

# APRIL 2018

# FRESH FRUITS & VEGETABLES

Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
2 	3 <b>Carrot / Celery Sticks</b>	4 <b>Cantaloupe</b>	5 <b>Granny Smith Apple Slices</b>	6 <b>Mango</b>
9	10 <b>Pineapple</b>	11 <b>Red Apple Slices</b>	12 <b>Jicama Sticks</b>	13 <b>Orange Wedges</b>
16 	17 <b>Cantaloupe</b>	18 <b>Yam Sticks Harvest of the Month</b>	19 <b>Carrot Snackers – Chili Lime</b>	20 <b>Grapes - Red</b>
23	24 <b>Red Apple Slices</b>	25 <b>Orange Wedges</b>	26 <b>Carrot Snackers – Ranch</b>	27 <b>Cucumber Coins</b>
30	<b>Rethink Your Drink</b> <b>WHAT YOU DRINK IS AS IMPORTANT AS WHAT YOU EAT</b> Sugary drinks (soda, energy drinks, coffee drinks, and sports drinks) add more sugar to our diet than any other food or beverage source. The added sugar in these drinks provide extra calories without extra nutrition. The added sugar from these drinks may contribute to tooth decay, increase the risk of obesity, and increase the risk for type 2 diabetes and heart disease.			

**Recipe**

**GREAT GRAPE SMOOTHIE**  
**INGREDIENT**  
*Quick and healthy, this snack is a favorite with kids.*

1 cup seedless grapes  
 ½ cup frozen cherries  
 ½ cup unsweetened frozen strawberries  
 ½ cup orange slices  
 ½ cup banana slices

**PREPARATION**

- Combine all ingredients in a blender container. Blend until mixture is smooth.
- Pour into glasses and serve.

Makes 2 servings - 1 cup per serving.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-E.d. an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips. •California Department of Public Health

