

**INSIDER | JULY 2026**
BY EUREST REGISTERED
DIETITIANS & CHEFS

YOUR MONTHLY RECIPE FOR *Wellbeing + Sustainability*

FOR YOUR HEALTH

Eating local supports your health while providing fresher, more flavorful foods. Produce grown nearby and harvested at peak ripeness contains higher levels of vitamins, minerals, and antioxidants that support heart, brain, and digestive health. A shorter farm-to-plate journey also means less processing and fewer additives. Choosing local encourages a diet rich in whole, seasonal foods, helping you nourish your body throughout the year.

IN SEASON & ON THE MENU

Enjoy the taste of summer with in-season peaches, a refreshing and nutrient-dense fruit. Packed with vitamins A and C, fiber, potassium, and antioxidants, peaches help support immune, heart, and digestive health. Their high water content also supports hydration, making them a satisfying, low-calorie snack. Adding fresh peaches to your plate is an easy, delicious way to support overall wellbeing.

CHEF TIP: PICKING PEACHES

- Avoid refrigerated peaches because this can cause mealiness.
- Pick those that are heavy for their size and have a strong peach smell.
- Store at home on the counter and allow to ripen naturally.

Once ripe, roast or grill to caramelize sugars for savory dishes; or pair in desserts with warm spices like cinnamon or cardamom.

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FAVORITE
RECIPE!**

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