



JUNE 2016

SFE Newsletter

Putting Child Nutrition First



SUMMER IS HERE!

June is National Fresh Fruit and Vegetables Month. This month there are various fruits and vegetables that thrive through this season! They are packed with vitamins, minerals and fiber to enhance your energy and immunity!

Try these delicious fruits and vegetables that are in season!

Fruit

- ✓ Blueberries
- ✓ Cantaloupe
- ✓ Grapes
- ✓ Peaches
- ✓ Strawberries
- ✓ Watermelon



INGREDIENTS

DIRECTIONS

Avocado and Chicken Tortilla Wrap

- ½ ripe avocado, peeled and stone removed
- 1 tsp lemon juice
- Salt and ground black pepper
- 2 tortillas
- 100g finely sliced roast chicken
- 4 slices tomato
- 2 Iceberg lettuce leaves



Place avocado, lemon juice, salt and pepper in a bowl. Mash with a fork until smooth. Place tortillas on a board and spread each with avocado mixture. Top with chicken, tomato and lettuce. Roll up tortillas to enclose the filling & cut in half.

RECIPE



Veggies

- ✓ Bell Peppers
- ✓ Corn
- ✓ Cucumbers
- ✓ Zucchini

