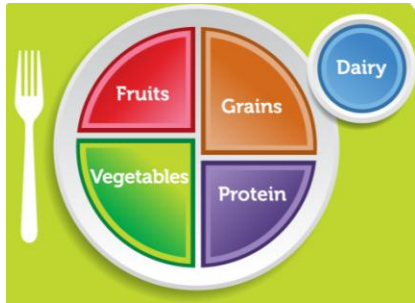


# June's Tip of the Month



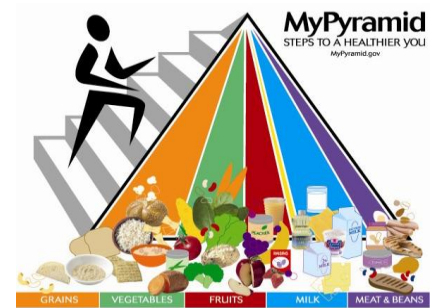
# National Fruit and Veggie Month



\*Fruits and Veggies Should be the center of your plate

\*You should eat 1 1/2 to 2 cups of fruit daily

\*Eating 2 1/2 to 3 cups of vegetables a day is recommended



## Produce Picking Pointers

When buying fresh fruits and vegetables be aware of which are in season

Smell your produce and examine the color

Note if there are any bumps or bruises

Don't be afraid to ask questions to someone in the produce department. You will never know if you don't ask!

Know how to store fruits and veggies so that they last longer

Handle your produce with care if not fruits and veggies will rot quicker

Use your produce within the week you buy it. Produce loses nutrients as it ages

Always rinse fruits and veggies before eating

