

# VOICES INTO ACTION NEWSLETTER

## Participant Appreciation Week

May is the time of year when we stop to think about the mothers in our lives who have given us love and support throughout the years. A mother is someone who encourages us when we are facing hardships and celebrates with us when times are good. Mothers are role models, not only to their children, but also to the community at-large. Mothers deserve our support, encouragement and celebration. Here at Voices into Action, we have had the privilege of getting to know mothers and grandmothers throughout the community. These women have welcomed us into their homes and shared their stories with us over the years. We would like to take this time to say thank you for all that you do and all that you are! We appreciate you!

As a way to show the mothers out there our love and support we would like to share some easy and affordable ways that moms can provide some rejuvenating self-care. Taking a little time each day for you, even 5 or 10 minutes, can make the stress of the day easier to manage. We encourage you to take some time today and everyday to show yourself some love. You deserve it!



### Self-Care ideas:

- Close your eyes and take some long, deep breaths
- Listen to your favorite song / music
- Stretch your arms, legs and torso
- Take a walk, hike or spend a moment outside
- Relax with the yoga child's pose: Kneel and rest your bottom on your heels. Bend forward touching your forehead to the floor. Stretch your arms straight ahead of you. Bring your arms to your sides; palm upward. Inhale. Exhale. Feel the calm for a moment.
- Put a warm or cool moist wash cloth on your eyes and lay in a quiet place
- Drink a cup of your favorite tea



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Connect with us Online:  
[www.voicesintoaction.org](http://www.voicesintoaction.org)

Happy Mother's Day to all the mothers, grandmothers and caretakers out there! This month we would like to show our appreciation for you and all that you do!

### Call for recipes!

Join us in creating our special Voices into Action Cookbook!

If you have a recipe that you would like to share with our participants, stakeholders, and communities in general, feel free to email it to Helen at [hherrer@ncsu.edu](mailto:hherrer@ncsu.edu).

## Oven Dried Strawberries

Strawberry time is here! They're on sale everywhere and ready to be picked in the fields in many areas. If you buy too many strawberries to eat before they go bad, try drying them out in the oven. They smell delicious and taste even better.

Strawberries are super easy to oven dry as long as you have time. The prep time is about 5 minutes, and the total oven drying time is about 3-4 hours.

### Directions for oven drying strawberries:

1. Line your baking sheet with parchment paper.
2. Slice strawberries in half, or in thirds or even quarters if they are big berries. Remove the white part that's inside the berries (usually in larger ones) and lay them cut side up on a baking tray. Place your baking tray in a low oven. 200 degrees F or as low as your oven goes.
3. Depending on how large your strawberries are and how dry you want them, the strawberries will take between 3-4 hours to dry. Turn the berries over after about 1 1/2 hours so that the seedy side is up.
4. Peel the dried strawberries off the parchment paper, and store them in an air tight container.
5. Enjoy!!!!



This healthy recipe idea is courtesy of Eat Smart Move More NC.

This recipe and others can be found at:

<http://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/category/recipes/>

If you are looking for free tools to promote healthy eating and active living for your family, school, church, worksite, or community, visit the website below to get started!

[www.eatsmartmovemorenc.com/ProgramsNTools/ProgramsNTools.html](http://www.eatsmartmovemorenc.com/ProgramsNTools/ProgramsNTools.html)

Our mission is to partner with communities to improve access to healthy, affordable food and safe places to be active.

## VOICES INTO ACTION

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