



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

June is Fresh Fruits & Veggies Month!

In the wake of this global pandemic, there's a growing concern about how to build up our immune system. So having a month devoted to fresh produce is timely! Their wealth of vitamins, minerals, antioxidants and other beneficial aspects help to:

- **Support general health**
- **Better manage chronic health conditions**
- **Build up immunity**

Stay on budget – Buy items that are in season, locally grown, or on-sale. Choose hearty ones that are long-lasting. Proper storage also helps to avoid them going to waste. Produceforkids.com offers great information on how to properly store and use all kinds of fruits and vegetables.

Long-Lasting Fruits & Veggies



Potatoes



Onions



Apples



Carrots



Pears



Beets



Citrus



Cabbage



Winter Squash



Parsnips



Garlic



Lemons/Limes



Celery



Sweet Potatoes



Pomegranates



Brussels Sprouts

produceforkids.com

Skip the bagged chips and find new ways to use some of these produce items as snacks.

Cinnamon Apple and Sweet Potato Chips

Ingredients:

- 1 tsp. each of sugar and cinnamon
- 1 apple, thinly sliced
- 1 sweet potato, peeled and thinly sliced



Directions:

- Preheat oven to 350°F.
- Combine cinnamon and sugar in a small bowl.
- Place apple and sweet potato slices on a parchment-lined baking sheet. Sprinkle with cinnamon sugar mixture.
- Bake 20-25 minutes, or until slices are golden brown. Remove from oven and let cool. Chips will crisp as they cool.



Recipe adapted from our friends at ProduceforKids.com.