

Lime Green Spirit Activities

Mental Health Matters Month is a great opportunity to involve the people in your community to learn about mental health. Below is a creative way to incorporate lime green and promote mental health awareness. For a list of other activities, [click here](#).

Limeade and Ribbon Cookies:

Create an area to pass out limeade beverages and lime green ribbon cookies. This unique way to engage with the community will provide an opportunity to pass out mental health information and discuss the importance of mental health. Other ideas include a mental health bake sale or bringing in treats to an office party or staff meeting. Ask to speak for a few minutes about what the lime green ribbon means to you and hang a poster on the wall to highlight Mental Health Matters Month.



Ingredients

- 1½ cups butter, softened
- 2 cups white sugar
- 4 eggs
- 1 tsp vanilla extract
- 5 cups all-purpose flour
- 2 tsps baking powder
- 1 tsp salt

Sugar Cookies

1. In a large bowl, cream together butter and sugar until smooth. Beat in eggs and vanilla. Stir in flour, baking powder and salt. Cover and chill dough for at least one hour.
2. Preheat oven to 400°. Roll out dough on a floured surface ¼ to ½ inch thick. Cut into shapes using ribbon-shaped cookie cutter. Place cookies 1 inch apart on ungreased cookie sheets.
3. Bake 6 to 8 minutes in preheated oven. Cool completely.
4. Spread on lime green frosting.
5. Enjoy at your next gathering! Remember to share the meaning of the lime green ribbon and why mental health is important.



Limeade Recipe

For a tall pitcher of limeade, simply stir together:

- 1 cup fresh squeezed lime juice (from about 8 to 10 limes)
- 4 cups water
- ¾ cups simple syrup (or ½ cup granulated sugar)

Add ice after stirring the mixture together to allow the sugar to fully dissolve. Garnish the pitcher or glasses with thinly sliced lime slices. If the mixture is too sour dilute it with more water in ½ cup increments.