

Drink more water & less sugary drinks every day!

- Discover fast ways to cook
- Color your plate
- Stock up
- Focus on whole fruits
- Shop what's in season
- Eating out



Harvest of the Month: Sweet Potatoes



Benefits:

- **Sweet potatoes** are high in vitamin A and potassium
- A medium **sweet potato** contains no fat and 4 grams of fiber

Buying Tips:

1. Select **sweet potatoes** that are firm with smooth skin.
2. Store **sweet potatoes** in a cool, dry place. Do not refrigerate.

Drink water as a family during the holidays!

- Avoid buying sugary drinks
- Keep a water bottle handy
- Be a good role model

Infuse your water with a variety of fruits and vegetables.

Try this Cucumber Lime recipe!

Ingredients:

- ½ cucumber, sliced
- ½ lime, cut
- 16 ounces of water

Instructions:

1. Wash ingredients
2. Place ingredients in a water bottle
3. Chill in refrigerator.

Share your cucumber lime water on social media!



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