



NATIONAL GUACAMOLE DAY

Join us in celebrating delicious avocados with a fresh, flavorful bowl of guacamole! This fan-favorite dip is packed with wholesome ingredients and big taste.

Try these tips to take your guac to the next level:

1. Choose ripe avocados—look for ones with dark, bumpy skin that yield slightly to gentle pressure.
2. Skip the salt and boost flavor with herbs and spices like cilantro, cumin, or garlic.
3. Use fresh lime juice instead of bottled for a zesty kick.
4. Pair with crunchy veggies like bell peppers or cucumbers for a wholesome snack.
5. Stir in non-fat Greek yogurt for protein or mix in salsa for a tangy twist.

When shopping for guacamole components, aim to incorporate local ingredients like seasonal tomatoes, local garlic, and fresh herbs. Store leftovers tightly wrapped in the refrigerator and enjoy within 1–2 days. If it browns, just scrape off the top and dig in. Let's support local, reduce food waste, and savor every scoop!

WAYS TO ENJOY GUACAMOLE

As you celebrate **National Guacamole Day on September 16th**, keep in mind that on a chip is not the only way to enjoy this great dip!

Here are a few new ways to consider:

- Try it for breakfast: Avocado toast has gotten so much attention as a delicious, filling breakfast dish. Step it up and increase flavor by spreading some guacamole on your whole wheat toast.
- Enjoy it as a spread: Next time you are looking to enhance your turkey or veggie burger, add some guacamole! The textures pair so well together and the healthy fats in the avocado will help your body with absorption of fat-soluble vitamins.
- Add it as a topping: Hearty white bean chili, zesty nachos with pico de gallo, spicy black bean quesadillas – add layers of flavor to all of these dishes with a scoop of guacamole on top.
- Pair it with vegetables: Guacamole goes well with so many different vegetables. Add it to a baked potato or sweet potato, stuffed mushrooms, or even just raw vegetables for a fresh, crisp crunch.



WHAT DOES FAIR TRADE MEAN?

As you sip your morning brew this National Coffee Day, take a moment to consider where your coffee comes from and who grew it. Choosing Fair Trade coffee means supporting a global movement that puts people and the planet first.

Fair Trade ensures that farmers in developing countries receive fair prices, work in safe conditions, and follow environmentally responsible practices. This certification promotes sustainable livelihoods and empowers communities. It also prohibits child and forced labor, regulates working hours, and protects workers' rights.

Fair Trade isn't just a label: it is a partnership built on dialogue, transparency, and respect. By purchasing Fair Trade coffee, you help create more equitable global trade, support responsible companies, and protect the environment. Celebrate **National Coffee Day on September 29th** with a cup that makes a difference - one that's good for you, farmers, and the planet.

FIND YOUR
NEXT FAVORITE
RECIPE!

