

Living ...

(Cont'd from page 3)

2. Oatmeal with Milk and Fruit

Prepare old-fashioned or quick oats with low-fat milk and top with fresh fruit.

Try:
½ cup dry oats
1 cup low-fat milk
1 sliced banana or 1 cup berries

Sprinkle of cinnamon

Why it works: Oats contain soluble fiber that may help lower cholesterol, while fruit adds natural sweetness, fiber, and antioxidants.

3. Easy Fruit and Yogurt Smoothie

Blend a quick breakfast you can take on the go.

Try:
1 cup low-fat yogurt
1 cup frozen berries or mango

½ banana
½ cup low-fat milk
Ice, if desired
Blend until smooth.

Why it works: A smoothie is a simple way to enjoy fruit, dairy, protein, and potassium in one convenient meal.

DASH Diet Breakfast Tip

Aim to include fruit, whole grains, and low-fat dairy at breakfast. This combination provides fiber, protein, calcium, and potassium—key nutrients that support the DASH eating

pattern and help fuel your day.

Three Easy DASH Diet Breakfast Ideas

1. Fruit and Yogurt Parfait

Layer low-fat plain yogurt with fresh fruit and a sprinkle of whole-grain cereal or oats.

Try:
1 cup low-fat yogurt
1 cup berries, peaches, or melon
¼ cup whole-grain granola or oats

Why it works: Provides calcium, protein, fiber, and potassium to help support heart health and keep you satisfied throughout the morning.

2. Oatmeal with Milk and Fruit

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Article Source:
<https://www.foodand-health.com/blog/a-dash-ing-way-to-start-your-day-with-breakfast>



IGNITE FAITH. FUEL PURPOSE. RECHARGE.

3 NIGHTS OF FIRE Revival

Pastor Eugene Love HOST PASTOR

JULY 13-15

7:00 PM NIGHT

A NIGHT OF WORSHIP, THE WORD, AND DIVINE ENCOUNTERS!

MONDAY
PASTOR GREGORY WILSON
MT. GROVE M.B. CHURCH
COFFEEVILLE, MS.

TUESDAY
PASTOR CLARA POPE
HARRIS CHAPEL AME ZION
WATER VALLEY, MS.

WEDNESDAY
PASTOR SAMMIE PARKER
MT. ZION M.B. CHURCH
BATESVILLE, MS.

OAK HILL M.B. CHURCH
1692 COUNTY RD 156 COFFEEVILLE, MS 38922

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COME READY. LEAVE TRANSFORMED.

PRAISE EXPERIENCE PRESENCE

WORD POWERFUL TO REAL IMPACT

BREAKTHROUGH EXPECT MORE. WALK IN VICTORY.

BRING A FRIEND. EXPECT A MOVE!

Join Read for 20 MS and commit to reading just 20 minutes a day this summer. We've got the books! #Readfor20MS

Yalobusha County Public Library System

READ FOR 20

A SUMMER READING CHALLENGE for Mississippi

20 MINUTES A DAY

LAUNCH to EXCELlence

JOIN THE STATEWIDE LAUNCH MAY 31

#READFOR20MS

Read. Dream. Grow.



"Unearth a Story" Summer Library Programs June 15 – 18 were all about gardens, dirt and worms! Coffeeville had an SLP program June 15 and Super Thursday, June 18. Oakland held a program on gardening and soil Wednesday, June 17.

FAITH CULTURE MINISTRIES

CHILDREN READING

HOSTED BY FAITH CULTURE MINISTRIES

A LITERACY NIGHT FOR ALL AGES!

SESSIONS:

- READING STRATEGIES
- READING ACROSS ALL SUBJECTS
- COPING SKILLS
- FINANCIAL LITERACY SESSION FOR PARENTS

JULY 9TH
5:30 – 7:30 PM

BUILDING STRONGER READERS. BUILDING A STRONGER FUTURE.

LOCATION:
FCM THE LIFE CENTER
(14273 Main St
Coffeeville, MS 38922)

ALL AGES WELCOME! | COME LEARN. GROW. THRIVE.

