May 2027

MAY IS...

National Salad Month
National Asparagus Month
National Strawberry Month

EAT YOUR WATER

Beat the heat this summer with with these healthy foods that naturally hydrate your body:

- **Cucumbers** — *high water content*
- **Watermelon** — *Hydration support*
- **Strawberries** — *Antioxidant hydration*
- **Canataloupe** — Vitamin A + water
- **Peaches** — Juicy hydration
- **Oranges** — Vitamin C hydration

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Red/Green Apple Slices Romanesco							1
Week 2 Gooseberries Broccoli/ Cauliflower Florets	2	3	4	5	6	7	8
Week 3 Tropical Blend Cucumber Slices	9	10	11	12	13	14	15
Week 4 Mixed Melon Cubes Carrot/ Celery Bites	16	17	18	19	20	21 Eat More Fruit and Vegetables Day!	22
	23 / 30	24 / 31	25	26	27	28	29

DiD YOU KNOW?

White strawberries, also called pineberries, are naturally white or pale pink with red seeds. They are not unripe red strawberries. They just lack the ripening proteun that turns strawberries red.





FreshEdge PREPARED SOLUTIONS