

## JUNE IS *Fresh Fruit & Vegetables* MONTH

Here are some ways to bring more nutritious and delicious fresh fruit & veggies into your diet:

- 1. Eat a rainbow each week in June:** pick a color each week, say orange, and eat as many fruits & vegetables of that color as you can.

For example, orange fruits & veggies to eat would be: oranges, tangerines, orange cauliflower, orange bell peppers, carrots, papaya, butternut squash, and sweet potatoes. The next week, try green: lettuce, peas, limes, kale, green beans, broccoli, kale, green apples, & pears, etc.



- 2. Taste test:** buy three varieties of any fresh fruit or veggie, for example, red lettuce, green lettuce, and romaine lettuce or red, yellow, or green apples. Prepare, taste, and take notes on which you like best and why.

- 3. Parfait is the way:** start with nonfat yogurt and add sliced banana, blueberries, strawberries, cherries, peaches, or any ripe stone fruit, and top with a spoonful of granola. Perfect for breakfast or an afternoon snack.



## World Oceans Day IS JUNE 8

Every natural water space—river, lake, and stream—is connected to the ocean so you can be an ocean advocate even if you don't live near a coast. **How can you help protect our blue spaces?** Conserve water at home and pick up trash and dispose of it properly. Visit [worldoceanday.org](http://worldoceanday.org) and find an event near you.

