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**November 2025 | Volume 6, Issue 11: National Diabetes Awareness Month and
Hunger and Homelessness Awareness Week**



National Diabetes Month, observed every November, is a time to support those living with diabetes and to raise awareness about the importance of prevention, early detection, and ongoing care. It's a chance to come together, share knowledge, and encourage healthier choices for a better quality of life.

[For More Info](#)



Hunger and Homelessness Awareness Week, held each November 16th to 22nd, highlights poverty, food insecurity, and housing instability. It's a time for communities to educate, advocate, and show compassion, inspiring action to end hunger and homelessness.

[For More Info](#)

Fall gatherings bring loved ones together to share gratitude and enjoy comforting meals. They're also a great time to try simple, healthy twists on favorite dishes that keep all the warmth and flavor your family loves. Small changes can support everyone's well-being while keeping the holiday feeling special. Looking for inspiration? Check out the two recipes below—they may become new staples in your family's holiday.



Pumpkin Spice mousse



Day-after-Thanksgiving salad

This season is about giving—not just food, but your time to help or feed others. Enjoy healthy meals and be grateful for what matters most.

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!

- **Saturday, November 1:** [Dia De Los Muertos](#) | Southridge Park | 14501 Live Oak Ave. | 4pm-7pm
- **Monday, November 3:** [Fontana Walks- San Sevaime Trail Ribbon Cutting](#) | Pacific Electric Bike Trail Parking | 7161 N. Heritage Cir. | 10:30am-12pm
- **Saturday, November 8:** **Fontana Walks!** | Fontana Park | 15556 Summit Ave. | 8am-9am
- **Saturday, November 15:** [Cooking Class](#) | Fontana Community Senior Center | 16710 Ceres Ave. | 12pm-2pm ***Pre-registration required**
- [Fontana Farmers' Markets](#)
 - Every Sunday at Fontana Park | 15556 Summit Ave. | 10am-3pm

No Farmers' Market on Sunday, November 16, 2025.



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Connect with Healthy Fontana

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