

BASIC NEEDS PROGRAM

CSU, Long Beach | October 2022 Newsletter



Happy October @ the Beach!

Fall has officially started at The Beach! Whether it's the smell of pumpkin spice lattes, the sounds of leaves crunching, or cooler days, there is a lot to be excited about this October.

In this issue, you will meet our new CalFresh Outreach Coordinator, gain updates on our [CalFresh Outreach Week](#), and learn about all the exciting events taking place on campus the month of October.

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WEEK

HARVEST OF THE MONTH

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Basic Needs Staff Highlight



Elizabeth Santana-Monterososso, CalFresh Outreach Coordinator

Hello CSULB faculty, staff, and students. I am a CSULB alumni with a B.A. in Chicano and Latino Studies and my M.A. in Guidance and Counseling from Loyola Marymount University. I have three boys, ages 7, 5, and 3, and I am married to a CSULB Kinesiology department alumni who serves as an Orientation and Mobility Specialist at the Long Beach VA Hospital. I love chicken and cabeza tacos, I am a big Harry Potter and Fast & Furious fan, and I enjoy my weekly episodes of Ghost Adventures. October is going to be a great month, not only because it is my birth month, but because of our CalFresh Outreach Week. Hope to see you there!

CalFresh Outreach Week

October 24th - 28th

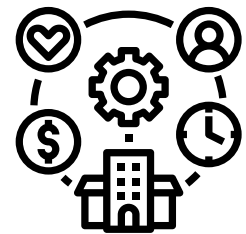
Starting October 24th, CalFresh Outreach Week provides a week long series of events for The Beach community focused on bringing greater awareness to student eligibilities for CalFresh, healthy and sustainable food options, and fighting the stigma behind receiving assistance. Each day, the CalFresh Outreach team will host events open for all students. Below is our schedule of events!

Register for CalFresh Outreach Week events: tinyurl.com/yc2v9sdh

CalFresh Resource Fair

Monday, October 24th | 11AM - 2PM | USU North Lawn

Come meet the CalFresh Outreach team at CSULB and interact with on and off campus resources. Learn more about CalFresh and see if you are eligible.



CalFresh Application Day

Tuesday, October 25th | 1PM - 5PM | USU Southwest Terrace

It is CalFresh Application Day! Pre-screen for eligibility, complete an application on the spot, and have your interview with a county representative the same day.



Yoga With CalFresh

Wednesday, October 26th | 4:30PM - 6:30PM | USU North Lawn

In collaboration with Student Recreation and Wellness Center, join us for a one-hour Yoga session at 5pm to recharge. Take-home **yoga mats** will be provided to the first 30 students and post workout snacks will be provided.





Master Chef: CalFresh Healthy Living Competition

Thursday, October 27th | 12PM - 1PM | ASI Beach Kitchen

We are looking for talented chefs from all backgrounds to join the competition. Make the best college student friendly meal and become the first CSULB Master Chef! Prizes for 1st, 2nd, and 3rd place winners.

Movies With CalFresh

Friday, October 28th | 4:00PM - 6:00PM | USU Beach Auditorium

Join the Beach CalFresh Outreach Team for a screening of Wall-E! Blankets and snacks will be provided.



ASI Beach Pantry

Beach Pantry

The ASI Beach Pantry operates as the official food pantry for Long Beach State students. The pantry provides non-perishable food items for students in need. An initiative spanning two ASI executive administrations, ASI Vice President Logan Vournas spearheaded the food pantry project into fruition in fall 2016. Also housed in the Beach Pantry will be the Student Swap Shop program, aimed at providing students with the opportunity to swap unneeded or old school supplies, like books, notebooks and other items essential to education.



Monday - Friday | 10AM - 2PM, 5PM - 7PM

Saturday | 11AM - 2PM

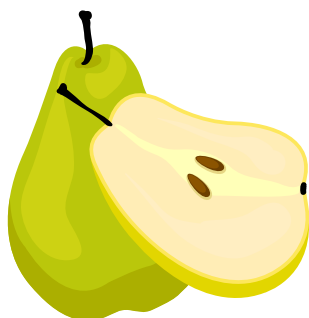
Location: USU 116

www.asicsulb.org/corporate/discover/beach-pantry

Harvest of the Month

Pears

Pears contain about 6 grams of fiber which is 24% of the daily recommended value and are also a good vitamin C. They also contain about 190 grams of potassium. They also contain minerals like copper, calcium, magnesium, and manganese.



Fall Workshop Series

Maximize Your CalFresh Benefits

Already have CalFresh? This workshop goes over the various programs such as Northgate Market's Mas Fresco program and Market Match for farmers markets, which help you get more groceries for your buck!

1st Thursday of the month



Applying For CalFresh on Your Own

Already have CalFresh? This workshop goes over the various programs such as Northgate Market's Mas Fresco program and Market Match for farmers markets, which help you get more groceries for your buck!

2nd Thursday of the month

CalFresh Eligibility Session

Drop-in virtually to go over student eligibilities for CalFresh and how to apply for CalFresh benefits. Students can meet with a CalFresh Assister here to complete an application.

Last Thursday of the month



Sign-Up For October Workshops:

https://csulb.qualtrics.com/jfe/form/SV_es7suUAgMAQrrVk

CalFresh Pumpkin Carving Event

October 20th | 2PM - 4PM | USU North Lawn

Come grab a free pumpkin and carve with CalFresh! Carving kits will be provided. Come try a pumpkin sauce and crackers.



Sign Up Here



OUTober

October 1st - October 31st

This month is dedicated to appreciating the contributions and significance of the LGBTQ+ community, and applauding gay, lesbian, bisexual, transsexual, and transgender pride. Throughout October, ASI Beach Pride Events (BPE), Multicultural Affairs and various other campus partners will be hosting an array of events in celebration of "coming out" and taking pride in one's identity.

Campus Happenings

For a full list of OUTober events,
click here:

<https://tinyurl.com/Outober22>

Pause: How to help & Prevent Sexual Assault

October 12th | 12:30M - 1:30PM

Have you ever been concerned about sexual assault/violence & wanted to help, but didn't know how? Learn about how to make a difference by applying the 5D's to be an active bystander.

Location: USU 305

[Click Here to RSVP](#)

Queer Speed Friending

October 15th - October 15th

Would you like to make new LGBTQ+ friends? Please come to Queer Speed Friending to participate in one-on-one conversations, team building, and games!

Location: USU Long Beach Ballroom

[Click Here to RSVP](#)

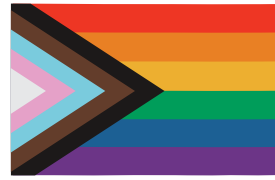
Queer and Latinx Social

October 19th | 4:30PM - 6:30PM

Do you identify as LGBTQ+ and are you part of the Latinx community? Come join the Queer and Trans Latinx Social to break bread, build community, and get to know other Latinx LGBTQ+ folks at CSU Long Beach.

Location: Faculty Office 3, Room 002

[Click Here to RSVP](#)



Movies on the House: The Black Phone

October 12th | 7PM

Beach Pride Events presents Movies on the House! Grab your blankets, chairs and friends for a movie night on campus. Admission is free for all Long Beach State students! Free snacks will be available while supplies last. Attendees will have an opportunity to win prizes at the end, including AMC movie tickets and more! We're kicking off the second Movies on the House of the fall semester with "The Black Phone"!

Location: USU North Lawn

LGBTQ+ Double Feature Movie Night

October 21st | 6PM - 10PM

Interested in learning more about how film explores LGBTQ+ lives? Come join us for back-to-back LGBTQ+ films with a faculty member led Q&A after each film. "Paris is Burning" and "What We Do in the Shadows" will be the featured movies.

Location: USU Auditorium (1st Floor)

[Click Here to RSVP](#)



Office Hours
Monday - Friday
8:00AM - 5:00PM

Office Location
University Student
Union (USU) 112

Contact Information
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Appointment Center



Basic Needs
Application