



DEAR PARENTS, CAREGIVERS, & STUDENTS



Happy May! As the weather turns nicer this Spring, focus on going outside and getting active. Physical activity promotes health and wellbeing and contributes to better sleep and reduced stress. Try being active for at least one a hour a day to benefit both the mind and body!

NDS SUMMER MEALS

During the summer, NDS teams-up with community partners throughout Philadelphia and the 4 surrounding counties to provide **FREE** meals to children 18 and under.

This summer NDS will be providing breakfast and lunch from June 17th- August 23rd. Meals are delivered directly to the site and ready to be served!

If you are interested in becoming a site or would like to learn more, contact NDS at 215-895-3470, option 1.



PA's Harvest of the Month is Asparagus!

Asparagus is in season in PA from April through June. Asparagus is an excellent source of **folate** and **vitamin K**, and a good source of **vitamin C**, **vitamin A** and **thiamin**.

Recipe: Asparagus Appetizer

Ingredients

- 1 pound fresh baby asparagus (washed, trimmed at ends)
- 1 (15-ounce) can black beans, drained and rinsed
- 6 tablespoons balsamic vinaigrette

Directions

1. Cut asparagus into one-inch pieces and place in a large bowl.
2. Add black beans to the bowl.
3. Toss asparagus and beans with the vinaigrette until coated.
4. Place 2 tablespoons on a paper tray. Serve immediately.

For more recipes, visit <https://www.paharvestofthemonth.org/>

WELLNESS CORNER: GET ACTIVE!

- Walk, bike, or scooter to school
- Take the dog for an afternoon walk
- Do morning stretches or yoga
- Dance around the living room
- Play a team sport
- Take a rec center class



Prayer Corner: Lord Jesus, we remember Your mother, Mary, who loved You. Please bless our mothers, grandmothers and all the women who care for us. Please let Your mother love them too. Amen.