

April
2023

EAT BETTER FOR LESS

EatGatherGo.org

Spring Into Action!

Spring is here and, hopefully, beautiful temperatures are encouraging you to go outside and play! April is full of ideas to help us get some physical activity. Here's a few:

April 5: National Walking Day



Grab your walking shoes (and jacket, if needed) and explore a park, walking trail, or even an extra lap around the grocery store. Walking helps reduce the risk of Type II diabetes, heart disease, and colon and breast cancer while boosting your mood!

April 14: National Gardening Day



Pick up a shovel, plant some seeds, and give gardening a try! You don't need a big, fancy garden area - just about any small container can work well. You'll get some physical activity, fresh air, and maybe even great produce or beautiful plants.

April 23: National Picnic Day



Grab some easy-to-pack, healthy foods and head to any outdoor area to enjoy a picnic. Bring a ball or flying disk to add physical activity or take a walk with your friends or family after you eat. Just don't fun to have fun!

April 24- 28: Every Kid Healthy Week



This easy fruit salad is perfect if you need a quick treat after walking or gardening or to share at a picnic.

Creamy Fruit Salad

Ingredients

- 1 cup drained pineapple chunks
- 1 large apple, chopped
- 1 banana, sliced
- 1 orange, chopped
- 3/4 cup low-fat piña colada yogurt

Directions

1. Put pineapple chunks in a medium mixing bowl.
2. Prepare apples, banana and orange as directed and add to bowl.
3. Add yogurt to bowl and mix gently with a spoon until fruit is well coated. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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Nutrition Education Program



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Resources: <https://www.eatgathergo.org/recipe/creamy-fruit-salad/>

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