



Nutrition Education



Suggestions to add produce to your day

- Add grilled vegetables or fresh fruit to a summer salad
- Prepare cut up vegetables for easy snacking
- Replace desserts with fresh fruit
- Blend up fruit to make your own whole fruit popsicles
- Make colorful vegetable kabobs

Sources:
Eatright.org

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Summer Produce

Each season brings a unique variety of fruits and vegetables. The summer season is likely the most colorful and abundant when it comes to produce. From watermelon to beets to cherries and zucchini, summer fruits and vegetables are fresh and delicious.

What are the benefits of eating foods in season?

Eating foods in season offers benefits such as produce freshness, high nutrient content, sustainability, and variety.

What are some of the seasonal summer produce?

Vegetables: Bell peppers, beets, broccoli, green beans, corn, eggplant, zucchini, and summer squash and more

Fruits: blackberries, blueberries, cantaloupe, cherries, honeydew melon, lemons, mangoes, nectarines, peaches, plums, raspberries, strawberries, watermelon and more



Did you know... that a diet high in fruits and vegetables offers many health benefits? Fruits and vegetables are a great source of vitamins, minerals and fiber which is associated with reducing the risks of several diseases.