

IMPORTANT DATES

MAY IS NATIONAL WOMEN'S HEALTH MONTH!

May 10th-National Park Service Safety Day
10-4 pm

May 11th- Van Buren School Vaccination
Clinic

May 11th-Diabetes Class 5pm at CCHC

May 15th- Narcan Education at Eastwood
Fire Department 6pm

May 17th-Health Fair at VB Nutrition

Center

May 29th- Memorial Day

Did You Know?

YOU CAN REPORT HOME COVID
TESTS ON OUR WEBSITE?
UNDER THE TAB COVID-19 INFO,
CLICK REPORT HOME TEST OR
CALL US AT 573-323-4413





STAY TUNED FOR A NEW SERVICE OFFERED BY CCHC SOON!



FOOD TRUCK
FESTIVAL
JUNE 3RD

OUR SERVICES

Women's wellness exams
Pregnancy testing/counseling
STD/STI testing and treatment
WIC services
Health education
Covid testing

Immunizations (including covid+flu)
Food Service Inspections

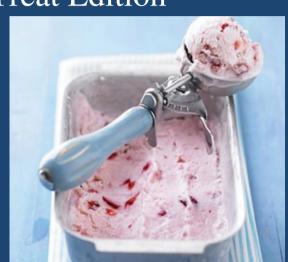
Vital Records



Healthy Eating Recipe of the Month Sweet Treat Edition

INGREDIENTS

- 140G <u>STRAWBERRIES</u>
- ½ X 405G CAN LIGHT CONDENSED MILK
- 500G TUB 0%-FAT GREEK YOGURT



DIRECTIONS

- STEP 1
- ROUGHLY CHOP HALF THE STRAWBERRIES AND WHIZZ THE REST IN A FOOD PROCESSOR OR WITH A STICK BLENDER TO A PURÉE.
- STEP 2
- IN A BIG BOWL, STIR THE CONDENSED MILK INTO THE PURÉED STRAWBERRIES THEN GENTLY STIR IN THE YOGURT UNTIL WELL MIXED. FOLD THROUGH THE CHOPPED STRAWBERRIES.
- **STEP** 3
- SCRAPE THE MIXTURE INTO A LOAF TIN OR CONTAINER, POP ON THE LID OR WRAP WELL IN CLING FILM AND FREEZE OVERNIGHT, UNTIL SOLID. REMOVE FROM THE FREEZER ABOUT 10-15 MINS BEFORE YOU WANT TO SERVE THE FROZEN YOGURT. CAN BE FROZEN FOR UP TO 1 MONTH.