

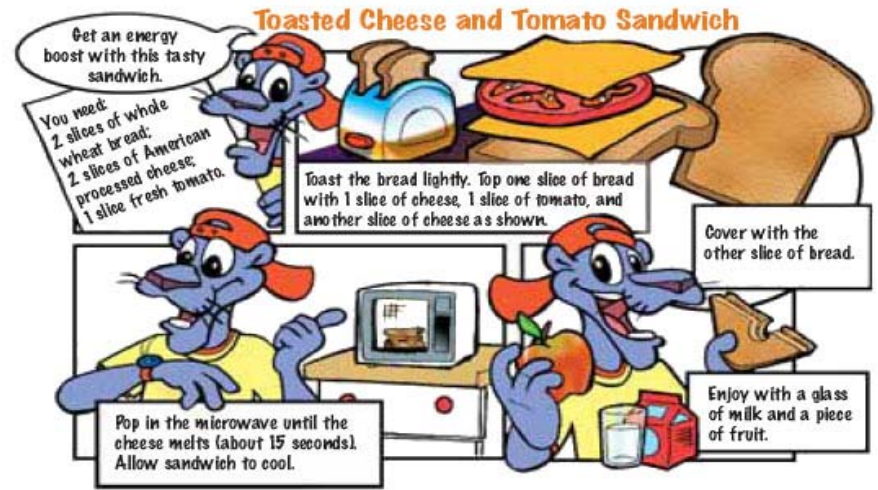
MAY 2019



Celebrate Cinco de Mayo

The holiday Cinco De Mayo, honors the victory of the Mexicans over the French Army at The Battle of Puebla in 1862.

Today, it is primarily celebrated in the Mexican state capital city of Puebla, with some recognition in other parts of Mexico, and especially in U.S. cities with a significant Mexican population.



TIME TO LAUGH

Q. Do you know how to make ground beef chili?

A. Put it in the Freezer!!!

Q. Why did the strawberry need a lawyer?

A. Because it was in a Jam!!!

Q. How do astronauts bring their food to work?

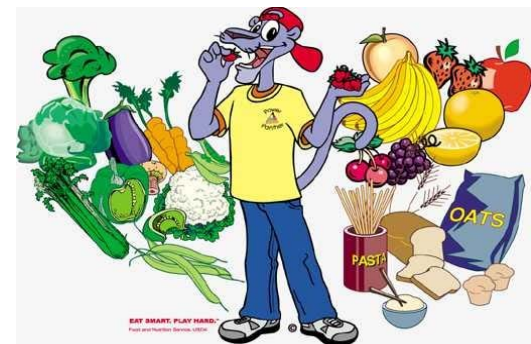
A. In launch boxes!!!

POWER PANTHER SAYS:

“I love my new job because I get to travel all across the country to talk to kids, about how important it is to eat smart and play hard. Some of my favorite activities are walking, running, or biking. I cover over 20 miles a day. I am proud to say that I am very fast and physically fit. I play hard everyday!

Because I’m so active, I need to keep my energy level up. So I eat smart and use the Food Guide Pyramid as a guide. One of my secrets is keeping a variety of fruits, vegetables and whole grain foods handy. They make great snacks and fuel me up for things I like to do.

I hope boys and girls everywhere will make healthy food choices and be physically active like me”



EAT SMART. PLAY HARD.
Food and Nutrition Services, 2019