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July 2025 | Volume 6, Issue 7: National Grilling Month



National Grilling Month, celebrated every July, is the perfect time to enjoy the great outdoors, savor delicious meals, and connect with friends and family. Grilling isn't just about juicy burgers and smoky ribs—it can also be a healthier way to cook. Grilling allows excess fats to drip away from meats, often resulting in lower-calorie meals compared to frying or sautéing. It also brings out natural flavors in vegetables, making it easier to enjoy nutrient-rich sides like peppers, zucchini, or corn on the cob. Beyond the food, grilling brings people together, encouraging more time outside, less screen time, and meaningful social interactions that benefit mental and

emotional well-being. Whether you're flipping salmon filets or veggie skewers, National Grilling Month is a flavorful reminder that healthy living can be simple, social, and satisfying.

For More Info

Grilled Chicken Vegetable Kabobs

Tender chicken and fresh veggies grilled to perfection—these kabobs are a delicious, colorful taste of summer! Each skewer is packed with juicy flavor, vibrant colors, and a hint of smoky char, making them a fun and healthy favorite for any cookout.



Click for Recipe

Summer is a great time to boost your health and happiness with outdoor fun, enjoying fresh foods, staying hydrated, and spending time with loved ones.

Upcoming Events

Visit Healthy Fontana at one (or all) of these events for FREE resources and giveaways! Remember to bring your rewards card to earn some punches toward a prize!

- **In observance of the 4th of July holiday, the CSD office will be closed Thursday, 7/3 and Friday, 7/4.**
- **Saturday, July 12:** [Fontana Walks!/HIIT](#) | South Fontana Park | 16647 Santa Ana Ave. | 7am**Saturday, July 19:** [Cooking Class](#) | Fontana Community Senior Center | 16710 Ceres Ave. | 12pm-2pm ***Registration needed**
- [Fontana Farmers' Markets](#)
 - Every Thursday @Southridge Park | 14501 Live Oak Ave. | 3pm-7pm
 - ***No Farmers' Market on 7/3**
 - Every Sunday @Fontana Park | 15556 Summit Ave. | 10am-3pm



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Connect with Healthy Fontana

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