



# CARTER COUNTY

## HEALTH CENTER

### 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*



**CAR SEAT  
SAFETY  
MATTERS**

*STAY TUNED FOR A NEW SERVICE OFFERED BY CCHC SOON!*

### 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**



**FOOD TRUCK  
FESTIVAL  
JUNE 3RD**



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## HEALTH CENTER

### Healthy Eating Recipe of the Month Sweet Treat Edition

#### **INGREDIENTS**

- 140G STRAWBERRIES
- $\frac{1}{2}$  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.