

# Nov. 2018

# FRESH FRUITS & VEGETABLES

Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
	Oct. 30 <b>Edamame</b>	Oct. 31 <b>Cucumber Coin</b>	1 <b>Orange Wedges</b>	2
5	6 <b>Grapes</b>	7 <b>Mango</b>	8 <b>Jicama Sticks</b>	9
12 	13 <b>Carrot / Celery Sticks</b>	14 <b>HOTM: Broccoli Buds</b>	15 <b>Apple-Red Slices</b>	16
19 <b>Holiday</b>	20 <b>Holiday</b>	21 <b>Holiday</b>	22 <b>Holiday</b>	23 <b>Holiday</b>
26	27 <b>Pineapple</b>	28 <b>Carrot Snackers – Chili Lime</b>	29 <b>Cantaloupe - Pieces</b>	30

**Recipe**

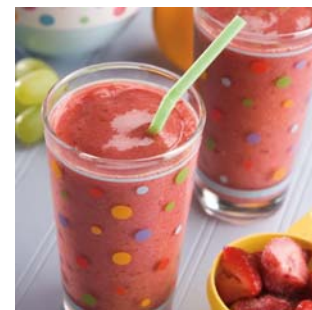
**GREAT GRAPE SMOOTHIE**  
**INGREDIENT**  
*Quick and healthy, this snack is a favorite with kids.*

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

**PREPARATION**

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

Makes 2 servings - 1 cup per serving.



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