

MAY 2021

Wilson Newsletter

A newsletter highlighting nutrition in Wilson



Featured Recipe- Fruit Dip!



<https://www.azhealthzone.org/>

Dates to Remember

Around the Table, or Alrededor de la Mesa

May 4th, 11th, 18th and 25th

Adult nutrition lessons (Spanish)

May 19th 7am –9 am St. Mary's Food Bank
monthly food distribution

Additional Food Boxes are available every
Wednesday for pickup at the Community
Center!

[See calendar for more details!](#)

Kid's Cooking and Nutrition Lesson

May 28th

5-5:30 for K-3rd

5:30-6 for 4th-6th

Sabor Latino with Esperanca

May 4th– May 27th Tuesdays and
Thursday 9:30– 10:30 am

May 26th 7 am Walk with Wilson at
Kiwanis Park.

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Featured Project– The Community Garden!

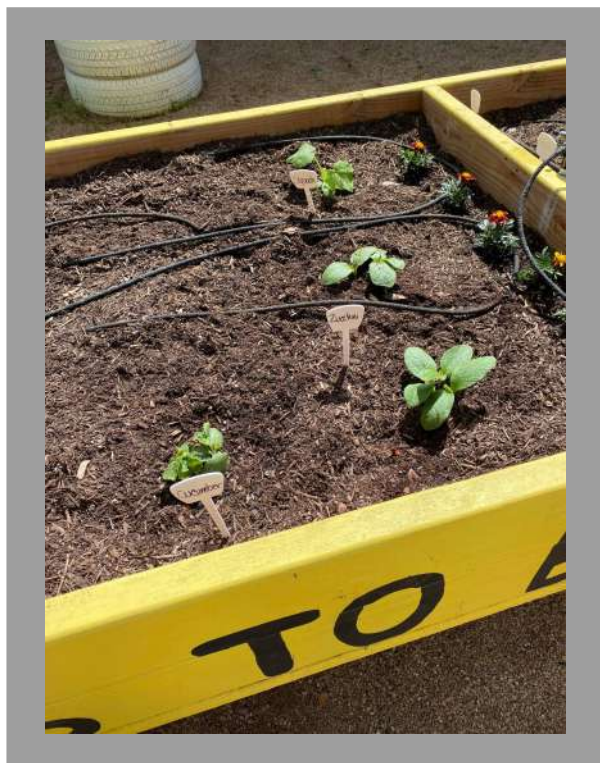
Before



After



After



Next time you are on campus, stop by the new garden set up at the community center! This was possible through a grant as well as a partnership with the U of A Cooperative Extension and the dedication of Gaby Duran.



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