



# ARDHS- NSLP 2018

## National Strawberry Month!

May is National Strawberry month, and Arkansas grown strawberries are a delicious option when purchasing berries. Below are links to healthy strawberry recipes, and local farms that grow the sweet, juicy, and healthy fruit. Strawberries are packed full of vitamin C, fiber, folate, potassium and antioxidants. So, get out there and celebrate National Strawberry Month.

<http://www.eatingwell.com/>

<https://arkansasgrown.org/search/?grown=Strawberries>

## May is also Barbeque Month!

May is time to embrace the start of summer, and barbecuing is a perfect way to enjoy the sunny days. Barbequing is not a difficult method of cooking, so even if you're not really much of a cook this is a great month for you to try it out.

Mother's Day will fall on Sunday May 13<sup>th</sup> this year. Did you know that Anna Jarvis (woman who founded Mother's Day in 1908) believed it became too commercialized by 1920s and fought to have it abolished? Mother's Day is the most popular day of the year to dine out in the United States so, maybe this year you can treat yourself or your mom to a healthy, homemade barbequed meal.



May 31, 2018 - applications are due!!

Make sure your application is filled out completely & submitted

Check the SNP site for training dates in May!

May 1<sup>st</sup> - The 4<sup>th</sup> Direct Certification conducted

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