

Live Well
CAMPBELL



Healthy Through the Holidays Month

As the holiday season approaches, it's easy to let healthy habits slip, but staying well this time of year can help you feel more energized and connected. This month, **LiveWell Campbell** encourages residents to stay **Healthy Through the Holidays** with simple ways to move more, eat mindfully, and manage stress.



Ways to stay active at Campbell Community Center

Free stuff:

- All Weather Track (open sunrise to 10pm)
- Skatepark
- Tennis Courts
- Handball Court
- Outdoor Fitness equipment

Paid Activities:

- [Lap Swimming](#)
- [Weight Room](#)
- [Fitness Classes](#)



Recipe Exchange

This month we are looking for the community to share their favorite healthy recipe. All recipes will be posted in next month's newsletter.

To submit a recipe email:
recreation@campbellca.gov

Santa Clara County Public Health Department

The Santa Clara County Public Health Department provides a lot of wonderful resources to keep our community healthy! Every month they publish information about the harvest of the month and recipe ideas relating to that harvest.

November Harvest of the Month: Persimmons and Avocados

[LEARN MORE](#)

The Public Health Department has two wonderful recipes below for the harvest of the month.

PERSIMMON COOKIES

Serves 12

INGREDIENTS

- 2 ripe persimmons, pureed
- 1 cup sugar
- 1/2 cup (1 stick) butter
- 1 large egg
- 1 cup raisins
- 1 cup chopped walnuts
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg

WHAT YOU'LL NEED

- Cutting board
- Sharp knife
- Blender or large bowl and fork
- Spatula or spoon
- Strainer
- Measuring cups
- Measuring spoons

DIRECTIONS

1. Preheat the oven to 350 degrees F (180 degrees C). Grease cookie sheets.
2. Place persimmon pulp in a small bowl; stir in baking soda until dissolved and set aside. Sift flour, cinnamon, cloves, nutmeg, and salt into a large bowl, set aside.
3. Beat sugar and butter with an electric mixer in a separate large bowl until smooth. Beat in egg and persimmon mixture; add flour mixture and stir until just combined. Fold in raisins and walnuts.
4. Drop spoonfuls of dough 2 inches apart onto the prepared baking sheets.
5. Bake in the preheated oven until edges are golden, about 15 minutes. Cool on the baking sheet briefly before removing to a wire rack to cool completely.

Recipe can be found at [Persimmon Cookies | allrecipes.com](#)





AVOCADO TORTILLA SOUP

Serves 8

INGREDIENTS

- 42 ounces low-sodium Chicken Broth
- 21 1/2 ounces Tomato Soup, condensed canned low-sodium
- 1/2 Cilantro, fresh
- 3 cloves Garlic, finely chopped
- 1/2 teaspoon Black Pepper, ground
- 1 Avocado, fresh, peeled, pitted, and chopped
- 8 Corn Tortilla Chips, crumbled

WHAT YOU'LL NEED

- Can opener
- Measuring spoons
- Sharp knife
- Cutting board
- Large pan
- Blender
- Ladle
- Soup bowls
- Stovetop

DIRECTIONS

1. In a large pan over high heat, combine chicken broth, tomato soup, cilantro, garlic, and ground black pepper. Bring to a boil, reduce heat, and simmer for 10 minutes.
2. Cool slightly, then puree small batches in a blender.
3. Return to pan, add avocado and heat thoroughly.
4. Ladle into soup bowls and garnish with crumbled tortilla chips before serving.

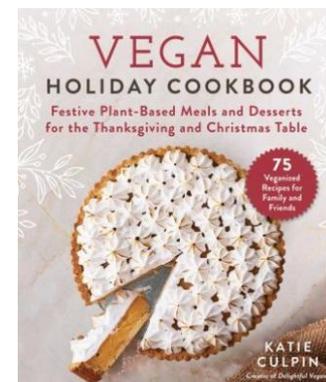
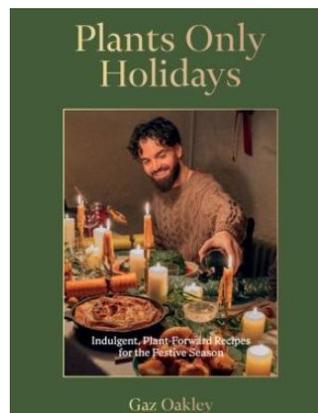
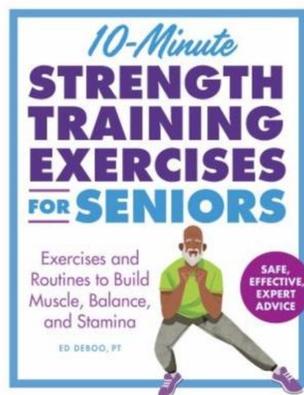
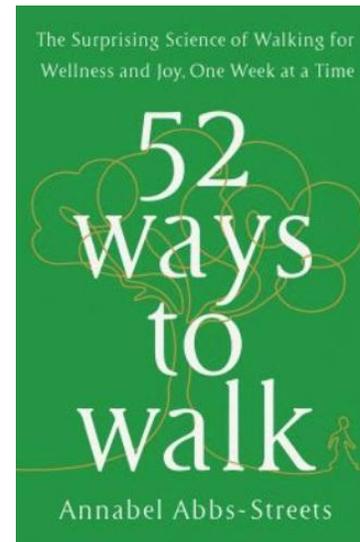
Recipe can be found at [Avocado Tortilla Soup | EatFresh.org](#)







Santa Clara County Library book recommendations for Sudden Cardiac Arrest Awareness Month.



Santa Clara County Library Card Holders

If you have an active Santa Clara County Library card you have access to use Headspace free of charge.

[Learn More](#)



Healthy lifestyles start with one step at a time!



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