

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



SAFETY

GO BAGS

You are not likely to be evacuated for every disaster that reaches California, but you should be prepared. Californians can be faced with emergencies/disasters at any time of the year. Being prepared will minimize the stress and allow you to move to safety more quickly. [Click here](#) to learn more about what to include in your “go bag.”



PREPARE

A FULLY STOCKED PANTRY

It is a good idea to stock your pantry each season to ensure you have access to healthy meal items. You'll need everything from grains to beans but don't forget the spices, oils, sugars, and flours for easy access to the necessary ingredients to create a healthy AND tasty meal. [Click here](#) for more.



PANTRY RECIPES

Does the rain make you want to hunker down at home, but you're not sure what to cook? Having a stocked pantry will help you in this kind of situation. You just need to make sure you have the staples on hand. Here are a few healthy recipes you might be able to pull together with what is in your pantry. [Crispy Roasted Chickpeas](#), [Pantry Soup](#), [Linguini w/Clam Sauce](#), and [Black Bean Soup](#).

Employee Assistance Program (EAP)

Financial Services: You are eligible for as many telephonic financial consultations as you need per separate financial issue. Issues covered: Credit Counseling, Debt and Budgeting Assistance, Financial Planning for College, and Retirement Planning.

For more information log into MHN EAP by clicking [here](#). Use company code: *santacruz*



“Health is a state of complete physical, mental and social well-being and not merely the absences of disease or infirmity. – World Health Organization

GIVE ME A MINUTE

Clear your head this Monday by setting aside 60 seconds to close your eyes and focus on your breathing.



#DeStressMonday

DeStressMonday.org



FARMER’S MARKET

Fresh, in-season produce, grown locally, and available to us at multiple locations throughout the county!

Downtown Market: Wednesdays

Westside Market: Saturdays

Live Oak: Sundays

Felton: Tuesdays

Scotts Valley: Saturdays

Aptos: Saturdays

Watsonville: Fridays

