



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)

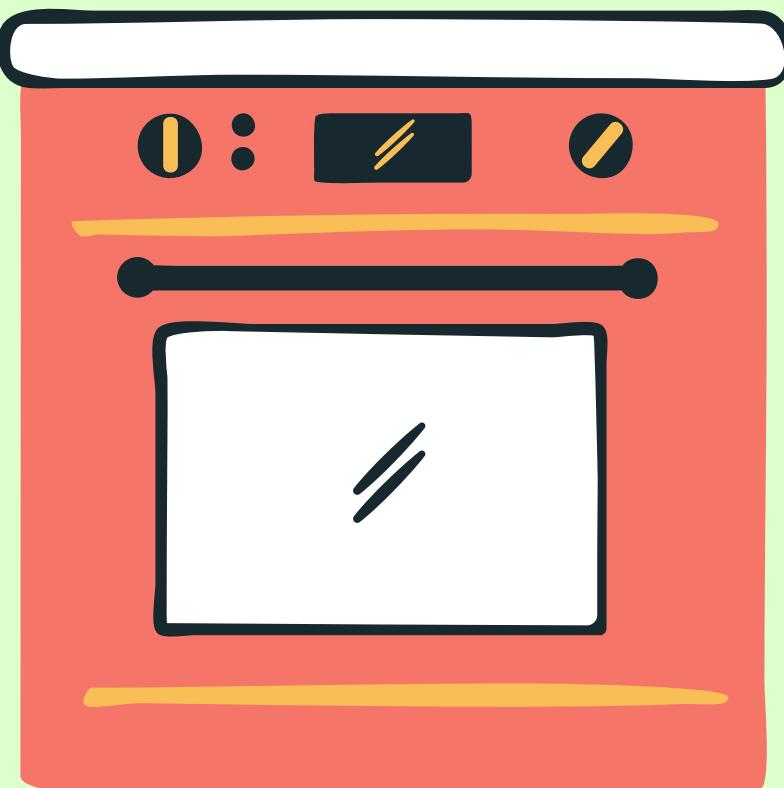
Potassium 147 mg (4% DV)

Lester B. Pearson
School Board

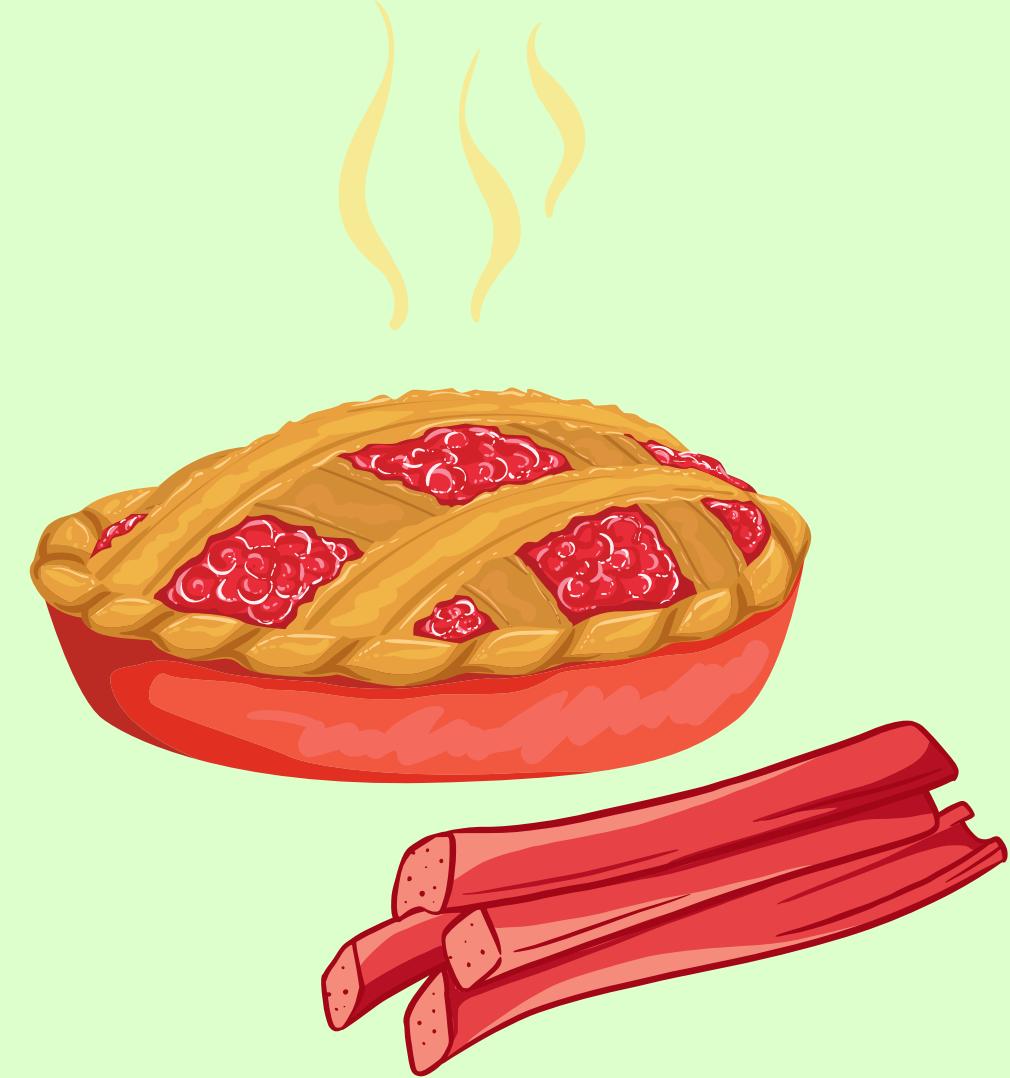


Commission scolaire
Lester-B.-Pearson





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



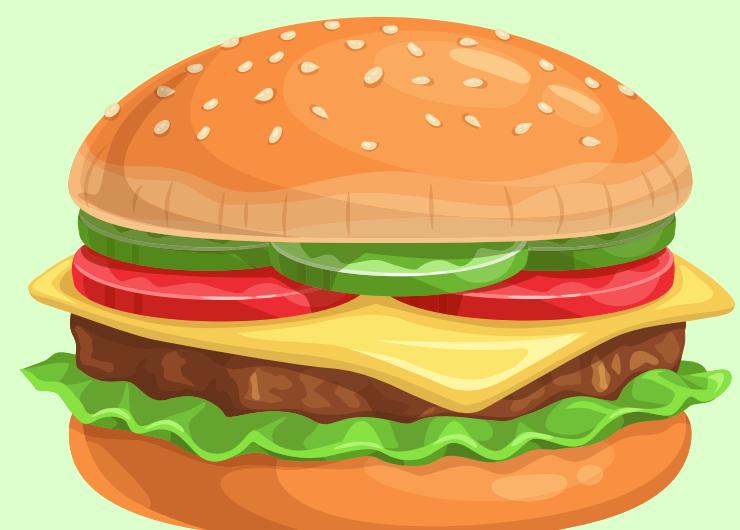
[Roasted banana mango cheesecake](#)
[Mille crepe cake](#)
[Pannetone](#)
[Carrot cake](#)

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](#)