

Tip of the month! Serve Fruits and Veggies with EVERY meal!

Every Day with Every Meal, fruits and veggies should be on the daily menu. If you start kids eating fresh produce early, it becomes commonplace to have fruits and veggies on their plate, and they won't think anything of it.

JULY 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