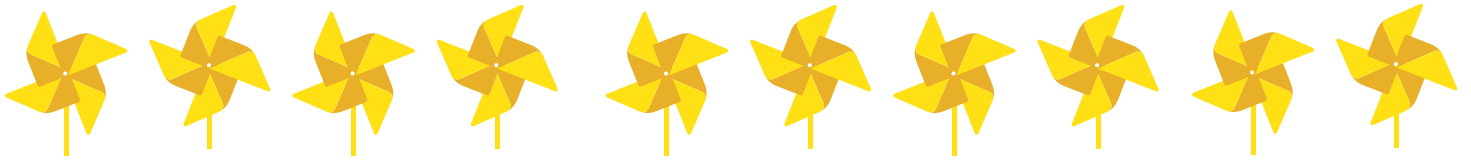


WAYS TO LIVE HEALTHY IN JUNE



FRUIT » CHERRIES

HEALTH BENEFITS: Cherries are one of the top antioxidant-rich foods and contain melatonin which helps you get a restful night's sleep. They are also a good source of fiber and vitamin C.

SELECTION / STORAGE: The popular Bing cherries are dark in color and sweet. Select cherries that are glossy, plump and firm. Store them refrigerated in a plastic bag or container. They will keep for about a week.

EATING / PREPARATION: Wash prior to eating. Remember that Bing cherries have pits in them so you will want to de-pit them prior to adding to recipes or giving to children. A tasty summer snack, cherries are perfect on the go. Get creative at breakfast by making a delicious cherry sauce for your waffles and pancakes or toss into your yogurt and oatmeal. And don't forget to try a chocolate cherry milkshake for a refreshing summer drink that's high in protein.

VEGETABLE » GREEN PEAS

HEALTH BENEFITS: Green peas contain fiber, protein, vitamins and minerals. Few foods provide such a substantial amount of fiber and protein together, which help regulate digestion and stabilize blood sugar levels.

SELECTION / STORAGE: Frozen peas are better able to retain color, texture and flavor compared to canned. Next to fresh peas, frozen are the preferred choice. When fresh, look for pods that are smooth, firm and medium-green in color. Avoid pods that are yellow and have grey speckles. Store refrigerated.



EATING / PREPARATION: Green peas are easy to serve if you buy them frozen. If you buy them fresh, start by washing and de-shelling them since the pod is not edible. Peas go well in salads, pasta dishes, soups and even mashed potatoes! Green peas also make a great fresh snack, as do sugar snap peas which can be eaten in the pod.



ACTIVITY » GET OUTDOORS

ACTIVITY: Regular outdoor exercise is proven to improve physical and mental health. With National Get Outdoors Day on June 14, the start of summer is a perfect time to get moving! Explore your neighborhood by taking regular walks or head to the woods for a hike as a family.

Outdoor activity helps kids maintain a healthy weight, boosts their immunity and bone health, and lowers stress. Just remember to practice sun safety and drink plenty of water to stay hydrated!