



Eat different
foods each
day for a wide
variety of nutrients.

SEPTEMBER 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29

30

31

1

2

5

6

7

8

9

12

13

14

15

16

19

20

21

22

23

26

27

28

29

30

(HOM) HARVEST OF THE MONTH

