

Tip of the month! Keep it Simple!

Don't get too fancy with food prep! Veggies taste best when you don't do too much to them. Eating them raw seems to be a favorite. Overcooking them is a big problem! One of the reasons children dislike certain foods is because of a poor experience they've had, so do them a favour and keep it simple and tasty!

AUGUST 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				