

Clickety Clack (by: Mother Goose Club)



Clickety clack, clickety clack,
What's that coming down the track?

A freight train!

Freight train coming down the track
Clickety, clickety, clickety clack!

(Repeat for steam engine, flat car,
tank car, passenger car, and caboose)

Health and Wellness Resources

May is **Health and Wellness Awareness Month**. Here are some wonderful resources for you and your family, to help you stay healthy:

Connect for Health Colorado (Ph# 855-752-6749)

Colorado resource to help individuals understand and purchase health insurance. <http://connectforhealthco.com>

PEAK: Medical/Food/Cash/etc. Assistance (Ph# 800-536-5298)

A website for Coloradans to apply for Medicaid, food assistance (SNAP), child care assistance (CCAP), and other public assistance programs. <https://coloradopeak.secure.force.com/>

Women, Infants and Children (WIC) Program (Ph# 303-692-2400)

A Colorado program to support women, infants, and children to receive adequate nutrition, and also breastfeeding support.

<https://www.coloradowic.gov/>

Colorado Crisis Services (Ph#844-493-8255)

A free resource which can provide support with urgent or non-urgent behavioral health issues, including suicidal thoughts, substance abuse, family crises, relationship problems, and much more.

<http://coloradocrisisservices.org/>



Pasta Primavera

25 min. prep, 20 min. cooking, serves 6

Ingredients:

3 carrots
2 yellow squash
2 medium zucchini
2 red bell peppers
1 large onion
¼ c. olive oil
Kosher salt and fresh black pepper
1 Tbsp. Italian seasoning
15 cherry tomatoes
½ c. grated Parmesan

Directions

Preheat the oven to 450 degrees F.
Chop carrots, squash, zucchini, and bell peppers into matchsticks, and thinly slice the onion. Toss with the oil, salt, pepper, and dried herbs. (Can prep night before)
Transfer veggies onto 2 large baking sheets. Bake until the carrots are tender and the veggies begin to brown, about 20 min.
Meanwhile cook the pasta in a large pot of boiling salted water about 8 minutes. Drain.
Toss the pasta with the veggies in a large bowl, season with salt and pepper, and sprinkle with the Parmesan.

