

Insider!



CHEF TIPS: BUILD A BETTER BBQ

- Choose skinless poultry and lean cuts of meat
- Make your own burgers and avoid processed meats
- Cut the sugar by making your own condiments
- Use herbs, spices and citrus juices to add flavor without adding calories
- Add fermented food to your plate with homemade sauerkraut or pickles
- Swap your heavy mayo-based salads for grilled vegetables
- Serve grilled stone fruit or grilled pineapple for dessert

NATIONAL ICE CREAM MONTH

We all scream for ice cream! While this is definitely known as a decadent, sweet treat, ice cream dishes can offer some nutritious benefits! Fruit that is washed, dried, and then pureed, can make a sweet and creamy ice cream substitute. Especially bananas! You can even mix this into your favorite dairy ice cream flavor.

Don't forget those toppings! Try some nuts, fresh fruit, or even freeze-dried fruit to get some delicious flavor combinations.



SUMMER SIDES

The Summer months are filled with barbecues, pool parties, and more, so keep some of these ideas in mind when planning those delicious side dishes.

- Pick your favorite grain like quinoa, farro, or bulgur for the base of a salad. Mix in fresh berries, herbs, and a vinaigrette
- Chop your vegetables, add oil, salt and pepper, and grill them
- Use Greek yogurt in place of sour cream
- Make a simple, seasonal side with watermelon, feta, and mint

— EAT — LOCAL

The average food has traveled about 1,500 miles to our plates. This consumes a great deal of energy! Along the way, nutrients and flavor are lost from these delicious foods. By supporting local, we reduce this impact and support farmers and the local economy. Under our Sustainability Platform, our definition of local produce includes regional which is within 400 miles.

This allows us to support a greater number of farmers and increases the amount of local produce we purchase. You can also support local at home by visiting your farmers markets where you can touch and smell the nutrient packed fruits and vegetables that have been picked at peak ripeness. Don't forget to look for the "local" label when shopping at the grocery store.

