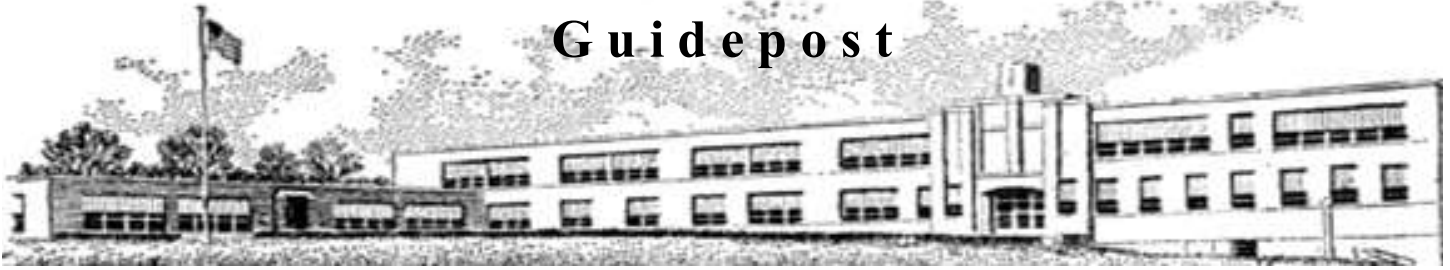


Guidepost



TRI-VALLEY CENTRAL SCHOOL BOARD OF EDUCATION TELEPHONE NUMBERS:

Mrs. Keri-Ann Poley, President--845-798-0909
Mr. Patrick Kelly--845-985-2571
Mrs. Danielle Penney Stroop--315-382-5994

Mr. Joseph Colon, Vice-President--845-701-5960
Mr. Randall McGregor--845-985-7096
Mr. Keith Stryker--845-641-1865

Mr. Brent Clarke--845-985-7951
Mrs. Erin Mentnech--845-640-1039
Mrs. Rose Woods--845-665-6444

Web Address: www.trivalleycsd.org

To check daily activities—www.trivalleycsd.org and click on Calendar

Vol. LXI No. VIII

Superintendent's Message

Dear Families,

The year is rapidly coming to a close, but there is still a lot happening.

The Annual Budget vote and Board of Education election will take place on May 17, 2022, from 1:00-8:00 p.m. in the lower gymnasium. The Board of Education adopted a budget for the 2022-23 school year of \$35,839,371, an increase of \$668,108 or 1.90%. The tax levy increase is 1.80%

The Board is also proposing the establishment of a new Capital Reserve Fund. They are proposing the new reserve for two reasons – first, there are a number of facilities repairs and improvements that will be necessary in the next ten years (several roofs, a second well for our water system, the gym floor), and having the funding in the reserve will allow us to do the work needed (with the approval of the community) without increasing the tax burden. Second, we are facing several financial challenges over the next few years, and by being able to save unexpended money in a new capital reserve will give us the flexibility to keep the budget and the revenue stable.

May 6, 2022

Budget information is available on our website, as is a video introduction from the candidates for the Board. If you have any questions, please don't hesitate to contact me or Bob Whitaker.

I encourage you to come out and vote. We will have displays of student work, showcasing the talents of and excellent work by our students. I look forward to seeing you there.

I want to remind you that the last “give-back” day is on Friday, May 27, making Memorial Day weekend one day longer. Regents week starts on June 15, which gets us closer to Graduation on Saturday, June 25.

Finally, a word about COVID. There has been an increase in the number of infections reported in neighboring schools. If your child does not feel well, has a fever, or is showing any of the symptoms of COVID, please test them, contact your pediatrician and Sullivan County Public Health if they test positive, and keep them home. We have home testing kits that we can give you - just contact your school nurse.

Wishing you a happy spring.

Dr. William Silver
Interim Superintendent of Schools

SECONDARY SCHOOL NEWS

The end of the 2022 school year is fast approaching. The last few months have been very busy as we've tried our best to reestablish some of the traditional extracurricular activities for students. Soon, we will be bidding a fond farewell to our graduating Class of 2022. Graduation ceremonies for the Class of 2022 will be held Saturday, June 25 at 10:00 am in the Bernstein Theater. I'm glad that we have been able to restore some of the typical activities for our seniors, during the last months, including the prom (May 14) and a senior trip to Orlando and Universal Studios (June 2-5). I want to recognize one of our seniors, Ben Smith, who has done an exceptional job this year leading and supporting his peers and various extracurricular activities while setting the bar high for all to follow.

For secondary students' (grades 7-12), last day of classes will be Tuesday, June 14. As the school year begins to wind down and we approach the final weeks, we need to keep in mind that these may well be the most important weeks of the school year; 40% (full year courses) and 60% (half year courses) of a student's final grade will be determined by their 4th quarter average and final exams/projects. I have encouraged all of our students to finish strong. All New York State Regents exams will be given in June this year. There are no exemptions, nor can a student "opt-out (refuse)" from taking the Regents exams. All students in courses that end with a Regents exam are required to take that respective Regent exam. All students are required to pass the Regents exams to meet graduation requirements and advanced Regents Diploma requirements. Teachers will tell students the specific date and time that their Regents exam is scheduled. This year, Regents exams will be given Wednesday, June 15 through Thursday, June 23. Please note: 1) The US History and Government will be given on Wednesday, June 1 at 8:15 am because students will be taking a new framework Regents exam and 2) There are no exams scheduled for Monday, June 20 due to the Juneteenth Holiday being observed. Beginning mid-May, we will be offering after school support and review sessions for classes with a June Regents exam.

We have many things for which we are proud. Mrs. April Kackos (Math Teacher) has been recognized for her dedication, leadership and exceptional qualities as 1 of 12 teachers in the Mid-Hudson School Study Council area to receive the 2022-2023 Teacher Excellence Award.

Mrs. Ashley Wightman (Ag Teacher) has been selected as the "Teachers Turn the Key" National Association of Agricultural Educators award winner. This award recognizes promising young teachers and encourages them to remain in the teaching profession by way of a scholarship to the NAAE National Convention. Mrs. Tara Lynn-Berescik Burke (Ag teacher) was recognized by the National Association of Agricultural Educators with the Teacher Mentor Award for 2022 for her efforts in supporting our two new Agricultural teachers. Mrs. Burke was also elected as the President of the New York State Association for Agricultural Educator. Congratulations to our FFA chapter and students for being awarded the number one program in New York State. The Chapter will be formally recognized at the New York State FFA Convention in Syracuse May 12-14. During the FFA Convention, students will be competing in FFA State competitions.

Our FBLA (Future Business Leaders of America) Chapter recently competed in State competitions. Four students have qualified for National competition in Chicago which will be held at the end of this school year. Armaan Butler placed first in NYS and will be competing in Computer Applications. Ben Smith placed third at States and will be competing in Political Science. Collin Mentnech qualified fourth at States and will be competing in Help Desk. He placed 4th at States. Theresa Conway qualified in Human Resource Management with a third place finish at States, but will be unable to attend Nationals.

At the end of this school year, we say goodbye to many teachers who will not be returning in September: Jennifer Diehl (School Social Worker), Nick Denman (Tech/Industrial Arts), Nicole Bishop (Guidance Counselor), Kristen Jung (Special Education/Math), and Tyler Horne (Math). Mrs. Diana Grey, our school nurse, Mrs. Lynn Moore, our guidance secretary, and Laura McNamara, teacher aide, will be retiring. These outstanding women will be hard to replace and sadly missed as they have played critical roles within the Secondary School. We wish all of them the best as they leave Tri-Valley and thank them for their service to our students and school.

David C. Pulley
Principal

Upcoming Board of Education Meetings

Tuesday, May 3, 2022, Annual Budget Hearing, 7:00 p.m.
Secondary School Library Lower Level or Bernstein Theater. on YouTube Live

Anticipated Proposed Executive Session, Tuesday, May 3, 2022, 6:00 p.m.,
Secondary School Library Upper Level

Regular Meeting # 20, Tuesday, May 3, 2022, Approximately 7:30 p.m.,
Secondary School Library Lower Level or Bernstein Theater. on YouTube Live

Voter Registration Night #1, Tuesday, May 10, 2022, 4:00 - 8:00 p.m.,
Administration Building by Iatauro Sports Complex Track

Voter Registration Night #2, Wednesday, May 11, 2022, 4:00 - 8:00 p.m.,
Administration Building by Iatauro Sports Complex Track

School Budget Vote 2022 and Board Member Election 2022, Tuesday, May 17, 2022, 1:00 - 8:00 p.m.,
Main Downstairs Gym.

Anticipated Proposed Executive Session, Tuesday, May 17, 2022, TBD

Regular Meeting #21, Tuesday, May 17, 2022, Approximately 9:30 p.m.,
following close of Budget Vote and Board Member election,
Secondary School Library Lower Level, on YouTube Live.

Regular Meeting #22, Thursday, June 2, 2022, Meeting Opening Call to Order, 6:00 p.m.,
Secondary School Library Lower Level

Anticipated Proposed Executive Session, Thursday, June 2, 2022, 6:00 p.m.,
Secondary School Library Upper Level

Regular Meeting #22 resumes, Thursday, June 2, 2022, 7:00 p.m.,
Secondary School Library Lower Level, on YouTube Live.

Regular Meeting #23, Thursday, June 16, 2022, Meeting Opening Call to Order, 6:00 p.m.,
Secondary School Library Lower Level

Anticipated Proposed Executive Session, Thursday, June 16, 2022,
Secondary School Library Upper Level

Regular Meeting #23 resumes, Thursday, June 16, 2022, 7:00 p.m.,
Secondary School Library Lower Level, on YouTube Live.

Reduce, Reuse, Recycle

According to the Environmental Center of the University of Colorado Boulder, landfills produce dangerous gasses including methane, that poison the ground around them, and there are over 1,800,000 acres of them across the US.

Other research suggests that the US creates 2 billion tons of waste per year which means that the average person in the US creates more than 1,600 pounds of waste per year. This means that the US produces 40% of the world's waste, even though we only make up 5% of the world's population. If we don't take action now, within 30 years we will produce 3.4 billion tons of waste per year. However, if we reduce, reuse, and recycle, we can reduce the amount of waste that is created.

Recycling is one of the best methods to help keep waste out of landfills. However, many people put more trash into landfills due to a lack of knowledge about their recycling programs. There are many places in Sullivan County in which recycling can be brought. The Bottle Depot in Monticello, local transfer stations, and local Walmarts and ShopRites are a few examples of places that accept recycling. Bottles and cans can be dropped off to any of these areas, but other types of recyclable materials should be brought to a local transfer station.

Because I feel so passionate about this issue, I will be organizing events and creating programs very soon. Be on the lookout for information that will be coming soon.

Thomas Houghtaling
Junior in Civics and Social Justice Class

News from the Secondary School Library

Calling all readers!!!

Battle of the Books is right around the corner! If you are interested in joining the Battle of the Books team contact Ms. Dymond or Mr. Haynes. New members are always welcome! Battle of the Books is for students grades 7-12 and is a regional tournament where teams compete against each other to answer questions on the books chosen for this years competition. Our first meeting will be held on May 25th. We will meet throughout the summer months at the Daniel Pierce Library to prepare for the regional battle held at Orange County Community College on August 28th.

All Secondary Students:

As we approach the end of the school year, it's time to start looking for those overdue library books! If you have any overdue books, we ask that you return them to the library ASAP. Overdue notices were handed out in April and more will be handed out this month.

Ms. Dymond

5 HOUR PRE-LICENSING CLASS FOR PERMIT HOLDERS

at the Daniel Pierce Library

DMV approved class and mandatory for unlicensed students 16 and up looking to get their license. Students must hold a NYS "photo" permit to attend.

SATURDAY, MAY 14TH 2022

10:00 a.m. - 3:00 p.m.

Looking to get your license? This 5 hour DMV approved course will provide you with a certificate good for 1 year.

Brought to you by J & J Driving School, instructed and owned by Jerome and La June Black with over 25 years experience.

Class fee is \$45 per student. Payment to DPL and must be made prior to class date to secure registration. Please stop in to the library today. Space is limited.

- *Become a safe driver
- *No test required to complete
- *Get certificate valid for 1 year
- *Gain confidence
- *Photo permit required day of
- *Additional course information to follow upon payment & registration

BRING YOUR LUNCH!

For more information
go to www.danielpiercelibrary.org



Daniel Pierce Library

328 Main Street | P.O. Box 268
Grahamsville, New York 12740-0268 | 845-985-7233
www.danielpiercelibrary.org

**TVCS Elementary and
Secondary Present**

Willy Wonka Jr.

**June 10th and 11th
7PM Curtain**

Tri-Valley's Bernstein Theatre

Adults \$5

Students and Senior Cit. \$3

Tickets available at:

<https://our.show/tvcsdwillywonkajr>

**or at the box office before
the show.**

**Music and lyrics by
Leslie Bricusse and
Anthony Newley**

**Based on Roald Dahl's, "Charle
and the
Chocolate Factory"**

**Produced through special
arrangement with Musical Theatre
International,
New York, NY.**



Welcome to our Lunch Cafe

Tri-Valley TV Elementary

May 2022

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

Monday

Tuesday

Wednesday

Thursday

Friday

2 Homemade Mac & Cheese
Green Beans
Peanut Butter & Jelly Sandwich
Celery Sticks
Strawberry Cup
1% Milk

MEATLESS MONDAY

3 Beef Hot Dog on Bun
Baked Beans
Steamed Carrots
Bagel Lunch
Cucumber Coins
Apple Slices
1% Milk

National 2 Different Colored Shoes Day!!

4 Chicken Nuggets
Oven Baked Fries
Buttered Corn
Ham & Cheese Sandwich
Fresh Apple
Diced Pear Cup
1% Milk

5 Beef and Cheese Quesadilla
Fiesta Corn
Turkey & Cheese Sandwich
Cucumber Coins
Fresh Banana
1% Milk

Cinco De Mayo!!

6 Classic Cheese Pizza
Steamed Broccoli
Fruity Granola Parfait
Cucumber Coins
Fresh Orange
1% Milk

School Lunch Hero Day!!

9 Grilled Cheese Sandwich
Green Beans
Peanut Butter & Jelly Sandwich
Celery Sticks
Apple Slices
1% Milk

MEATLESS MONDAY

10 Nachos Grande
Fiesta Corn
Bagel Lunch
Celery Sticks
Diced Pear Cup
1% Milk

11 Whole Grain Waffles with Sausage
Green Beans
Ham & Cheese Sandwich
Chilled Carrots
Fresh Orange
1% Milk

National School Nurse Day!!

12 Crispy Popcorn Chicken
Brown Rice
Baked Beans
Turkey & Cheese Sandwich
Cucumber Coins
Fresh Banana
1% Milk

13 Classic Cheese Pizza
Steamed Broccoli
Fruity Granola Parfait
Cucumber Coins
Fresh Banana
1% Milk

16 Homemade Pasta & Broccoli with Garlic & Oil
Peanut Butter & Jelly Sandwich
Cucumber Coins
Strawberry Cup
1% Milk

MEATLESS MONDAY

17 Crispy Chicken Sandwich
Steamed Carrots
Celery Sticks
Diced Peach Cup
1% Milk

HALF DAY!!

18 Cheeseburger
Confetti Garbanzo Bean Salad
Turkey & Cheese Sandwich
Fresh Baby Carrots
Fresh Orange
1% Milk

19 Chicken Nuggets
Oven Baked Fries
Green Beans
Muffin Lunch
Cucumber Coins
Fresh Apple
1% Milk

20 Classic Cheese Pizza
Steamed Broccoli
Classic Chef Salad
Fresh Banana
1% Milk

23 Grilled Cheese Sandwich
Green Beans
Peanut Butter & Jelly Sandwich
Celery Sticks
Strawberry Cup
1% Milk

MEATLESS MONDAY

24 Herb Roasted Chicken
Oven Baked Fries
Steamed Carrots
Turkey & Cheese Sandwich
Cucumber Coins
Diced Peaches
1% Milk

25 Soft Tacos
Sweet Corn
Muffin Lunch
Chilled Carrots
Fresh Apple
1% Milk

26 Grilled Chicken Cutlet Sandwich
Steamed Broccoli
Fruity Granola Parfait
Celery Sticks
Diced Peach Cup
1% Milk

National Paper Airplane Day!!

**SNOW DAY
SCHOOL CLOSED**

30

31 Chicken Parmesan Over Pasta
Green Beans
Bagel Lunch
Celery Sticks
Apple Slices
1% Milk

National Smile Day!!

HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Available Daily

LUNCH PRICES

All STUDENTS first meal is FREE

Adult-\$5.02 plus tax

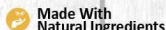
Prepaid available

www.myschoolbucks.com

or in the Cafeteria

by cash or check made out to

TVCSO

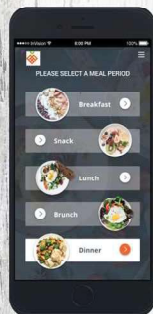


Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful.

Check out our mobile menu at

www.FDMealPlanner.com or download

FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



*Fresh Fruit and Canned Fruit options available daily.
*Fat Free Chocolate Milk or 1% White Milk
Assorted Fruit Juices

Contact FSD Daisy Padua at padua@whitsons.com with Questions or Concerns.

Menu subject to change due to delivery shortages.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.



Welcome to our Lunch Cafe

Tri-Valley TV Secondary

May 2022

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Homemade Pasta & Meat Sauce 🍝🍷 Corn Diced Peaches Strawberry Cup 1% Milk	3 Grilled Chicken Cutlet Sandwich Oven Baked Fries Steamed Carrots Strawberry Cup Diced Pear Cup 1% Milk National 2 different colored shoes day!!	4 Homemade Chili 🍲 Brown Rice Pilaf Steamed Carrots Diced Pear Cup Cucumber Coins 1% Milk	5 Chicken Cheese Quesadilla Garbanzo Beans Cucumber Coins Strawberry Cup Fresh Banana 1% Milk Cinco De Mayo!!	6 Chicken Nuggets Fluffy Mashed Potatoes Cucumber Coins Fresh Apple Fresh Banana 1% Milk School Lunch Hero Day!!
9 Homemade Mac & Cheese 🍝🍷 Steamed Broccoli Celery Fresh Apple Diced Pear Cup 1% Milk MEATLESS MONDAY	10 Soft Tacos Brown Rice Pilaf Fiesta Corn Chilled Red Pepper Strips Mixed Berry Cup Fresh Orange 1% Milk	11 Fluffy Whole Grain Waffles 🍷 Turkey Sausage Patty Oven Baked Fries Diced Pear Cup Cucumber Coins 1% Milk National School Nurse Day!! BRUNCH FOR LUNCH TODAY!	12 Famous Chili Cheese Fries 🍷🍷 Green Beans Celery Sticks Fresh Banana 1% Milk	13 Sweet & Sour Chicken Sauce & Toss Brown Rice Steamed Broccoli Diced Peaches Strawberries 1% Milk
16 BBQ Chicken Brown Rice Pilaf Green Beans Diced Pear Cup Fresh Apple Celery 1% Milk National BBQ Day!!	17 Crispy Chicken Sandwich Glazed Carrots Fresh Apple Celery 1% Milk HALF DAY!!	18 Chicken Bowl with Gravy 🍷 Sweet Corn Fresh Orange Diced Pear Cup Celery Sticks 1% Milk	19 Beef Hot Dog on Bun Baked Beans Steamed Carrots Strawberry Cup Celery Sticks 1% Milk	20 Yard Bird Classic Chicken Sandwich Steamed Broccoli Fresh Apple Diced Pear Cup 1% Milk
23 Mac & Cheese with Spicy Beef 🍷 Green Beans Fresh Apple Diced Peach Cup 1% Milk	24 Herb Roasted Chicken Oven Baked Fries Steamed Carrots Strawberry Cup Cucumber Coins 1% Milk	25 Walking Taco Fiesta Corn Cucumber Coins Applesauce 1% Milk	26 Incredibowls General Tso's Chicken 🍷 Brown Rice Garbanzo Beans Diced Pear Cup Fresh Apple 1% Milk National Paper Airplane Day!!	27 SNOW DAY SCHOOL CLOSED



30
31
Chicken Parmesan Over Pasta 🍝
Green Beans
Fresh Apple
Diced Peach Cup
Celery Sticks
1% Milk

National Smile Day!!

HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



LUNCH PRICES

ALL Students first meal is FREE

Adult - \$5.02 plus tax

Prepaid Available

www.myschoolbucks.com

or in the cafeteria

by Cash or Check

AVAILABLE DAILY

Great American Deli- Premium Ham, Turkey, American Cheese on whole Grain Bread

La Cucina- Cheese Pizza or specialty of the day.

Miss Ruby's- Burgers and Chicken patty on Whole grain Buns.

Fruit Express- PB&J, Asst. Salads, Yogurt Parfaits...

Lunch Includes- Entree, Vegetable Choice, Fruit & Milk.

Any questions please email Daisy Padua at

padua@whitsons.com

Vegetarian Please make with Natural Ingredients

Pork

Milk Choice

Made With Organic Ingredients

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.

2022



PK-12

Tri-Valley

Fine & Industrial Arts Show

MAY
17

Drawing & Painting
Digital Art
Photography
Ceramics
Printmaking
Crafts
Theatrical Stills
Furniture
Woodworking
Technical Drawing
Floral Design
Landscape Designs
Greenhouse Models

**Community
Reception**

May 17th
5-7 p.m.
Refreshments
compliments of :
FCCLA & Art Club

**Presented by the
following departments:**
Art, Technology,
Computer Technology,
Family Consumer Science,
Agriculture & Music

Featuring **Original Music** by Tri-Valley's **Music Technology & Production Class**

Located in the Secondary School Upper Gym





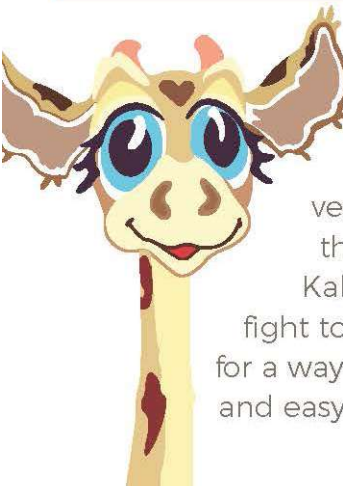
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ELEMENTARY EDITION NEWSLETTER: MAY

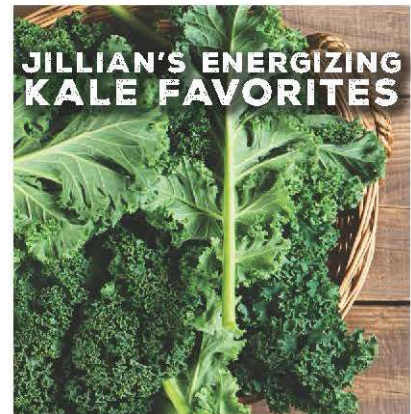
IT'S WORD SEARCH TIME!

- TOMATO**
- PEPPER**
- SQUASH**
- CARROT**
- POTATO**
- CELERY**

T	O	M	A	T	O	A	H	K	I	P	G	T	H	S
G	A	E	O	A	R	M	L	P	A	W	Z	Q	N	Q
H	T	R	I	Z	T	N	K	O	S	E	E	T	Y	U
J	K	T	U	W	Y	B	J	I	D	R	E	D	J	A
K	E	Y	O	S	U	V	P	I	F	T	B	M	S	S
L	T	Y	P	O	T	A	T	O	Y	Y	H	J	J	H
Z	P	I	T	C	O	X	C	A	R	R	O	T	L	G
X	A	L	N	E	P	C	P	Y	U	H	S	H	V	P
C	E	L	E	R	Y	Y	E	T	K	N	V	B	A	X
V	L	H	L	V	K	B	R	R	L	F	D	S	T	B
B	X	F	L	B	J	F	T	E	L	B	S	S	G	T
P	E	P	P	E	R	G	G	W	H	O	U	K	M	Y



What can we say about kale? Some people love it; others are not as enthused about it. But there is a lot to love about the nutritional benefits it brings as one of the healthiest leafy greens in the world. This cruciferous vegetable is nutrient-dense and full of medicinal properties that are not found in many other naturally occurring foods. Kale is chock full of vitamins, minerals and antioxidants that fight to keep inflammation down and immunity strong. Looking for a way to incorporate kale into your diet? Smoothies are a quick and easy way to introduce this superfood into your health routine.





FUEL

MAY

...YOUR BODY AND YOUR MIND

RUN FOR FUN

Some people love to run, others not so much. However, running has a multitude of great health benefits, including the ability to make you happier! “Runners high” is a real thing; it’s the rush of happy hormones (endorphins, serotonin, dopamine) you get from exercising. Not sold? Why not try a “fun run,” like the Color Run, the Blacklight Run, Warrior Dash, 5K Foam Fest, Turkey Trot or the Rock N Roll Run? Many of these themed runs aren’t necessarily for running. Some participants walk or even dance around the course!

Running can be a fun new way to work out, and have some cool benefits, such as:

- It’s something you can do anywhere. You can run indoors on a treadmill or run outdoors through your neighborhood or at a local park.
- Anyone can do it, kids and adults. Plus, you can go at your own pace. Go fast or slow, it’s good to just go.
- It’s good for your heart. Running contributes to lower blood pressure and a lower risk for cardiovascular disease.
- Have asthma and think you can’t run? Think again. The more you run and learn to properly breathe while doing it, the stronger your lungs will become over time.
- You’ll sleep better. A good workout, particularly a cardiovascular one like running, will use a lot of energy and the best way to replenish is with rest.
- You can make a difference. There are a lot of runs for charity, so if there’s a cause you care about, you can donate by participating. Some runs even allow participants to create a team that accepts sponsors/donations.



What can we say about kale? Some people love it; others are not as enthused about it. But there is a lot to love about the nutritional benefits it brings as one of the healthiest leafy greens in the world. This cruciferous vegetable is nutrient-dense and full of medicinal properties that are not found in many other naturally occurring foods. Kale is chock full of vitamins, minerals and antioxidants that fight to keep inflammation down and immunity strong. Looking for a way to incorporate kale into your diet? Smoothies are a quick and easy way to introduce this superfood into your health routine.

FAMILY RECIPE CORNER

GREEN APPLE KALE SMOOTHIE

YIELDS: 1 SERVING

INGREDIENTS

- 2 cups lightly packed chopped kale leaves, stems removed
- 3/4 cup unsweetened vanilla almond milk (or any milk you like)
- 1 frozen medium banana, cut into chunks
- 1/4 cup plain non-fat Greek yogurt
- 1/4 cup frozen pineapple pieces
- 1/4 cup green apple, cubed
- 1 to 3 tsp. honey, to taste

DIRECTIONS

Blend all ingredients until smooth, adding more liquid as needed.
Enjoy!

