SEPTEMBER 2019

FRESH FRUITS & VEGETABLE

Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
² Holiday	3	₄ Edamame	₅ Mango	6 Frozen Pineapple Sticks
9	¹⁰ Grapes	¹¹ Jicama Sticks	¹² Grapes	¹³ Carrot Snackers Chili lime
16	¹⁷ Cantaloupe	¹⁸ Apples – Red	¹⁹ Yam Sticks	²⁰ Pineapple
23	²⁴ Cucumber coins	²⁵ Apples - Red	²⁶ Bananas (WR) Grapes (Ina and MB)	²⁷ Carrot Snackers Chili Lime
30				





For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. •California Department of Public Health

Kiwi Berry Blend

Makes 4 servings. 1 cup per serving. Prep time: 5 minutes

Ingredients

- 1-2 kiwis, sliced or cut in chunks
- 2 cups strawberries, cut in half

Preparation

- 1. Fill pitcher halfway with ice.
- 2. Add sliced kiwis and strawberries.
- 3. Fill with water. Chill for at least 20 minutes before serving.
- 4. Store in refrigerator and drink within 24 hours.

Drink water instead of sugary drinks.



