

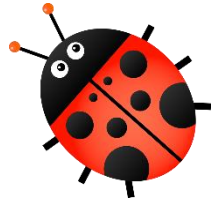
April 2023 Nutrition Newsletter

Happy Spring! Can you believe how fast this year is flying by? As we say goodbye to the cold winter months, let's welcome the warmer, brighter days and embrace the beauty of Spring. What do you love most about this time of year? This month, we have a delicious new Limited Time Offer to add to the menu. We will also be celebrating some exciting days such as National Grilled Cheese Day and Earth Day!

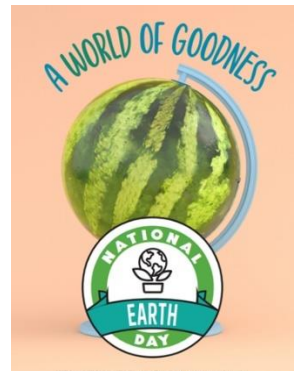
Celebrate Earth Day!

Incorporate Earth-friendly and healthy living practices into your daily routine!

- **Eat Locally Grown Food:** Focus on eating locally grown foods to help support local farmers and the economy. The less time that food spends in transit, the fresher it will be for your meal! This Earth Day, challenge yourself to plan a meal that only uses locally sourced items. Check out your local farmer's market to see what nutritious and delicious products they have to offer.
- **Buy Seasonal Produce:** Familiarize yourself with the foods that grow locally in your region and aim to purchase fruits and vegetables that are in season. Buying seasonal produce has many benefits including: Helps to reduce the carbon footprint, often tastes better, and tends to be more nutrient-dense as it is picked at the peak of maturity, and typically costs less which saves you money.



- **Eat More Plants:** Diets rich in plant-based foods are not only beneficial to overall health, but also to the planet! Try out Meatless Monday (or any day of the week) and test out a new meatless recipe – you might be surprised with how much you enjoy it.
- **Reduce Food Waste:** Reducing food waste is good for the earth and good for your wallet. Some tips for reducing food waste include storing food appropriately, finishing leftovers and/or using them creatively, taking inventory of what you have and using those items first, and composting when possible.
- **Stay Hydrated:** Stay hydrated and help the planet by using a reusable water bottle. Making the switch from disposable to reusable bottles reduces the amount of waste that is left behind on the planet. If you need to use a disposable bottle, RECYCLE!



Rainbow Fruit Salad with Strawberry Dip

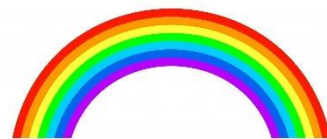
Ingredients:

- 2 cups fresh strawberries, halved
- 2 cups cut-up cantaloupe
- 2 kiwis, peeled & sliced
- 1 cup blueberries
- 1 mango cut into ½ inch pieces
- 1 cup raspberries
- 1/4 cup strawberry cream cheese spread
- -1 tsp fresh lime juice
- -1 cup thawed Cool Whip Topping

Instructions:

1. Arrange fruit in arch shape on large platter to resemble rainbow.
2. Whisk cream cheese spread and lime juice in medium bowl until blended. Stir in COOL WHIP.
3. Serve fruit with cream cheese mixture.

Recipe from: www.myfoodandfamily.com



This Month's Limited Time Offer is Asian Chicken Salad!

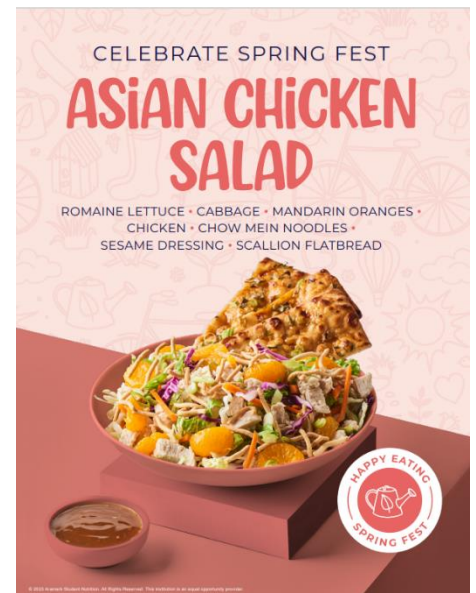
Look for it the week of 4/10 – 4/14

What's Inside?

- Romaine Lettuce
- Cabbage
- Mandarin Oranges
- Chicken
- Chow Mein Noodles
- Sesame Dressing
- Scallion Flatbread

Fun Fact: Sesame is good for your hair and skin. The seed carries complex B vitamins which are important for many parts of the body including hair, skin, and eyes.

They are a good source of healthy fats, protein, B Vitamins, minerals, fiber, antioxidants, and other beneficial plant compounds.



National Grilled Cheese Day is April 12th!

Keep an eye out for it on this month's menu.



Earth Day Word Search

M	L	J	B	H	Y	V	G	Q	S	O	P	F	W	N
J	S	M	L	G	E	V	F	S	T	T	H	W	P	E
I	B	D	R	X	V	A	E	Y	R	A	A	P	E	G
O	L	E	H	R	L	N	L	G	Y	M	B	F	A	Y
H	N	V	E	V	D	D	Y	T	Y	J	I	G	C	X
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D	B	S	Y	L	Q	R	S	L	K	N	F	R	Y	E
N	V	C	M	O	G	X	Q	K	P	L	A	N	T	S
J	L	B	A	X	S	L	A	M	I	N	A	L	D	H
E	D	S	G	C	M	H	Z	T	J	J	O	O	P	Y
H	P	R	E	S	E	R	V	E	E	R	T	K	T	Z
Z	V	C	M	J	P	K	V	O	N	K	V	T	H	Z

Earth
Tree
Planet
Oxygen
Kindness
Peace
Love
Healthy
Preserve
Energy
Habitat
Plants
Recycle
Animals
Reuse

