

HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN **MAY**

FRUIT » STRAWBERRIES



HEALTH BENEFITS: Strawberries nearly top the chart for Vitamin C, which aids the growth and repair of tissue throughout your body. It's also used to form collagen, a protein used to make tendons, ligaments, skin and blood vessels.

SELECTION / STORAGE: Choose strawberries that are firm, plump, and deep red in color. Smaller berries are sweeter and you should avoid ones that are shriveled and bruised. Eat within 2-3 days as they spoil quickly. Here's a fun fact: one strawberry has approximately 200 seeds on its surface.

EATING / PREPARATION: Do not wash until you are ready to eat. Strawberries are best fresh and are great to layer in a yogurt parfait or toss in salad. Enjoy a refreshing strawberry smoothie and get creative in the kitchen with your own unique recipe.

VEGETABLE » ASPARAGUS

HEALTH BENEFITS: Asparagus is an excellent source of B Vitamins, which play a key role in breaking down starches and sugar. These vitamins help manage healthy blood sugar levels. Asparagus is also rich in nutrients with anti-inflammatory and anti-oxidant properties.

SELECTION / STORAGE: Look for firm, round and thin-stemmed asparagus with deep green or purple closed tips. Store in refrigerator with stalk ends wrapped in damp paper towel and use within 3-4 days of purchase for the best flavor.

EATING / PREPARATION: Wash asparagus under cold water to remove any soil residue. Cut off and discard the woody (tough) end about 1-2 inches from the bottom. Thicker stemmed asparagus has a tough outer skin that may need to be peeled with a vegetable peeler. Asparagus can be sautéed with a tablespoon of butter or olive oil on medium heat, stirring occasionally for 10 minutes. Other cooking methods include roasting, boiling, steaming and even grilling. Experiment with some seasonings like pepper, garlic, parsley or lemon. Toss it into salads, omelets, stir fries and pasta dishes.



ACTIVITY » RIDE YOUR BIKE

ACTIVITY: May is National Bike Month, so dust off the bike, fill the tires and grab your helmet! Bike riding is good for everyone in your family and just plain fun! Before you head out for a ride, be sure to get a refresher on rules of the road and check the fit of each rider's helmet.