

OCCUPATIONAL THERAPY Vocational Services Newsletter



January, 2018

Rancho Works Gift Shop

Share the Love

Are you looking for the perfect gift to let that special person know they're loved on Valentine's Day? Did you know that there are many handcrafted items for sale which were lovingly made by our very own Rancho Works patients? Come by the Rancho Works Gift Shop for a variety of handcrafted items including:



- Handmade cards
- See's® Candies lollipop bouquets
- Heart pins and magnets
- Heart-shaped soaps and soap dishes
- Hand decorated gift bags
- Gift Cards to Rancho Works Café & Gift Shop

For those hardworking coworkers, stop by for some merchandise emblazoned with the Rancho logo. Show them how much you appreciate their hard work with a tote bag, tumbler, travel mug, lanyard or badge reel. You can even order Rancho apparel! Place your orders for polo shirts, hoodie sweatshirts, weatherproof jackets and lab coats at the Rancho Gift Shop (located inside the Rancho Café). Orders are placed on a monthly basis, check your email for ordering deadlines.



Rancho Works Café

New Year, New You!

Did you know that the Rancho Works Café offers a wide variety of wholesome and nutritious food options? If your New Year's resolution was to get healthy, come visit the Café to find healthy snacks, fresh meals, breakfast items and beverages that can help you achieve your goals. Many of the meals are made fresh daily so the next time you're feeling hungry or are just in a snacking mood, head toward the Café to eat guilt free! Here are some suggested items available the next time you're craving a snack or looking for a meal that has an ingredient list that you can read:

Healthy Snacks: Fresh fruit, Sargento Balanced Breaks, Kind/Clif/Nature Valley Bars, Sensibly Sweet Sesame Thins, sunflower seeds, trail mix, nuts

Healthy Drinks: Coconut water, kombucha, Perrier, Chobani yogurt drink, almond milk

Meals: Salmon superfood salad, cranberry walnut chicken salad, turkey sandwich, veggie burger

Breakfast: Oatmeal, hard-boiled eggs, Oikos Triple Zero Yogurt, Wella Bars, cold cereal

Our patients look forward to serving you!

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