

Apples

August - June

Health Tip:

Apples keep your teeth clean & smile looking beautiful.

Snack Idea:

Add peanut butter for more protein to keep you fuller, longer.

Packing your own lunch?

Add lemon juice to freshly sliced apples to keep them from turning brown.





Beans

August - October

Health Tip:

Beans are full of protein & fiber, which keep you full & focused.

Snack Idea:

Mix beans into a salad or roast for a crunchy snack.

Packing your own lunch?

Hummus is made from chickpeas. Try using hummus on your sandwich.



Broccoli

July - October

Health Tip:

Broccoli is full of Vitamin C to help your skin stay bright.

Snack Idea:

Enjoy broccoli with Greek yogurt veggie dip for protein to keep you full.

Packing your own lunch?

Pack broccoli tops in a plastic bag with small holes to keep them fresh.



Carrots

July - October

Health Tip:

Keep your eyes healthy & your sight sharp with the Vitamin A found in carrots.

Snack Idea:

Add hummus for a quick & healthy snack.

Packing your own lunch?

Pre-cut baby carrots are easy to “grab & go” for your lunch box.



Kale

June - October

Health Tip:

Kale is full of iron to help keep you strong.

Snack Idea:

Bake kale for a crunchy, healthy snack!

Packing your own lunch?

Add kale to your salad.





Strawberries

June - July

Health Tip:

Strawberries can keep you healthy with the help of Vitamin C.

Snack Idea:

Add sliced strawberries to salad or on top of 100% whole wheat toast.

Packing your own lunch?

Pack strawberries in a container to keep them fresh.

