

EFNEP 50th Anniversary

May: Strawberry Month

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

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May 12th-18th: Women's Health Week

Post Text/Image Description <i>Copy text below to preferred social media handle.</i>	Image File <i>Click on image file to save.</i>
<p>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.</p> <p>[Image description: two women smiling and taking a picture with a cellphone]</p> <p>#EFNEPworks #EFNEP50th #NIFAimpacts 📷Photo Credit: Artur Rutkowski on Unsplash</p>	<p>MayWomen'sHealth2.jpg</p>
<p>Celebrate women this week! We are all beautiful!</p> <p>[Image description: woman smiling with sign in the background that reads 'You Are Beautiful']</p> <p>#EFNEPworks #EFNEP50th #NIFAimpacts 📷Photo Credit: Hannah Grace on Unsplash</p>	<p>MayWomen'sHealth1.jpg</p>