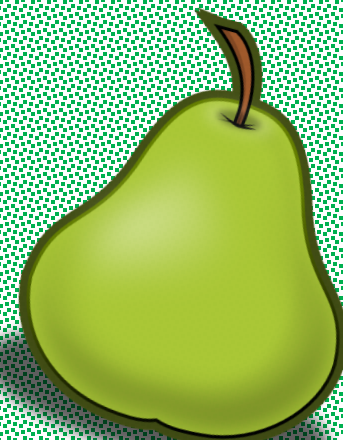


October Fruit of the Month



Pears!

Did you know...

Pears are an excellent source of Vitamin C and can prevent sickness during the colder months!

Pears have 6 grams of fiber per serving that help keep us feeling full and energized!

Keep an eye out for
Pear Vanilla Parfaits on
October 26th!