OFFICE OF THE CITY MANAGER

January 29, 2015

To the Honorable City Council
of the City of Pasadena

Mayor and Councilmembers:

WEEKLY NEWSLETTER

1. Response to Recent Violence:

The safety of our residents is a primary goal of the City. While part one crime in Pasadena (aggravated assault, rape, murder, and robbery) is at its lowest levels in years and our city remains safe, recent violent events have caused great concern in our community. Specially:

- Throughout December and January the Pasadena Police Department observed an increase in shots fired calls for service.
- On January 6th two adult Hispanic males were the victims of gang-related shootings at 500 North Marengo and at Community Arms. Thankfully, each incident was non-fatal.
- On January 21st two adult African-American males were injured in another gang-related shooting at Washington Park. Both victims were known gang associates and the incident appears to be an internal conflict involving members of the same gang.
- On January 28th one adult Hispanic male was killed by gunfire in Villa Parke and a second victim, also an adult Hispanic male, was injured. This latest event occurred after the park closed for the evening and appears unrelated to the recent gang-related activity.

The Pasadena Police Department has responded quickly to this unacceptable increase in violence through the establishment of a Violence Reduction Task Force. Focusing its efforts in the northwest area of Pasadena, where these incidents have occurred, the Task Force has increased patrols including foot and bicycle patrols in city parks and neighborhoods from 4 pm to 11 pm. Covert surveillance has been used to target known gang members and in-home visits with at-risk youth who are gang-involved or at risk of being recruited by a gang have been initiated.

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The Police Chief has been sharing weekly updates with the community in regard to these efforts, which have resulted in numerous arrests and the removal of handguns from gang members. As a result, there has been a noticeable reduction in crime, except for the recent shootings.

However, when it comes to feelings of safety and security, much depends on perception. Unfortunately, there are perceptions that some portions of our city, such as several of the parks in the northwest area, are not safe. To address this, starting this past summer, the City engaged a private security firm to provide enhanced uniformed patrols of area parks. Originally focusing on Robinson Park and Jackie Robinson Center, the patrols were extended to cover La Pintoresca and Washington Park as well. As a result of the recent shooting in Washington Park, an additional team of two security guards was added to these patrols along with the increased foot patrols by the Police Department noted above. Currently, one security team is patrolling Robinson Park and Jackie Robinson Center and the other team is patrolling La Pintoresca and Washington Park from 5 pm to 11 pm, 7 days per week.

These additional resources augment existing uniformed City security personnel who monitor all City parks daily from 2:30 pm to 10 pm Monday through Friday. Efforts are being made to improve coordination of these patrols with the Police Department and the overall effort to reduce the spike in violence will continue.

Providing amenities and programming that brings the community into the parks is another way to promote safety. The City will soon open three pickleball courts, which is a fast growing sport, at Washington Park. Other activities at that Park include baseball beginning in February and running through June and full-day summer camp during PUSD summer break.

These activities complement the other recent improvements in and around the park including the elimination of a nuisance liquor store across the street from Washington Park with a new homeownership development by Trademark Development, Washington Park Classics, and construction of a pedestrian public access way from Hudson Ave. to Washington Park through the Hudson Oaks Senior Apartments. The new access way provides easier access to the park for those living at Hudson Oaks, which was itself a substantial rehab of an abandoned partially burned out apartment.

Villa Parke the Community Center provides a variety of recreational activities including a complete aerobics program, self-defense classes, arts & crafts, an awarding winning boxing program and the City's largest youth soccer program.

In addition to the programming available in the Community Center and the nearby Teen Center, the City is fortunate to have branch libraries in Villa Parke and La Pintoresca Park which offer programming for children, teens and adults. Adult computer classes are offered at both locations and La Pintoresca offers the following additional programs:

- Weekly children's storytimes including a Spanish language storytime designed for native Spanish speaking families

- Afterschool homework assistance
- Crafting programs offered afterschool by the Armory Center for the Arts
- Job Counseling is offered by Women at Work, in both English and Spanish, which offers everything from resume writing assistance to coaching for job interviews

Staff continues to explore what other classes and programs can be introduced to increase programming in our parks and provide meaningful recreational and educational opportunities to residents.

2. Recognition of Hudson Oaks Senior Apartments:

William Huang, Director of Housing and Career Services is pleased to announce that the National Affordable Housing Management Association recognized the Hudson Oaks Senior Apartments with the 2014 Vanguard Award in the category of Major Rehabilitation of an Existing Rental Housing Community. The attached memorandum provides additional information and before and after photos of the Hudson Oaks Senior Apartment.

3. Mulch Give-Away Program:

The City of Department of Pasadena Public Works is pleased to announce the resumption of the Mulch Give-Away program on February 13, 2015.

On February 13, 2015 the Department of Public Works will resume the program which provides mulch to interested residents. Additional loads of mulch will be delivered on March 13, April 10, May 8, June 5, July 17, August 14, September 11, and October 9, 2015. The mulch program is located in the southeast corner of the Paloma Street parking lot of Victory Park, which is located at 2575 Paloma Street. Residents will have access to mulch during park hours which are 6 a.m. through 10 p.m. while supplies last.

The program is designed to allow non-commercial Pasadena residents the opportunity to obtain free mulch, a nutrient-rich blend of tree trimmings from our street trees, for use in their home landscaping. It is recommended that residents bring a shovel, containers, gloves and eye protection to take advantage of this program.

Mulch does more than help your garden grow! Mulch helps to control weeds, retains moisture in the soil and adds a finishing touch to garden landscapes. By mulching and re-purposing tree trimmings from Pasadena street trees we divert material from our landfill and reduce carbon emissions from truck trips to the landfill. For more information about creating drought tolerant landscapes go online to www.PWPweb.com/landscapes or contact the Pasadena Citizen Service Center at (626) 744-7311.

4. Hahamongna Watershed Park – Southern California Edison Maintenance Activities:

The Department of Public Works communicates with representatives from Southern California Edison (SCE) regarding maintenance activities conducted in Hahamongna Watershed Park (HWP). While SCE's work is authorized by a Grant of Easement issued by the City of Pasadena, both parties agree that communication about specific work practices is helpful in ensuring the protection of habitat and wildlife in HWP.

In December of 2014, SCE notified the City of its intent to conduct annual tree trimming/line clearing operations in HWP. Subsequently, the Department of Public Works and SCE held an on-site meeting to review the proposed scope of work and operations. During the meeting, SCE expressed an understanding of the environmental sensitivities of HWP. SCE's upcoming work practices will include keeping all vehicles on established maintenance routes. In situations where workers cannot perform clearance operations from a vehicle, workers will walk to the power pole, climb the pole, and perform the requisite maintenance from the pole. Trees will be trimmed in accordance with applicable safety standards, as well as International Society of Arboriculture (ISA) standards and a Certified Arborist will be onsite when trimming is conducted.

The line clearance work is scheduled to begin on February 18 and is expected to last two days. SCE's environmental consultant will conduct a pre-activity nesting survey and will be onsite through the work effort. For more information about HWP, please contact the Pasadena Citizen Service Center at (626) 744-7311, or go online to www.cityofpasadena.net.

5. January 2015 Issue of Glenarm Repowering Project Community Newsletter:

The January 2015 edition of the *Powering Pasadena* newsletter is now available online and has been mailed to PWP customers within a quarter mile radius of the Glenarm Repowering Project construction site. This month's issue includes a summary of local hiring activities through the Pasadena First Buy Local program, details about integrating renewable power sources, a project timeline, construction photos and frequently asked questions. Also included in this issue is a 2014 year in review, which lists completed projects milestones and key activities.

Powering Pasadena was first introduced in September 2014. The introductory edition of the newsletter included a letter from PWP General Manager Phyllis Currie, a project description, and a list of project benefits. PWP encourages the community to engage with the department by offering a free LED light bulb to anyone who emails a question about the project. Details about the Glenarm Repowering Project and copies of the newsletter are available at http://cityofpasadena.net/waterandpower/GT5/.

Breathing new life into the 107-year-old facility is a major goal of PWP's long-term power-supply plans. The project will replace the 50-year-old Broadway 3 plant with an efficient new 71 Megawatt natural gas-fired combined cycle plant, dubbed GT-5 (or Gas Turbine 5). A steam turbine will use the waste heat from a gas turbine engine (similar to those found on 757 or

767 jet airplanes) to produce electricity, a process that is twice as efficient as the steam boiler equipment installed at the plant in the past. The project is on target for completion in 2016. The January 2015 *Powering Pasadena* is attached.

6. Pasadena Healthy Times Winter 2015 Newsletter:

In the attached Winter 2015 Edition of Pasadena Healthy Times, our Acting Health Officer, Dr. Ying-Ying Goh reexamines how best we can achieve resolutions to take better care of one's health. This newsletter highlights articles on Covered CA Updates, Vaccination Reminder, Healthy Eating on a Budget, Dental Reminder and Choose Health LA Kids Program which are just a few of the informative articles you will find in this issue.

Respectfully Submitted,

MICHAEL J. BECK
City Manager

/attachments

HOUSING & CAREER SERVICES DEPARTMENT

DATE: January 29, 2015

TO: Michael J. Beck, City Manager

FROM: William K. Huang, Director of Housing and Career Services

SUBJECT: Recognition of Hudson Oaks Senior Apartments

The National Affordable Housing Management Association recognized the Hudson Oaks Senior Apartments with the 2014 Vanguard Award in the category of Major Rehabilitation of an Existing Rental Housing Community.

Hudson Oaks Senior Apartment is located at 1267 N. Hudson Avenue and provides 44 units for very low income seniors. The building was formerly a long vacant and partially burned out building that was acquired and rehabilitated by Abode Communities with funding from the City of Pasadena, County of Los Angeles, and low income housing tax credit equity. The building achieved a LEED Platinum energy rating.

Front Elevation (Before)

649 N. Fair Oaks Ave., Suite 202 • Pasadena, CA 91109-7215
(626) 744-8300 • Fax (626) 744-8340
www.cityofpasadena.net

Front Elevation (After)

Rooftop hot water and photovoltaic solar systems.

Q. I read that the plant will help PWP integrate more renewable power sources. How so?

The City of Pasadena has the aggressive goal of meeting at least 40 percent of customer energy demand with renewable, or "green power," sources by the year 2020. But the most common sources of renewable energy — solar and wind — are variable due to changes in the weather, cloud cover, sunrise and sunset. The new plant is specifically designed to operate over a wide range of load so that it can "fill in" for these variable resources, ensuring reliable energy for our customers and allowing us to be much more confident in building our green power portfolio.

Q. What is the total project cost, and who handled the design and permitting?

At this point, PWP anticipates completing the project within the authorized budget of $136.9 million. The City was the lead agency for permitting under the California Environmental Quality Act (CEQA) and South Coast Air Quality Management District. POWER Engineers completed the conceptual design; PCR Services developed the CEQA Environmental Impact Report and WorleyParsons is completing detailed design.

Q. Who is supplying the major components?

General Electric is supplying the LM6000 combustion turbine and Generator Step-Up Transformer. Innovative Steam Technologies is supplying the Once Through Steam Generator and Shin Nippon is supplying the steam turbine. The condenser, cooling tower, pumps, chiller, electrical equipment and other components will be supplied by various U.S. companies. Equipment deliveries will begin in the next couple of months.

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GLENARM REPOWERING PROJECT

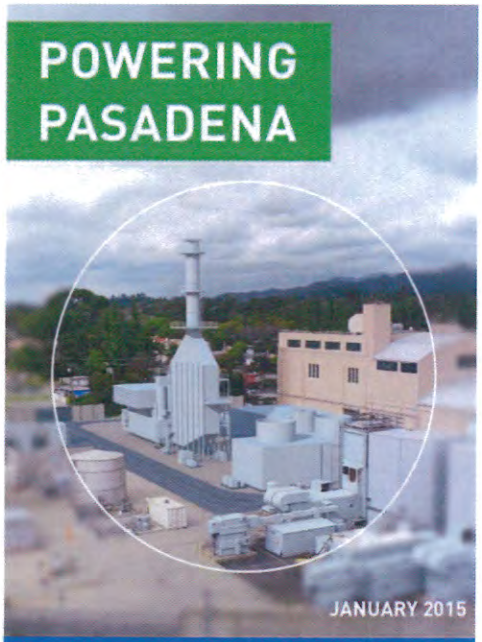
PASADENA Water&Power
SERVING THE COMMUNITY SINCE 1906

150 S. Los Robles, Suite 200 • Pasadena, CA 91101

Pasadena Water & Power (PWP) has initiated a major project to replace an aging power generating unit with efficient new technology at the historic Glenarm Power Plant, part of PWP's commitment to deliver reliable, environmentally responsible electric service at competitive rates for generations to come.

@PWPnews
/PasadenaWaterAndPower
PWPWeb.com/GTS

POWERING PASADENA



JANUARY 2015

PASADENA Water&Power
SERVING THE COMMUNITY SINCE 1906

Investing in Pasadena

The Glenarm Power Plant revitalization laid a foundation of economic opportunities for Pasadena residents and business owners in 2014. As part of the City's Pasadena First Buy Local initiative, the project team has focused on the inclusion of Pasadena locals in potential contracting and hiring opportunities.

Thanks to the team's diligent efforts, by year's end 37.6 percent of the project payroll had gone to Pasadena residents, and another $500,162—nearly a third of subcontracting and procurement to date—has been spent with Pasadena businesses. Find details on local hiring at cityofpasadena.net/Pasadena_First

Set in Concrete

December 2014: Crews excavate underground ducts for high-voltage 34.5kV lines.

December 2014: Residents consider job options at a City paperMaster's recruitment event.

December 2014: The finished gas turbine foundation sits in the winter sun.

January 2015: A heavy equipment crane gently lowers a turbine into place.

Progressing on Schedule

After a whirlwind 2014, Pasadena's new 71-megawatt natural gas-fired combined cycle power plant is taking shape from the ground up. Our year in review:

April 2014: Contractors submit competitive proposals
June 2014: Pasadena City Council awards contract to ARB Construction, a subsidiary of Primoris Corp.
July 2014: Dignitaries celebrate project groundbreaking
July – November 2014: Site demolition and preparation
December 2014: Gas turbine generator foundation poured

With a solid start, the plant is on target to open in 2016.

Questions?

Wendy De Leon, Customer Relations Manager
626.744.3739 • wdeleon@cityofpasadena.net

Email us your questions and we will send you a FREE LED light bulb. *Limit 1 per Household

@PWPnews /PasadenaWaterAndPower PWPWeb.com/GTS

PROJECT TIMELINE

POWER OF THE FUTURE: Learn more, join our mailing list and weigh in on Pasadena's future power supply mix by taking a quick 10-minute survey at PWPweb.com/IRP. Click the "2014 IRP Survey" link.

- **June 2, 2014** — Pasadena City Council Approval of Construction Contract
- **July 2, 2014** — GT-5 Project Ground Breaking
- **July – October 2014** — Site Demolition and Preparation
- **October 2014** — Construction Begins – and will continue through February 2016
- **January – May 2015** — Equipment delivery
- **CURRENT PHASE**
- **February 2016** — Mechanical Completion – Ready for Testing and Commissioning
- **February – May 2016** — Testing, Commissioning, and Performance Testing
- **June 2016** — Commercial Operation Begins

PASADENA
PUBLIC HEALTH DEPARTMENT

WINTER 2015

Pasadena Healthy Times

Winter 2015

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Healthy Eating on a Budget

Dental Reminder

Choose Health LA Kids Program

CITY OF PASADENA PUBLIC HEALTH DEPARTMENT (PPHD)
1845 N. Fair Oaks Avenue, Pasadena, CA 91103

Message from the Health Officer

Welcome to the winter edition of Pasadena Healthy Times! The start of a new year often inspires resolutions to take better care of one's health. From a public health perspective, we know that better health is best achieved through a combination of individual actions, coupled with community and policy change. At the Public Health Department, we approach health status improvement on multiple levels, creating healthier environments and empowering an entire community of individuals to make healthier choices.

The new year also brought with it an outbreak of measles. In collaboration with other local, state, and federal public health agencies, we have been actively working to reduce the spread and impact of the disease. It is a stark reminder of the necessity for high levels of immunization in our community in order to keep our families healthy. We have safe, effective vaccines that can prevent unnecessary illness. Please help spread the word among your communities and check with your doctor to make sure that you are up-to-date on immunizations. Protect yourself, and protect our most vulnerable community members, including infants who are too young to be vaccinated.

As always, we welcome your input and look forward to hearing from you.

Sincerely,

Dr. Ying-Ying Goh, MD, MSHS

This issue would not be possible without the support from Romesh Anketell, Dr. Goh, and Erika Redke. For questions on this edition of Pasadena Healthy Times, contact Kelly Kaufman at (626) 744-6168.

www.cityofpasadena.net/publichealth

PASADENA
PUBLIC HEALTH DEPARTMENT

WINTER 2015

Open Enrollment for Covered CA Ends Soon

Open enrollment to get health coverage through Covered California ends on February 15, 2015. If you are already enrolled in Covered CA and want to make changes to your plan you must do so before this deadline. If you do not have health insurance, a tax penalty will be owed when filing taxes. The Pasadena Public Health Department (PPHD) would like you to keep the following in mind:

For Covered CA:

- The next open enrollment will begin October 15, 2015 to December 7, 2015 for coverage for 2016.
- If you experience a qualifying life event such as you get married, enter a domestic partnership, give birth to a child or adopt, or lose a job, you can sign up for health insurance through Covered California outside of the open enrollment period. Report these changes within 60 days from the date of the qualifying event.

For Medi-Cal:

- You can enroll in Medi-Cal anytime throughout the year.
- Eligibility is based on income, family size, and immigration status.

There are NO FEES when applying for health coverage and when seeking help. For questions about Covered CA or Medi-Cal or to schedule an appointment, call PPHD at (626) 744-6086.

Importance of Timely Vaccinations

Vaccines are the best defense we have against many serious, preventable, and sometimes deadly diseases. From infants to senior citizens, timely immunizations are one of the most important ways to protect yourself and others from the threat of serious diseases.

Measles is an example of a highly contagious and sometimes deadly disease that can be prevented through timely vaccination. Symptoms include fever, cough, runny nose, red eyes, and a rash, and measles can even cause severe complications (pneumonia, damage to the brain, and death). The measles, mumps, and rubella (MMR) vaccine is recommended in 2 doses, the first at age 12-15 months, and the second at 4-6 years of age. Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and State Health Officer stated, "The best way to prevent measles and its spread is to get vaccinated."

It is important to get vaccines on schedule for optimal protection and effectiveness. Make sure you and your family are immunized on time, every time. Take time to look over your vaccine record card and make sure that you have received the recommended vaccines from age 0-18 years. A catch-up schedule is available by visiting http://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-schedule.pdf.

Healthy Eating On a Budget

Eating healthy doesn't have to be expensive. Use these tips to make healthy choices while staying within your budget! Visit MyPlate at http://choosemyplate.gov/budget/ for great resources for creating a grocery game plan and preparing low-cost, healthy meals, and get sample 2-week menus, recipes and more.

10 tips
Nutrition Education Series

eating better on a budget

10 tips to help you stretch your food dollars

ChooseMyPlate.gov

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 plan, plan, plan!
Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 compare and contrast
Locate the "Unit Price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 buy in bulk
It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 buy in season
Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 convenience costs... go back to the basics
Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7 easy on your wallet
Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.

8 cook once...eat all week!
Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 get your creative juices flowing
Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

10 eating out
Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Stick to water instead of ordering other beverages, which add to the bill.

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 16
December 2011
USDA is an equal opportunity provider and employer.

To view in Spanish, visit http://www.choosemyplate.gov/downloads/DGTipsheet16EatingBetterOnABudget-sp.pdf

New Year, New You!

FREE NUTRITION CLASSES STARTING IN JANUARY 2015

The Nutrition and Physical Activity Program invites participants to sign up for our free nutrition education series offered year-round at various locations in Pasadena. The series includes 5 weekly, fun and interactive classes that focus on various topics in healthy eating and fitness. Each class provides a healthy recipe food tasting. By the end of the fifth class, participants will have a basic understanding of how to live a healthy, balanced lifestyle and will have the tools to make lasting changes at home. Classes are offered in English and Spanish.

CLASS TOPICS INCLUDE:

Lesson 1: **MyPlate, the Healthy Way**
LEARN ABOUT THE FIVE FOOD GROUPS
Recipe: Awesome Green Salad

Lesson 2: **Rediscover Fruits & Vegetables**
LEARN ABOUT THE BENEFITS OF FRUITS AND VEGETABLES
Recipe: Flavorful Fruit & Veggie Wrap

Lesson 3: **Read It Before You Eat It**
LEARN HOW TO READ A NUTRITION LABEL
Recipe: Fantastic Quinoa Salad

Lesson 4: **Rethink Your Drink**
LEARN TO CALCULATE THE SUGAR IN YOUR DRINK
Recipe: Delicious Smoothie

Lesson 5: **The Real Cost of Eating Out**
LEARN HEALTHY TIPS WHEN EATING OUT
Recipe: Surprising Ceviche

Pasadena Public Health Department
1845 N. Fair Oaks Avenue, Room 2407
Pasadena, CA 91103

Every Thursday from 5:30 p.m. – 7:00 p.m.
January 8 – February 5

La Pintoresca Branch Library
1355 N. Raymond Avenue, Community Room
Pasadena, CA 91103

Every Thursday from 6:00 p.m. – 7:30 p.m.
February 5 – March 5

Villa Parke Community Center
363 E. Villa Street, Room 131A
Pasadena, CA 91101

Every Thursday from 6:00 p.m. – 7:30 p.m.

Series 1: March 12 – April 9
Series 2: April 16 – May 14
Series 3: May 21 – June 18
Series 4: June 25 – July 23

For more information and to register, contact Margarita Aguilar (maguilar@cityofpasadena.net), Esme Garcia (egarcia@cityofpasadena.net) or 626-744-6136. Visit the Nutrition Education page at www.cityofpasadena.net/publichealth/npa/classes.

PASADENA
PUBLIC HEALTH DEPARTMENT

WINTER 2015

February is National Children's Dental Health Month!

This month-long national health observance helps raise awareness about the importance of oral health for children. Developing good habits at a young age along with regular dental visits will help children to have lifelong healthy teeth and gums. According to the Centers for Disease Control and Prevention (CDC), tooth decay (cavities) affects children in the U.S. more than any other chronic infection. Tooth decay can cause difficulty with eating, sleeping, and speaking.

Remember, in the Child Health and Disability Prevention (CHDP) Program, a dental screening/oral assessment is required at every CHDP health assessment regardless of age. Additionally, dental referrals are recommended beginning at age 1 and are mandatory beginning at age 3. As a CHDP provider, you can help to influence good dental health practices among parents and children. Below are a few helpful tips you can remind your patients at their periodic well-child exam to help prevent the spread of tooth decay. If you need help finding a Medi-Cal dentist, contact your local CHDP Nurse Liaison at (626) 744-6168 for a list of local providers.

Oral Health Recommendations for Babies:

- Brush teeth twice a day with an infant sized toothbrush
- Put only breast milk or formula in a bottle
- Schedule the first dental visit by the child's first birthday

Oral Health Recommendations for Children and Adolescents:

- Brush teeth with a child-sized toothbrush at least twice a day-preferably after breakfast and before bedtime
- Begin daily flossing as soon as teeth touch each other (parents must help until age 8)
- Continue regular dental visits every 6 months or as directed by your child's dentist

Young & Healthy Kids Mobile Dental Clinic Coming Soon!

Young & Healthy is proud to sponsor their clinic from February 27 to March 6. Space is limited, call (626) 795-5166. Children who are eligible include those who have NO dental insurance and:

- Are between the ages 6-18 with cavities
- Live in Altadena, Pasadena, Sierra Madre, or South Pasadena
- Have a parent/guardian who will commit to several appointments during the week of the clinic

Choose Health LA Kids

Choose Health LA Kids is a new program within the City of Pasadena Public Health Department (PPHD). Funded by First 5 LA, this program brings together a broad range of partners to implement community-based public education, skills-building and advocacy trainings, and environmental changes that promote physical activity and healthy eating. PPHD is partnering with El Monte City School District to provide Choose Health LA Kids programs and services in Pasadena, Altadena, Monrovia, El Monte, South El Monte, North El Monte, San Gabriel, and Avocado Heights.

The community is invited to participate in the following activities, which are all free and open to anyone with children 5 years of age and under:

- **Grocery Store Tours and Healthy Cooking Demonstrations:** In this interactive grocery store tour, parents learn how to make healthier food choices, read food labels, try new ingredients, and get answers to their questions about food and nutrition. Healthy cooking demonstrations will showcase healthy, fresh, and easy recipes that anyone can make.

- **Parent Collaborative:** Parents in this group are working towards policy change that will make their community a healthier place to live. Parents will participate in a Photovoice project, in which their photos will be displayed in a gallery opening.

- **Nutrition Education and Physical Activity Classes for Parents:** These interactive education sessions will teach parents skills in basic nutrition and making healthy food choices, and give them resources they can use to start making healthy lifestyle changes for their families.

- **Choose Health LA Restaurant Program:** Restaurants are recruited to offer customers smaller portion sizes and healthier children's meals.

For the dates and times for any of the above activities, please contact Romesh Anketell at ranketell@cityofpasadena.net or go to http://www.cityofpasadena.net/publichealth/CHLA_Kids/.