

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Benefits of Berries

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: PURCHASE FRESH BERRIES FROM YOUR LOCAL GROCERY STORE OR FARMER'S MARKET.

WEEK 2: TRY ADDING BERRIES TO A DESSERT THAT YOU MAKE.

WEEK 3: USE FROZEN BERRIES IN A SMOOTHIE. EVEN WHEN FROZEN THEY ARE PACKED WITH VITAMINS, ANTIOXIDANTS, AND THEY MAKE THE SMOOTHIE THICKER.

WEEK 4: TRY MAKING JAM WITH BERRIES THAT ARE IN SEASON NEAR YOU.

Complete the Weekly Challenges & start adding more berries to your diet. You berry likely to complete these challenges!