

HEALTHY  
TIPS

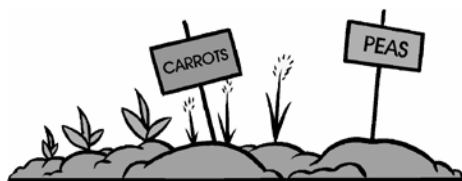
# Fruits & Veggies – Every Day the Tasty Way



## Savory SEASONAL Summer Fruits & Veggies

**Summer provides a wealth of locally grown fruits and veggies!  
Take advantage of the fresh taste that produce in season can provide with  
these SEASONAL suggestions!**

- For “grab and go” activities, potlucks and/or picnics, offer a variety of raw summer veggies with a refreshing low-fat dip. Slices of cucumber, bell pepper, zucchini, radishes and tomatoes make perfect bite-sized snacks for kids and adults and are all in season.
- Fresh summer berries such as blackberries, strawberries, raspberries and blueberries make an elegant and tasty dessert with a dollop of low-fat whipped topping.
- When grilling outside, don’t forget the fruits and veggies! Summer veggies and fruits such as zucchini, summer squash, bell pepper, eggplant, peaches, nectarines and plums can all be sliced and grilled to bring out wonderfully different flavors and textures.
- Don’t forget to enjoy All-American corn on the cob and fresh green beans this summer. Even the pickiest eaters like these traditional veggies!
- For your summer family gatherings bring iced melons to cut and serve on site for a refreshing snack! Summer melons include honeydew, cantaloupe, casaba and watermelon.
- Look around your community for local access to healthy, tasty produce. Check out farmers markets, local produce stands, food coops and community gardens.



### **Veggie Trivia**

When cutting onions what chemical is released that makes your eyes water?  
*Answer: Sulphur*

**Make summer eating sensational by adding seasonal fruits and veggies  
to your menu.**

