

waste less

Eat foods with a short shelf life first like berries and spinach!

Make a spinach salad. Add strawberries, blueberries or --raspberries!

Make a smoothie. Blend together 1 cup fresh berries and 1 cup vanilla yogurt. Add other flavors such as ½ banana or ½ cup fresh spinach.



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Тор

whole

wheat

toast with

smashed avocado, spinach and sliced berries.

Make a smoothie. Blend together 1 cup fresh

berries and 1 cup vanilla yogurt. Add other flavors such as ½ banana or ½ cup fresh spinach.



Top whole wheat toast with smashed avocado, spinach and sliced berries.

nutrition tips for today's families

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Make a spinach salad. Add strawberries, blueberries or --raspberries!

nutrition matters

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