

May Newsletter



TIPS FOR GROCERY ON A BUDGET

Going to the
grocery store
with a list helps
you save money
and time!

Did you know
that these are
great dessert
ideas:

- fruit salad
- frozen yogurt
- Frozen grapes
- Fruit sorbet
- Fruit skewers

MAY FOOD HOLIDAYS

May 7th
World cake day

May 13th
International
hummus day

May 28th
International
hamburger day

TIPS TO BE MORE ACTIVE



With the warmer
weather on its way,
it's a great idea to
go biking. Don't
forget your helmet!

LOCAL FOOD OF THE MONTH

RHUBARB

PREPARATION

Can be eaten raw or cooked. It is mostly used in desserts (ex. cake, ice cream, pies).

DISPONIBILITY

May to September



NUTRITIONAL VALUES

1 stalk (raw)

Vitamin K 14,9 mcg (19% DV)

Vitamin C 4,1 mg (7% DV)

Manganese 0,10 mg (5% DV)

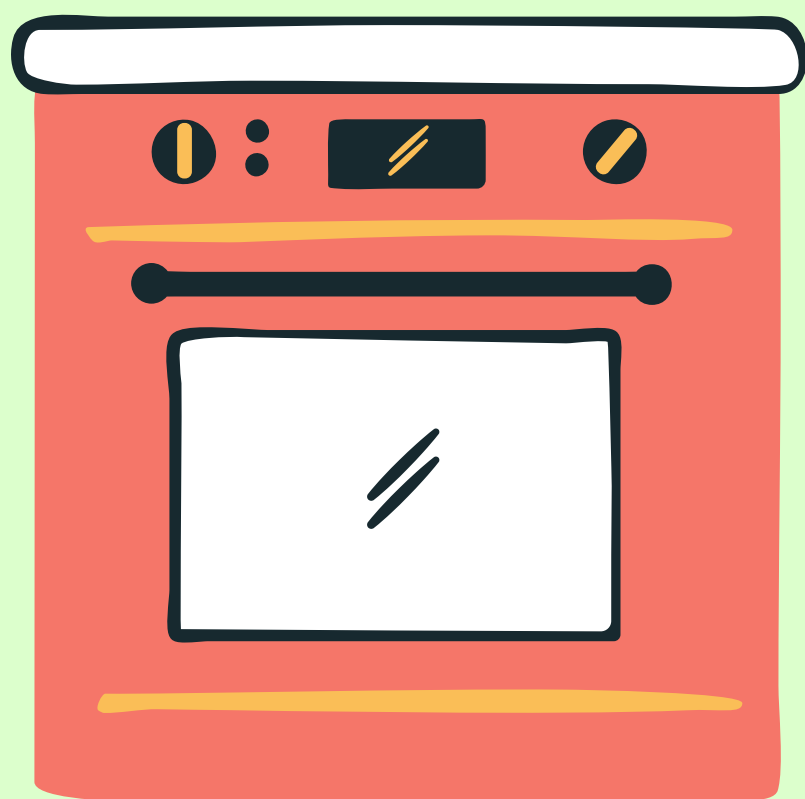
Potassium 147 mg (4% DV)

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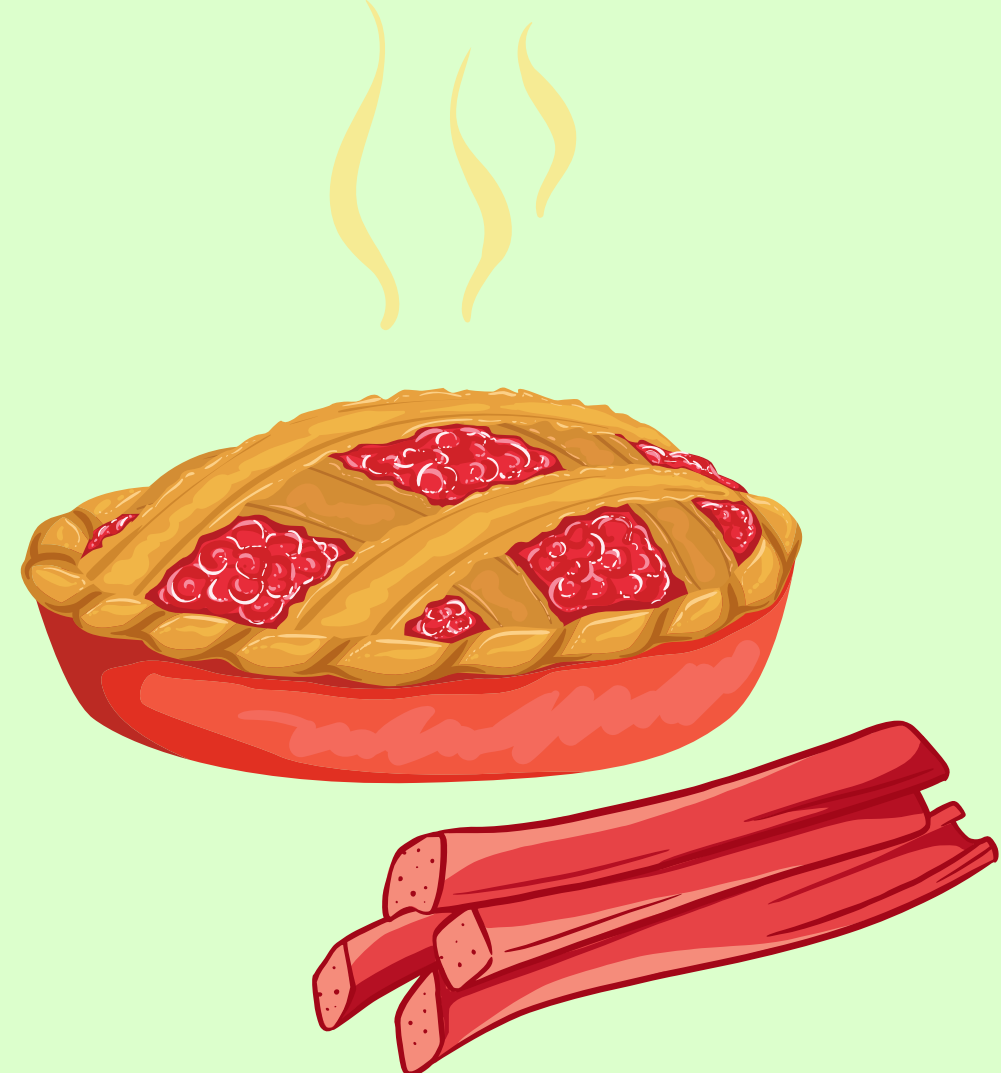


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Rhubarb recipes



Strawberry rhubarb pie

Rhubarb squares

Rhubarb compote

Rhubarb lemonade

Rhubarb apple loaf

Rhubarb and apricot bread pudding.

Spicy rhubarb chutney

Rhubarb strawberry water

**Click on the
name to get
to the recipe**



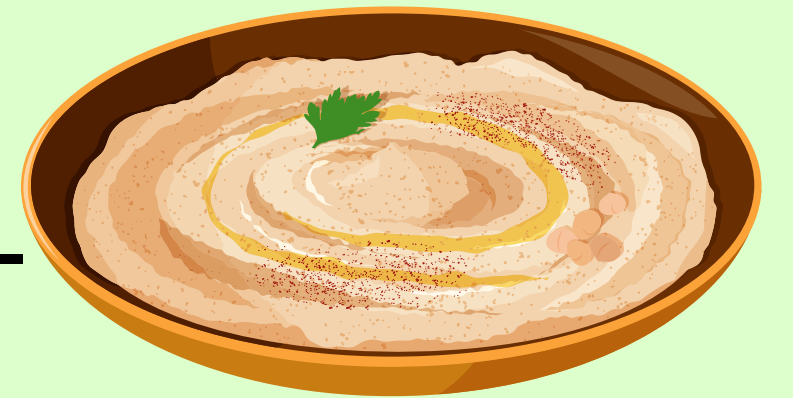


World cake day recipes

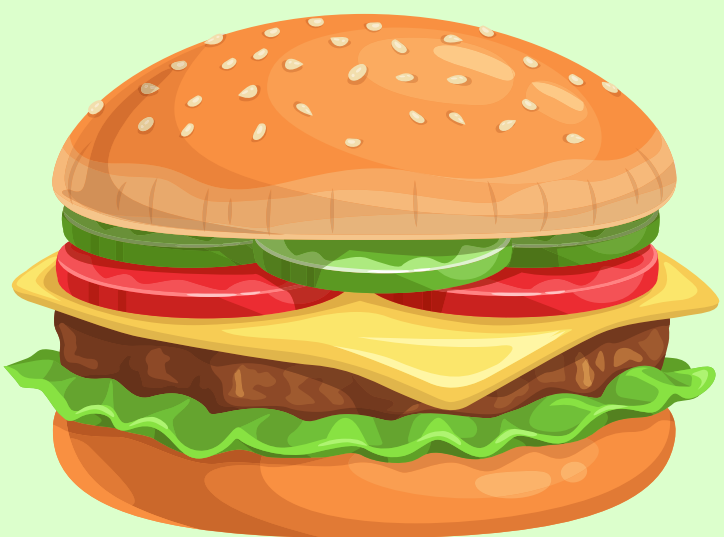
Roasted banana mango
cheesecake
Mille crepe cake
Pannetone
Carrot cake

International hummus day recipes

Quick and easy hummus
Chicken and hummus wrap
Avocado hummus
Easy pesto hummus



International hamburger day recipes



Veggie burgers
Mini tuna burgers
Falafel burger
Beef and lentil burger

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