

# Take a NOURISH Step!

## May: Capturing Joy: Celebrating Mental Health, Photography, & Smiles

May is a month full of opportunities to nurture well-being, creativity, and connection! As we celebrate **Mental Health Awareness Month**, **Photography Month**, and **National Smile Month**, we're reminded of how small actions can brighten our days and support mental health. Taking time to capture life's beauty through photography encourages mindfulness and creativity- powerful tools for reducing stress. Sharing those photos—a blooming flower, a pet or grandchild, or a stunning sunset—can inspire others and spark smiles. A smile isn't just a facial expression; it's a gift that can uplift moods and build community. **Focus on nurturing your mental health, sharing moments of joy, and spreading smiles wherever you go!**

### May is Salad, Salsa & Egg Month. Herb Day is May 3rd.

May is a celebration of fresh flavors and healthy choices with Salad Month, Salsa Month, and Egg Month, all perfectly complemented by Herb Day. Adding fresh herbs to your salads, salsas, and egg dishes elevates their taste while providing a boost of nutrients and aromatic goodness. This month, embrace the vibrant flavors of the season by growing, harvesting, and savoring herbs in your favorite recipes!

### Herb NOURISH Steps Tips

#### Learn About Herbs:

How to grow. What foods pair well. Health benefits, recipes at

[herbsociety.org](http://herbsociety.org)

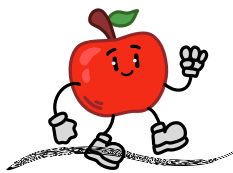
**(Understand)**

#### Plant Some Herbs!

Easy ones to grow at home include basil, mint, parsley, chives, thyme, and rosemary.

**Substitute** herbs or herb blends for all or most of the salt in a recipe. **See page 2** to get started.

**(Sodium Awareness)**



### May FUN Days!

#### 5-1: Amtrak Day

Share a train story.

#### 5-8: Pet Disaster Preparedness Day

Learn more at <https://www.ready.gov/pets>

#### 5-15: Straw Hat Day

Wear your favorite one today!

#### 5-23: National Road Trip Day

Share or reflect on a road trip memory.

More at [brownielocks.com](http://brownielocks.com)

**\*NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

For more information visit: [gwaar.org/nourishstep](http://gwaar.org/nourishstep)

# Make Your Own Herb Blend

## Ingredients

- 3 Tablespoons onion powder
- 4 Tablespoons garlic powder
- 1 Tablespoon cayenne pepper (see Notes)
- 1 Tablespoon paprika
- 1 teaspoon black pepper
- 2 teaspoons ground thyme



## Directions

1. Mix ingredients well and store in an airtight container.

## Notes

- Comforting flavors of garlic, onion and thyme, with spicy red pepper and smoky paprika make this a versatile seasoning for veggies, meats, rice, tofu and soups.
- You can adjust the spice level you like by using less or more cayenne pepper.

Find more recipes with herbs at <https://foodhero.org/herbs-and-spices>

## Recipes for 7 Salt-free Seasoning Blends

<https://theoregondietitian.com/7-homemade-salt-free-seasoning-recipes/>

## Mental Health Resources:

- **National Institute of Mental Health**  
<https://www.nimh.nih.gov/health/find-help>
- **National Alliance on Mental Health (NAMI)** <https://www.nami.org/>  
or call [1-800-950-6264](tel:1-800-950-6264) or text "helpline" to [62640](tel:62640)

# Spices & Herbs Word Scramble

1. EIRCUMRT \_\_\_\_\_
2. NMIANCO \_\_\_\_\_
3. MNTUGE \_\_\_\_\_
4. YECNEAN RPEEPP \_\_\_\_\_
5. APARPIK \_\_\_\_\_
6. OERYMARS \_\_\_\_\_

## Hints:



1. Bright yellow spice
2. Yummy on oatmeal
3. Sprinkle on eggnog or rice pudding
4. Adds some heat to dishes
5. Garnish for deviled eggs
6. Has a earthy, pine-like smell

Puzzle created at [Wordmint.com](http://Wordmint.com)



## Hydration Tip: Herb Infused Water

Add a refreshing twist to your water by infusing it with fresh or dried herbs in an airtight container, like a pitcher or mason jar. Refrigerate for at least 10 minutes to enhance the flavor, then strain and enjoy!

## Answers to Word Scramble:

1. Turmeric
2. Cinnamon
3. Nutmeg
4. Cayenne Pepper
5. Paprika
6. Rosemary

