



Go Green

August is a great month to stock up on nature's vitamins, aka fruits and veggies, because they're so abundant. The color green is indicative of Vitamin K, folic acid, potassium, and carotenoids, all essential to a healthy and balanced diet.

- *Kiwi*
- *Spinach*
- *Kale*
- *Grapes*
- *Zucchini*
- *Cucumber*
- *Celery*
- *Broccoli*
- *Honeydew*
- *Peppers*
- *Brussels Sprouts*
- *Avocado*

Your challenge:

Can you eat something green every day this month? Plan ahead when grocery shopping and put at least two green items in your cart each time you shop for produce. **Mark the calendar** when you eat your greens!

MON	TUE	WED	THU	FRI	SAT	SUN
31	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	1	2	3
4	5	6	7	8	9	10