

May is Mental Health Month



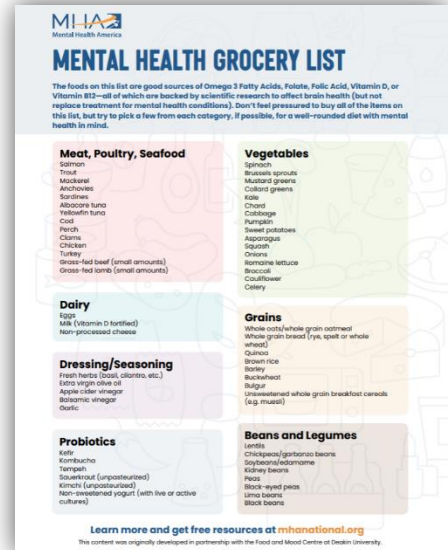
Join us as we celebrate **Mental Health Awareness Month** this May. Each week we'll share resources highlighting the importance of taking care of our mental health with valuable information you can pass along to your co-workers, friends, and family members.

May 5, 2025, week two (2) of Mental Health Month resources

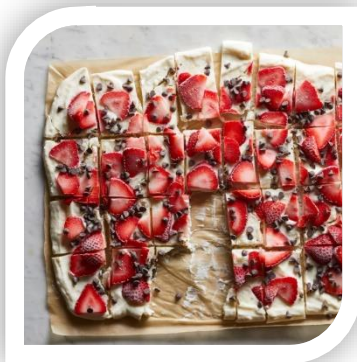
Mental Health Grocery List

The foods we eat can have a big impact not only on our physical health, but also on our mental health. Simple swaps for healthier options can make a difference in how we feel day-to-day. Instead of that bag of potato chips, or those chocolate chip cookies, try healthier items like a cup of fruit, vegetables with hummus, or a handful of almonds.

Check out the Mental Health Grocery List from Mental Health America for healthy mental health food options.



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Healthy Packable Snack

Strawberry-Chocolate Greek Yogurt Bark

Ingredients

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1 ½ cups sliced strawberries
- ¼ cup mini chocolate chips

Directions

Step 1:

Line a large rimmed baking sheet with parchment paper.

Step 2:

Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.

Step 3:

Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

For more Healthy, Packable Snack recipes visit EatingWell at [25+ Healthy, Packable Snack Recipes](#)