

Van Nuys Family Health Fair

The Van Nuys Family Health Fair was my leadership project. I was a co-leader of a PNC student group that was involved with the project. My co-leader and I filled out the Participation Confirmation Form to send to the organizers. The coordinator requested a list of the surrounding food banks/pantries. I searched on line and compiled a list of food banks/pantries in the vicinity of the Van Nuys area. I divided this list and emailed portions of it to my group so they could help me check the accuracy of the locations and operation times of the food banks/pantries on the list. After I received feedback from the group and made the necessary corrections, I asked a group member to translate the appropriate sections of the list into Spanish. I formatted the list and emailed it to the organizer for printing.

My co-leader and I tried to obtain some educational material from the CSUN library but the material was checked-out. Since we were unable to borrow the material from the library, my co-leader and I decided to purchase posters and mount them on foam boards for display at the health fair. I also purchased small bags of pretzels (as an example of a better food choice for Halloween – since Halloween was just around the corner) to give out to the health fair visitors who listened to our presentations. I keep the other group members up to date on the planning for the event and provided them the information necessary to make the event a success.

On the day of the fair my co-leader and I registered, obtained the necessary materials, and set-up our table. All our group members were there and we educated children, their parents, grandparents and a number of other visitors. The topics we addressed related to the food guide pyramid, nutrition facts labels, and proper food portions. We also handed out the food bank/pantry list (and the bags of pretzels). Overall, it was a very exciting event. We spread the good news of nutrition to approximately 270 attendees who were eager to learn about what we had to say.

Van Nuys Family Health Fair Pictures



Greig Smith LAPD Devonshire Youth Center

Greig Smith LAPD Devonshire Youth Center provides after-school care for children in elementary through high school grade levels. We were asked to present different topics that interested the children and also concerned their caregivers. I addressed the issue of high soda and juice consumption. Before going to the youth center I purchased a variety of alternatives to sodas and juice so I could demonstrate better nutrition choices, e.g. I mixed orange juice with mineral water to make a refreshing drink that was lower in sugar than pure juice. I addressed the importance of drinking milk and also brought along lactose free milk, soy milk, and almond milk so the children could taste them.

Greig Smith LAPD Devonshire Youth Center



25th Senate District School Readiness & Health Fair

A group of fellow PNC students and I assisted at the *What's in Your Lunch Box* (WIYLBBOX) booth at the 25th Senate District School Readiness & Health Fair. I assisted WIYLBBOX by educating children and adults who visited our booth by providing them information about the importance of eating fruits and vegetables daily and also about the importance of carefully washing them. We also informed participants about gluten free products and gluten containing foods.

25th Senate District School Readiness & Health Fair



Los Angeles Regional Food Bank Listing
Listado de Bancos de distribución de alimentos en la región de Los Angeles

Region/ Región	Agency Name Nombre de la Agencia	Address / Dirección	Telephone Teléfono	Distribution Time / Horario de Distribución
Van Nuys	Church of the Valley	6565 Vesper Ave., Van Nuys, CA 91411	818-786-4070	Mon, Tue, Wed: 9:30 am – 12:00 pm
Van Nuys	Food Net/San Fernando Valley	7555 Van Nuys Blvd., Van Nuys, CA 91405	818-901-3501	Mon-Fri: 8:00 am – 4:00 pm
Van Nuys	JFS/SOVA Community Food	16439 Vanowen Street, Van Nuys, CA 91406	818-988-7682 ext. 115	Mon, Tue, Wed, Fri: 9:30 am -1:30 pm Sun 8:30 am – 12:00 pm
		<i>New clients: At their first visit should be there ½ hour before they open the food pantry. Nuevos clientes: En su primera visita deben llegar ½ hora antes de que se abra el banco de distribución de alimentos</i>		
Van Nuys	Loaves & Fishes	14640 Keswick St., Van Nuys, CA 91405	818- 997-0943	Mo, Wed, Fr: 10:00 am – 1:30 pm
Van Nuys	Lutheran Social Services	6425 Tyrone Ave., Van Nuys, CA 91401	818-901-9480 ext. 101,102	Tue-Fri: 10:00 am – 12:00 pm & 1:00 am – 2:45 pm
Van Nuys	St. Elizabeth Church	6640 Cedros Ave., Van Nuys, CA 91405	818-779-1756 ext. 206	Tue , Thu: 10:00 am – 12:00 pm, No Fridays
Van Nuys	Van Nuys S.D.A Church	14615 Sherman Way, Van Nuys, CA 91405	818-787-8380	Sat: 2:00 pm – 4:00 pm
North Hollywood	North Hollywood Interfaith	4390 Colfax Ave., N. Hollywood, CA 91604	818-762-6746	Mon: 8:30 am - 1:00 pm & Fri 8:30 am - 1:00 pm
North Hollywood	St. Charles Service Center	10825 Moorpark St., N. Hollywood, CA 91602	818-985-7365	Tue, Wed, Thu, Sat: 9:00 am – 11:45 am
		<i>Location across the street from this address El lugar está al cruzar la calle desde esta dirección</i>		
North Hills	Centro de Vida	9251 Burnet Ave., North Hills, CA 91343	818-892-2838	Wed: 11:00 am-1:00 pm*
North Hills	M.E.N.D./Our Lady of Peace	15444 Nordhoff St., North Hills, CA 91343	818-894-1176	2nd. & 4th Fri of each month 9:00 am – 11:00 am Segundo y Cuarto Viernes de cada mes 9:00 am – 11:00 am
Pacoima	Meet Each Need with Dignity	10641 San Fernando Rd., Pacoima, CA 91331	818-686-7334	Tue, Thu, Fri: 8:00 am – 2:00 pm; Sat, 2nd & 4th of the month only, Segundo y Cuarto Sábado de cada mes
Sun Valley	Iglesia Fuente de Vida	11134 Saticoy St., Sun Valley, CA 91352	818-765-0705	Sun: 10:30am – 11:30 am & 12:45 pm-1:30pm

*Please call before visiting. This location times could not be verified.

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<i>Reseda</i>	Valley Vineyard	6642 Reseda Blvd., Reseda, CA 91335	818-343-3626	Sat: 10:00 am – 12:30pm, Except 1st Saturday of the month
<i>Northridge</i>	Houses of Light Church	19359 Londelius Str., Northridge, CA 91324	818-998-2931	Mon-Sun: 8:00am until 3:00 pm
<i>Northridge</i>	St. Mary & St. Athanasius	17431 Roscoe Blvd., Northridge, CA 91325	818-342-4414	3rdTue & 3rdSun: 9:00 am – 1:00 pm & as needed* Tercer Jueves y Domingo: 9:00 am – 1:00 pm y según sea necesario*
<i>Canoga Park</i>	Loaves & Fishes-Canoga Park	21600 Hart St., Canoga Park, CA 91303	818-340-2050	Mon, Wed, Fri: 9:00 am – 12:00 pm
		<i>Accept new clients from, (Aceptan nuevos clientes desde) Reseda to Agoura (includes Chatsworth & Northridge)</i>		
<i>Canoga Park</i>	Prince of Peace/Family Rescue	22103 Vanowen St., Canoga Park, CA 91303	818-887-9386	Mon-Fri: 9:00 am – 1:00pm*
<i>Winnetka</i>	Redeemer Lutheran Outreach	8520 Winnetka Ave., Winnetka, CA 91306	818-341-1629	Wed, Fri: 10:00 am – 12:00 pm & 1:00 pm – 2:30 pm
		<i>No new participants on Thursdays. Los Jueves no se aceptan nuevos clientes</i>		
<i>Woodland Hills</i>	Prince of Peace Coalition	5700 Rudnick Ave., Woodland Hills, CA 91367	818-341-1629	Wed, Fri: 10:00 am – 12:00 pm & 1:00 pm – 2:30 pm.
<i>Burbank</i>	Burbank Temporary Aid Center	1304 W. Burbank Blvd., Burbank, CA 91506	818-848-2822 ext.107	Mon-Fri: 9:00 am -12:00 pm & 1:30 pm - 5:00 pm
		<i>Must live in Burbank and provide proof of residency. Debe residir en Burbank y mostrar pruebas de que reside en ese lugar</i>		
<i>Burbank</i>	Salvation Army- Burbank Corps	300 E. Angeleno, Burbank, CA 91502	818-845-7214	Mon-Thur: 9:00 am - 3:00 pm
		<i>Accepts new clients in (Aceptan nuevos clientes en) Burbank and North Hollywood</i>		
<i>Glendale</i>	Loaves & Fishes-Glendale	4322 San Fernando Rd., Glendale, CA 91204	818-409-3080	Mon, Tue, Wed, Fri: 10:00 am -12:00 pm & 1:15 pm – 3:30 pm
		<i>Accepting new clients in following zip codes: Están aceptando nuevos clientes en los siguientes códigos de área: 91201-91209; 91214, 91011, 91020, 91042, 91043, 90027, 90039, 90041,</i>		

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