

## GET MOVING

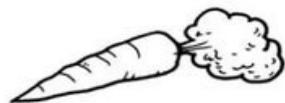
Run through the sprinkler on a warm sunny day!!



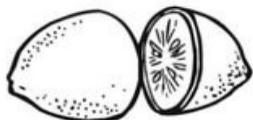
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### Color the fruits and vegetables.



I see an orange carrot.



I see a yellow lemon.



I see a red strawberry.



I see a green apple.



I see purple grapes.

TwistyNoodle.com

### JOKE TIME

What kind of key opens a banana?  
A Monkey!



### FUNNY FOOD FACTS

- Apples are made of 25% air, that is why they float.
- Apples, onions and potatoes all have the same taste? Try the test: pinch your nose and take a bite out of each.
- Cherries are a member of the rose family.
- Strawberries are the only fruit which has its seeds on its outer skin.

### SUMMER READING

It's easy! It's fun! Best of all it's FREE!

**Limon:** Signup for Fizz, Boom, Read! will be June 2nd at the Limon Memorial Library; Story Time will be every Monday and Wednesday morning at 11:00 a.m.

**Hugo:** Signup for Ready, Set, Read will be June 9th at 6:45 p.m. Age groups will be toddlers to 3rd grade and 4th grade & up. When reading goals are met Sky Sox tickets will be given as a rewards.

**Cheyenne Wells:** Fizz, Boom, Read! Will begin on June 2nd. For more information contact the Cheyenne Wells Library at 719-767-5138.

**Eads:** Summer Reading will be from 1:30 p.m. to 2:00 p.m. on July 8th, 10th, 15th, 17th, 22nd, and 24th.





## FRUIT KEBABS

### INGREDIENTS:

- 1 apple
- 1 banana
- 1/3 cup red seedless grapes
- 1/3 cup green seedless grapes
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt
- 1/4 cup dried coconut, shredded

### DIRECTIONS:

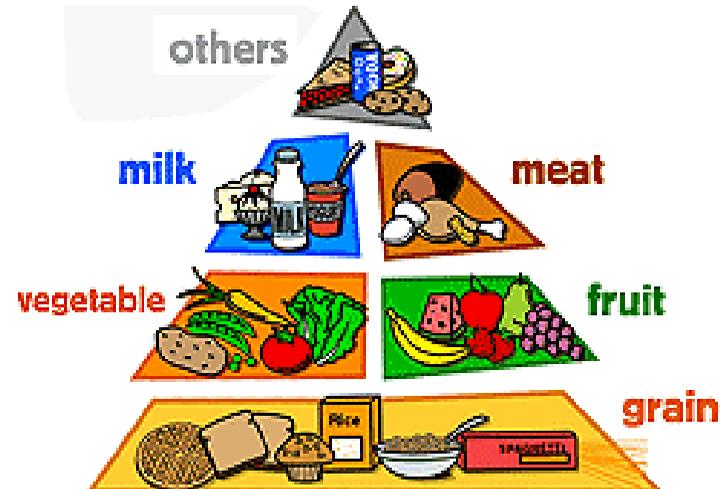
1. Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, if it's fresh. Put the fruit onto a large plate.
2. Spread coconut onto another.
3. Slide pieces of fruit onto the skewer and design your own kebab by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
4. Hold your kebab at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
5. Repeat these steps with another skewer.

Serves: 4

Serving Size: 1 Kebab

# MENTAL HEALTH MONTH

## THE 5 FOOD GROUPS



## SIMPLY EATING COOKING CLASS

Don't miss the May Simply Eating Cooking Class. It will be held Thursday, May 22nd at 5:30 p.m. at the Limon Community Building. **The theme is "Summer activities are no reason to skip a home cooked meal".** It will be a fun class! Moms and dads are encouraged to bring their children. Come for a family night of fun. Please RSVP to Colorado East 719-775-8586.