

Apples

August - June

Health Tip: Apples keep your teeth clean & smile looking beautiful.

Snack Tip: Enjoy sliced apples with peanut butter to keep you full & focused.

Cooking Tip: Microwave slices of apples with cinnamon for a sweet & healthy treat.



Asparagus

April - June

Health Tip: Asparagus is a good source of Vitamin C to keep you healthy longer & your immune system strong.

Snack Tip: Add fresh squeezed lemon juice & pepper for a delicious snack.

Cooking Tip: Add asparagus to eggs for a healthy breakfast with a dose of fiber & protein.



Carrots

July - November

Health Tip: Carrots are an excellent source of Vitamin A to build strong bones & keep your eyesight sharp.

Snack Tip: Serve with hummus for a quick & healthy snack.

Cooking Tip: Roast carrots for a sweet and tender side dish.





Winter Squash

September - December

Health Tip: Winter Squash has Vitamin-B6 to help you stay energized.

Snack Tip: Add roasted winter squash to a salad for color & flavor.

Cooking Tip: Bake sliced winter squash to create a healthy chip.

