

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



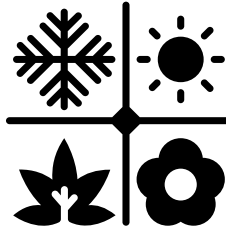
brighterbites®

# HEALTHY TOPIC: HEALTHY ON A BUDGET

List 5 fruits and 5 vegetables that are in season.

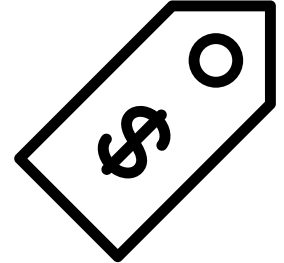
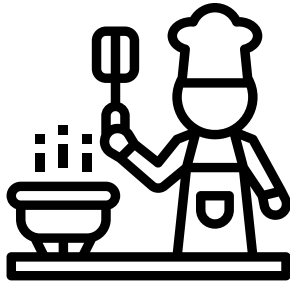
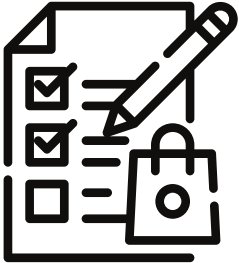
Fruits:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Vegetables:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## HEALTHY TIP:

EATING HEALTHY DOESN'T MEAN EATING EXPENSIVE FOOD. PLANNING YOUR MEALS, COOKING AT HOME, USING A GROCERY LIST AND BUYING WHOLE FOODS ARE SOME TIPS TO EAT HEALTHY ON A BUDGET. SEASONAL FRUITS AND VEGETABLES ARE NUTRITIOUS AND AFFORDABLE. THE MORE GO FOODS ON YOUR PLATE THE BETTER IT IS FOR YOUR HEALTH!

## PRODUCE ACTIVITY:

- Share your favorite fruits and vegetables from the Brighter Bites produce.
- Design a healthy lunch from fresh seasonal fruits and vegetables.