



Fire Up SOME FRUIT

Memorial Day (Monday, May 27) is the official kickoff to barbecue season. To add a healthy twist to your next feast, whip up a platter of grilled fruit. Slice up fruits like pineapples, peaches, or watermelons, and grill the slices until they're caramelized. The heat will amp up the fruit's natural sweetness while adding a smoky flavor. Serve your slices with healthy, sugar-free yogurt for dipping.

BLOCK THOSE Rays

Did you know that more than 1 million planet Earths could fit inside the sun? No wonder it gets so hot down here! As the days get longer, don't forget to protect yourself from the sun's firepower. Wear sunscreen and cover your eyes with sunglasses to keep yourself safe and stylish.



CLOSED FOR THE Holiday

The FruitGuys will be closed on Monday, May 27, for Memorial Day