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SFEE Newsletter

Putting Child Nutrition First

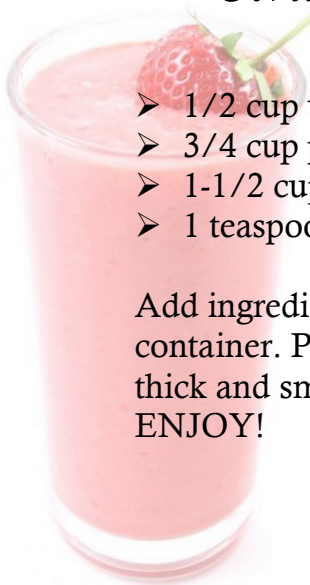
'Tis the Season of Strawberries!



Did you know strawberries are the first to ripen during this season? It's the perfect time to start eating these fresh fruits as they have several nutrients and vitamins to keep our bodies healthy!



Strawberry Yogurt Shake



- 1/2 cup unsweetened pineapple juice
- 3/4 cup plain low fat yogurt
- 1-1/2 cups frozen, unsweetened strawberries
- 1 teaspoon granulated sugar

Add ingredients, in order listed, to blender container. Puree at medium speed until it is a thick and smooth consistency. Pour into cup and ENJOY!



NUTRITION Corner

Strawberry Fun Facts

- ✓ Great for your eyes to avoid any degeneration as we grow older
- ✓ Has 150% of daily requirement of Vitamin C to keep your immune system healthy
- ✓ The Antioxidants keep your brain functioning properly
- ✓ Increases the mobility of your joints to keep you nice and limb
- ✓ Prevents the degeneration of muscle tissue

Can you Unscramble these Fruits?

Srabrwerly	Aplep	Pecha	Paieplepn
Chyrer	Grpea	Pmul	Kiiw

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