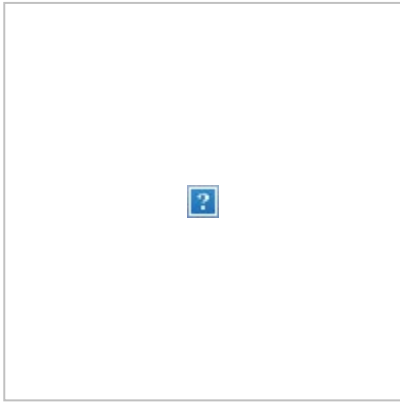


**From:** [Blue Zones Project Monterey County](#)  
**To:** [Moreno, Edward 755-4585](#)  
**Subject:** BZP Newsletter: October 2020  
**Date:** Monday, October 26, 2020 2:06:41 PM

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[CAUTION: This email originated from outside of the County. Do not click links or open attachments unless you recognize the sender and know the content is safe. ]



**OCTOBER 2020**

Join the team\_MC

*(photo: Halloween Staff Costumes 2019)*

## **Blue Zones Project Monterey County is excited to be growing our local team!**

Be part of a team that's bringing innovative leaders together from across the community to lead and ignite a movement to improve well-being on a significant scale – a movement that promises to help your friends, family, and neighbors throughout Monterey County live longer, better.

If you are driven to make a difference; If you enjoy interacting with people and are passionate about improving the well-being of others; if you thrive while collaborating with a strong, results-driven team and enjoy challenging yourself and others to find creative solutions, join us!

**Apply Today!**

## COMMUNITY UPDATES

### Worksite\_IG\_newsletters



### Virtual Worksite Summit, Nov. 4<sup>th</sup>

*Are you a leader at your worksite in Monterey County, specifically in Salinas?*

Attend our virtual Worksite Summit and learn how the Blue Zones Project can help you build a more engaged and productive workforce for improved business performance. You will learn from our growing group of Blue Zones Project Approved Worksites!

[RSVP Today!](#)

### Cooking Demo: Salinas Valley

#### Paella

Something new is cooking in the Blue Zones Kitchen. Join us for a free Cooking Demo and see how easy it is to serve up a fresh take on healthy. This month you'll learn how make Paella – Salinas Valley style. This original recipe was created by local Chef Ken 'Cookie' Goebel featuring the freshest of ingredients from our local farms.

[Register here to watch the video and download the recipe for free.](#)

### paella



### Eat in a BZP Approved Restaurant and WIN big

We have several restaurants who have become Blue Zones Project Approved, which means they are now offering healthier options for customers to choose from. Send us a photo of your #bzplnspired dish and suggest a new plant-based dish that would be a great addition to the menu on either Instagram or Facebook! [Learn More](#)

restaurant 3

## Monterey Park Elementary School is Approved

Monterey Park Elementary School is the 2<sup>nd</sup> Blue Zones Project approved school in Salinas! It is very clear they are committed to improving their school environment and overall wellness. From a school garden, to natural movement activities and encouraging healthy behaviors, Monterey Park is setting their students up for success!

*"The staff at Monterey Park and I are honored by this very special recognition by the BZP. We believe that healthy eating, physical activity, and finding joy, having a purpose, and a sense of well-being is so important and especially now during these times".*

-Sherry Villaneda, Principal

[Register your school today](#)

MP approval Group (002)



## Vision Zero: Advancing Safe Mobility for All

[Vision Zero Salinas](#) is the City's strategy to build safety into streets, protecting the people who travel about the City every day. Community input is important in creating the Vision Zero Salinas Action Plan. Your input will help prioritize efforts to improve traffic safety in Salinas. The city is asking for feedback about traffic safety concerns by using the [Salinas Vision Zero Survey Tool](#).

VZ\_1

## Pledge to Live Longer, Better

Taking the personal pledge means committing to learn, measure, and participate fully on your journey to living longer, better.

The world's longest-lived people live in surroundings that make healthy choices easier. Pledge to begin a 12-wk Blue Zones Project lifestyle challenge today and learn more about the Power 9 Principles!

[Pledge Now!](#)

pledge-1



## Spooky Snacks Cooking Demo

Join us for some Spooktacular Fun!

Learn how to make some healthy spooky snacks for your kids this week. From mummified fruit, snakes in a pumpkin patch, and fun sunflowers! Send us some photos of your family having fun in the kitchen during this Halloween by tagging us on social media.

[Register Here to watch the Spooky Snacks Cooking Demo today!](#)

## Spooky Snack Demo 6



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## UPCOMING EVENTS

- [Monterey County Goes to the Moon: Oct. 1<sup>st</sup> - Oct. 31<sup>st</sup>](#)
- [Virtual Purpose Workshop: Tuesday, Oct. 27<sup>th</sup>, 4:30 pm - 6:30 pm](#)
- [Worksite Summit: Wed., Nov. 4<sup>th</sup>, 4:00 pm - 5:00 pm](#)
- [Virtual Purpose Workshop: Fri., Nov. 13<sup>th</sup>, 11:30 am - 1:30 pm](#)

## tofu scramble



### Veggie Tofu Scramble

*By: Kay Lee, BZPMC Volunteer*

Quick and easy for breakfast, lunch, or dinner. Pair this protein packed dish with avocado toast and a side of fruit. Provides plant-based protein, anti-inflammatory turmeric and antioxidant mushroom that will fuel the body all day. [Take me to the Recipe!](#)

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## article



### [\*\*Time Spent in Nature Could Combat Psychological Effects of Coronavirus\*\*](#)



Salinas-Logos-Lockup-Color



Blue Zones Project, 252 Main Street, Salinas, CA 93901

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