



June



BIG CITY BITES



Nutrition Services is excited to promote the vibrant flavors of Miami, Florida with our featured dish: **Cuban Beef Steak** with black beans and salsa. This meal captures the essence of Miami's rich culinary heritage, offering a delightful blend of savory and spicy flavors.

OBSERVANCES



National Caribbean American Heritage Month, celebrated each June, honors the cultural heritage and contributions of Caribbean Americans. This observance highlights their traditions, histories, and achievements, recognizing their lasting impact on American society.

WELLNESS EDUCATION



This June, we honor the essential role pollinators like bees play in our food system. Bees and other pollinators are crucial for the growth of many fruits, vegetables, and nuts, contributing to a diverse and healthy diet. **Bee the change** and make a difference for our planet and our plates!

FRESH PICK



Beans, including varieties like kidney beans, black beans, and chickpeas, are not only rich in protein but also contain essential nutrients like fiber, folate, and iron, making them a staple in many diets worldwide. Beans are the perfect way to gain the essential nutrients needed for a healthy and energetic lifestyle.

CELEBRATION



Celebrate **National Fresh Fruit & Veggie Month** with Nutrition Services! Join us in making fresh fruits and veggies a star on your plate this month, and savor the benefits of eating seasonally and healthily. Let's make every meal a celebration of nature's goodness!