



APRIL-JUNE 2014 ARTICLES

- WEEK OF 6/30/14 - July is National Picnic Month - Food and Sun Safety
- WEEK OF 6/23/14 - Enjoy the taste of the tropics during Fresh Fruits and Veggies Month (Recipes: Grilled Salmon Skewers & Tropical Mango Papaya Salsa)
- WEEK OF 6/16/14 - June is National Dairy Month (Recipe: Roasted Tomato and Cheese Tart with Spring Salad)
- WEEK OF 6/9/14 - Fire Up the Grill for Father's Day (Recipe: Citrus-Marinade Beef and Fruit Kabobs)
- WEEK OF 6/2/14 - June is Fresh Fruits and Veggies Month (June Goal) (Recipe: Baked Veggie Chips)
- WEEK OF 5/26/14 - Munch in Mediterranean Style in May (Recipe: Tuna and White Bean Salad)
- WEEK OF 5/19/14 - Memorial Day Menu Makeover (Recipe: Fresh Corn, Tomato & Mozzarella Salad)
- WEEK OF 5/12/14 - May is Celiac Disease Awareness Month (Recipe: Apple-Berry Quinoa Crisp Bowl)
*CeliacDisease Note: Be sure to choose **gluten-free graham crackers** for this week's recipe and always read package labels on ingredients you will use in a recipe to ensure items you are including are gluten-free. For more information, check out the Celiac Disease page listed below under Health Needs.*
- WEEK OF 5/5/14 - May is High Blood Pressure Awareness Month -- Choose Caffeine-free or decaffeinated beverages (May Goal) (Recipe: Chicken and Spanish Rice)
- WEEK OF 4/28/14 - Celebrate Cinco de Mayo (Recipe: Pulled Mexican Pork)
- WEEK OF 4/21/14 - April is Soyfoods Month (Recipe: Hungry Girl's Creamy Marinara Spaghetti)
- WEEK OF 4/14/14 - Easter Brunch Ideas (Recipe: Ham, Asparagus and Tomato Strata)
- WEEK OF 4/7/14 - April is Cancer Control Month - Benefits of Lycopene