



FOR THE *good* OF
PEOPLE AND PLANET

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ENJOYING NATIONAL PIZZA MONTH IN A HEALTHIER WAY

Few foods are as universally loved as pizza—and the good news is, you can enjoy it while making healthier choices! Try these simple tips:

1. **Choose Your Crust:** Whole grain or cauliflower crust adds fiber and helps you feel full.
2. **Smart Sauce:** Go for tomato or pesto with minimal added sugar or fat.
3. **Cheese Wisely:** Use cheese in moderation or try lower-fat options like part-skim mozzarella.
4. **Pile on Veggies:** Add flavor, fiber, and nutrients with colorful vegetables.
5. **Lean Proteins:** Top it with grilled chicken, turkey sausage, or plant-based crumbles for a protein boost.

And remember—you don't have to skip the classic slice! Enjoy your favorite pizza in moderation by pairing it with a fresh salad or steamed vegetables and lean protein to help you feel full and satisfied. With balance and creativity, pizza can be both satisfying and nourishing!



NATIONAL SEAFOOD MONTH

Sustainable seafood supports healthy oceans, fair labor, and thriving communities. While the ocean may seem abundant, overfishing and industrial practices have harmed marine ecosystems. Choosing responsibly sourced seafood helps protect wild species, preserve habitats, and reduce pollution and bycatch.

Sustainable options come from fisheries or aquaculture operations that minimize environmental impact and promote ethical working conditions. These practices include avoiding overfishing, managing disease, and protecting coastal ecosystems.

Smart seafood choices also benefit your health, helping you enjoy the nutritional value of fish while reducing exposure to toxins. If you want to consider the sustainability of ocean life when choosing your fish, consult trusted guides like the Monterey Bay Aquarium's Seafood Watch program:

seafoodwatch.org/recommendations.

By being selective, you're supporting ocean conservation and making choices that are good for you and the planet.

CHEF'S TIP: ENJOYING SEAFOOD AT HOME

Enjoying delicious seafood dishes should not be intimidating. Check out these chef tips to make it a smooth and tasty process:

- **Fresh Fish:** Visit a reputable fish monger. They can help with cleaning the fish to make it ready to cook. Fresh fish should have firm flesh, clear eyes and red gills with no strong smell.
- **Frozen Fish:** Don't discount frozen options! Frozen fish is often a great cost-efficient option, especially when it comes to getting sustainably sourced options.
- **Before Cooking:** Make sure to pat fish dry in order to get a nice sear and have the seasoning adhere.
- **While Cooking:** Don't overcook fish, it can become very dry. Cook to an internal temperature of 145°F with an instant read thermometer.
- **Try Baking:** Baking fish is a very simple way to prepare and impart tons of flavors. Add a little olive oil, aromatics like herbs and sliced lemon, some moisture like lemon juice or white wine, and season it well with salt and pepper. Bake covered over your favorite veggies to make an easy one pan meal.



FIND YOUR
NEXT FAVORITE
RECIPE!