



FAMILY FAVORITE FIVES

PICK YOUR FAVORITE 5 FRESH FRUITS & FAVORITE 5 FRESH VEGGIES TO KEEP ON HAND AT ALL TIMES!!

MY FAMILY'S PICK 5'S FRUITS VEGGIES

GRAPES

CUCUMBER

APPLES

BELL PEPPERS

BLUEBERRIES

TOMATOES*

BANANAS

CELERY

MELON

CARROTS

FRESH SNACKIN'

HAVING EASY TO GRAB FRESH FRUITS AND VEGGIES IS A GREAT WAY TO EAT HEALTHY AND FEEL GOOD. TRY VANILLA YOGURT AS FRUIT DIP OR THIS EASY TO MAKE VEGGIE DIP THAT WILL LAST 7 DAYS IN THE REFRIGERATOR!!

MIX 1 CONTAINER EACH COTTAGE CHEESE AND SOUR CREAM (12^{oz} TUBS) WITH ONE PACKAGE OF RANCH SEASONING MIX AND STIR WELL.

PIZZA NIGHT

USING NAAN FLATBREADS, TORTILLAS OR YOUR FAVORITE FLATBREAD CRUST ADD A THIN LAYER OF TOMATO PIZZA SAUCE AND SHREDDED MOZZARELLA CHEESE. THEN TOP WITH YOU FAVORITE TOPPINGS!! USE FRESH PRODUCE FOR PIZZA AND THE EXTRA FOR MAKING A SALAD FOR PIZZA NIGHT.

WITH HELP FROM AN ADULT PLACE THE PIZZAS INTO A PRE-HEATED 425 DEGREE OVEN FOR APPROXIMATELY 8-12 MINUTES TO MELT THE CHEESE AND SLIGHTLY CRISP THE CRUST.

MAKE YOUR PICK 5'S FRUITS VEGGIES

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PICK A NIGHT EACH WEEK TO DEDICATE TO FAMILY PIZZA AND MOVIE ON THE COUCH NIGHT OR GAME NIGHT

