



## 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.



## CHEF'S TIPS - GRILLING

Grilling season is here! Here are some of our favorite chef-approved ways to bring more plants to your summer grill.

- Blended burgers are like traditional burgers, but part of the meat is replaced with vegetables, beans, or grains. Reducing meat and adding plants means a healthier burger.
- Hearty vegetables like grilled eggplant and portobello mushrooms can easily replace beef in a burger, sandwich or taco. You can also try grilling a cauliflower steak, tofu steak, or barbecued tempeh.
- Kebabs that alternate meat with pieces of onion, pepper, or other produce are a great way to increase vegetable and fruit intake.

## 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, frozen, 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 BEACH PARTY

Summer days and beach days are filled with fun! They can also leave you tired and worn out if you do not stay hydrated. Incorporate some of these items into your day to help with hydration and keep the fun going:

- Cucumbers and a Greek yogurt dip
- Apples and peanut butter
- Radishes and hummus
- Watermelon slices
- Frozen grapes
- Infused water
- Mocktails made with fresh fruit, herbs, and sparkling water

