

*Have a Sweet Day!*



### SELF-CARE

Keep raw veggie sticks handy for snacks.

## Fruits and Vegetables For Every Meal

#### BREAKFAST

- slice bananas or berries into cereal.
- add vegetables such as peppers, spinach and mushrooms to eggs.

#### LUNCH

- top sandwiches with cucumber, sprouts, tomato or avocado.
- have a piece of fruit or cut veggies.

#### DINNER

- add a side of steamed or microwaved vegetables.
- have a side salad.

**CHALLENGE: EAT A VARIETY OF COLORFUL FRUITS AND VEGETABLES.**  
Use the box in the daily grid below to mark an "X" if you met your daily goal.

Sun

Mon

Tue

Wed

Thu

Fri

Sat



#### APRICOT SALSA

1½ cups chopped apricots • 1 cup chopped cucumber  
2 tbsp. chopped red onion • 2 tbsp. lime juice  
1 tsp. olive oil • 1 tbsp. chopped cilantro  
Combine all ingredients in a bowl, stir gently and chill before serving.

1

2

3

4

5

6

Labor Day

7

Rosh Hashanah

8

9

10

Suicide Prevention Day

11

Patriot Day

12

Grandparents Day

13

14

15

Yom Kippur

16

17

18

19

20

21

22

First Day of Fall

23

24

25

National Family Health and Fitness Day

26

27

28

Voter Registration

29

30

August 2021

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

October 2021

S	M	T	W	TH	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31