



**MyPlate suggests
making half your plate
fruits and vegetables.**

<http://www.choosemyplate.gov/>

Apricots

Did you know?

- Apricots are at their best in July.
- Three medium apricots contain 70 calories and are an excellent source of Vitamin A.
- Apricots are available fresh, canned, dried, or frozen.

Fun Fact!

Apricots were first discovered growing wild on a mountain slope in China!

FIGHTBAC!

**Clean: Wash hands and
Surfaces Often**

**Separate: Don't Cross-
Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

What am I looking for?

- Look for apricots that are plump and juicy with a golden-orange color.
- Store apricots at room temperature until ripe then in the refrigerator for 3-5 days.
- Wash apricots well before use.
- Avoid dull-looking, soft, or pale-colored apricots.

Savory Fresh Apricot Bites

4 ounces softened cream cheese
12 fresh apricots, halved
½ cup finely chopped pistachios

Wash and work area before cooking. Stir cream cheese until smooth; pipe or spoon into apricot halves. Sprinkle tops with pistachios. Serve as an appetizer, snack, or dessert.

Preparation Time: 15 minutes
Cook Time: 0 minutes

Calories: 81
Total Fat: 6g
Cholesterol: 10mg
Sodium: 27mg
Total Carbohydrate: 6g
Protein: 2g

<http://healthymeals.nal.usda.gov/>

Solve the crossword puzzle below:

P	N	Q	T	K	O	T	Y	A	O	D	J	U	I	A
E	E	C	W	W	I	M	P	Q	H	P	S	B	C	B
A	C	Q	S	U	H	R	I	N	A	Q	W	S	I	C
R	T	L	R	J	I	O	B	O	G	L	C	L	Y	O
K	A	F	I	C	X	V	I	E	X	C	F	N	T	W
N	R	H	O	M	N	J	W	N	P	X	Z	J	V	D
Z	I	T	M	M	E	M	M	U	S	A	P	C	E	I
D	N	N	U	X	F	F	I	R	R	V	R	N	Z	E
J	E	Z	O	Y	A	Q	E	P	Q	M	V	G	D	L
D	C	C	O	C	L	J	B	A	T	P	Z	N	N	S
R	M	S	A	H	F	C	P	S	W	P	W	P	I	C
K	I	W	I	R	Q	I	H	E	F	J	X	M	H	O
E	B	O	D	A	C	O	V	A	I	H	R	V	S	F
Y	F	I	M	A	L	J	J	T	K	J	Y	L	I	S
C	Z	A	X	V	W	G	T	V	S	L	C	C	B	L

APRICOT

LIME

NECTARINE

AVOCADO

PEAR

GRAPE

FRUIT

KIWI

PRUNE