



December *Nutrition News*

Why should you eat in season produce?

- Produce will be fresher and taste better
- Fruits and veggies cost less when they are in season

Some of the in season fruits and vegetables:

Arugula, Beets, Carrots, Celery, Kale, Lettuce, Mushrooms, Onions, Greens, Onion, Apples

Winter meal ideas using in season produce:

- Stew
- Chili
- Sliced apples and nut-butter
- Soup



Upcoming Events:

December 21st

Half Day

December 22 - January 2

Holiday break

January 1

Happy New Year!