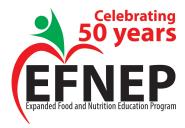
EFNEP 50th Anniversary May: Strawberry Month

Post Text/Image Description Copy text below to preferred social media handle.	Image File Click on image file to save.
May is strawberry month. Kids and adults can both enjoy a spinach strawberry salad.	May1.png
[Image description: red bowl with spinach, sliced strawberries, nuts, cheese and a vinaigrette dressing]	
#EFNEPworks #EFNEP50th #NIFAimpacts	
Try adding sliced or whole strawberries to water to sweeten it without using sugar.	May2.png
[Image description: female is holding an infused water bottle with strawberries and kiwi]	
#EFNEPworks #EFNEP50th #NIFAimpacts	
Add strawberries to your breakfast by putting them on cereal, putting them in oatmeal, or eating them plain.	<u>May3.png</u>
[image description: bowl of strawberries with one sliced]	
#EFNEPworks #EFNEP50th #NIFAimpacts	



EFNEP 50th Anniversary May 12th-18th: Women's Health Week

Post Text/Image Description Copy text below to preferred social media handle.	Image File Click on image file to save.
This week we celebrate Women's Health! Plan a get together with a friend; take the stairs instead of the elevator; or go for a walk at lunch.	MayWomen'sHealth2.jpg
[Image description: two women smiling and taking a picture with a cellphone]	
#EFNEPworks #EFNEP50th #NIFAimpacts Photo Credit: Artur Rutkowski on Unsplash	
Celebrate women this week! We are all beautiful!	MayWomen'sHealth1.jpg
[Image description: woman smiling with sign in the background that reads 'You Are Beautiful']	
#EFNEPworks #EFNEP50th #NIFAimpacts Photo Credit: Hannah Grace on Unsplash	

