegetables

#### Ingredients

- 1 15-ounce can garbanzo beans (chickpeas), drained and rinsed
- 1 6-ounce can chicken breast packed in water, drained and rinsed (or chicken breast you cook)
- ½ cup balsamic vinaigrette salad dressing
- 16 ounces uncooked whole wheat pasta
- 1 10-ounce bag frozen mixed vegetables

#### Instructions

Wash your hands.  
 Bring a gallon-sized pot of water to boil. Cook pasta according to package instructions.  
 Two minutes before pasta is finished cooking, add in the frozen mixed vegetables. Once pasta is cooked and vegetables are tender, drain into colander.  
 While pasta and vegetables are cooking, gently mix the rinsed and drained beans, chicken and salad dressing in a large bowl until combined.  
 Add the pasta and vegetables to the bowl and mix with the beans, chicken and salad dressing. Serve salad warm or cold.

#### Cooking Tips

Substitute any type of bean or use tuna in place of chicken. Try using your favorite salad dressing flavor in place of balsamic vinaigrette.

*Recipe from [www.eatright.org](http://www.eatright.org)*



"I am thankful that in a troubled world no calamity can prevent the return of spring."

—HELEN KELLER

## EATING RIGHT ON A BUDGET

**Cook more, eat out less.** Eating out can be expensive, and many foods can be prepared at home for less money (and more healthfully!). Find simple, healthy recipes your family enjoys and save eating out for special occasions.

**Plan what you're going to eat.** Deciding on meals and snacks before you shop will help prevent food waste and save money. Review recipes and make a grocery list of what ingredients are needed. Visit [www.myplate.gov](http://www.myplate.gov) to look for how to "Create a Grocery Game Plan."

**Decide how much to make or buy.** Making a large batch by doubling a recipe will save time in the kitchen, and extra portions can be used for meals later in the week or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

**Shop for foods that are in season.** Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Also: Look for fruit that is canned in 100% juice or water and frozen vegetables or canned ones that are labeled "low in sodium" or "no salt added."

**Watch portion sizes.** Eating too much can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans.

Source: The Academy of Nutrition and Dietetics



Dear Village Green residents, Portfolio Resident Services has a team working behind the scenes to help plan and implement your monthly activities at the learning center. Beyond the Resident Services Coordinator, PRS has a full staff, including Regional Coordinator, Associate Director and Community Services Director, who are always ready to assist you. If you're ever looking to reach us for information, resources or feedback, here's how you can find us:

Estimados residentes de Village Green, Portfolio Resident Services tiene un equipo que ayuda a planificar e implementar las actividades del mes en el centro de aprendizaje. Más allá del Coordinador de Servicios para Residentes, a quien verás regularmente en el centro, PRS cuenta con un personal completo que incluye un Coordinador Regional, un Director Asociado y un Director de Servicios Comunitarios que siempre están listos para ayudarles. Si alguna vez buscan comunicarse con nosotros para información, recursos o comentarios, así es como nos pueden encontrar:



**LESLY REYNAGA**  
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About me: I'm a service-oriented person who is also passionate about music!



**JASON OUELLETTE**  
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About me: I'm energized by making people's day, season or life better!



**NICOLE TOSCANO**  
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About me: I love interacting with people and am always ready to help those in need!



**KENDRELL WASHINGTON**  
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About me: I take every opportunity to make an impact in our communities!

At Village Green, we celebrated the month of love and friendship with fun, after-school activities at the learning center! One of the highlights was the Valentine's Day Painting Party, where the kids came together to show off their creativity on canvas. Here are some pictures of a few of our participants and their creations!

En febrero celebramos el mes del amor y la amistad en Village Green con actividades divertidas después de la escuela en el centro de aprendizaje. Una de las actividades más destacadas fue la fiesta de arte del día de San Valentín, donde los niños se reunieron para mostrar su creatividad con pincel en lienzo. ¡Aquí les mostramos algunas fotos de algunos de nuestros participantes y sus obras de arte!



Scan this QR code to fill out a survey to share your ideas for activities and events!