February 2027

FEBRUARY IS...

National Cherry Month
National Grapefruit Month
National Sweet Potato Month



HEALTHY VALENTINE'S DAY TREATS

Swap the candy hearts for heart-shaped fruit kabobs, chocolate-dipped strawberries, or veggies with hummus!



Week 1
Cantaloupe/ Honeydew Cubed
Red Pepper Strips

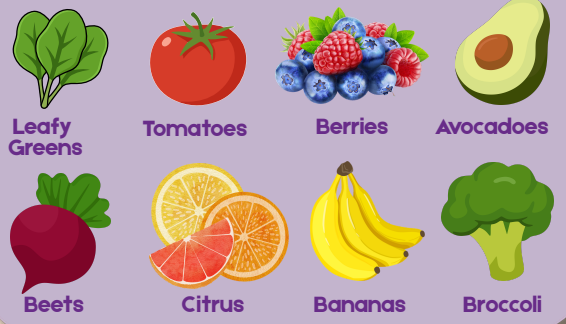
Week 2
Blood Orange Wedges
Jicama Sticks

Week 3
Strawberries Topped
Tomato/English Cucumber

Week 4
Pear Spears
Baby Carrot/ Broccoli Mix

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 PRESIDENT'S DAY	16	17	18	19	20
21	22	23	24	25	26	27
28						

HEART HEALTHY FRUITS & VEGGIES



WHAT AM I?

I'm spiky on the outside, but sweet and yellow inside.
I grow in tropical places, and I wear a leafy crown!

FreshEdge PREPARED SOLUTIONS