



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

# DECEMBER 2016

MONDAY

TUESDAY

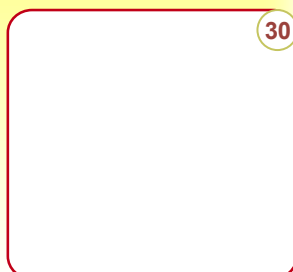
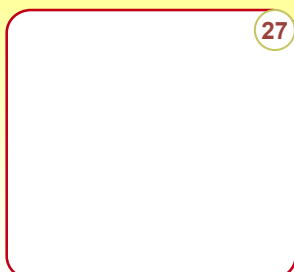
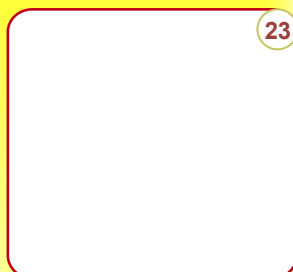
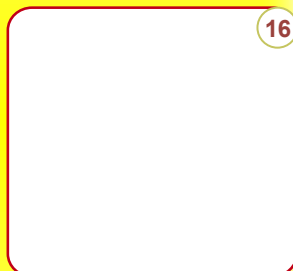
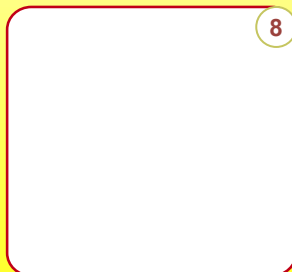
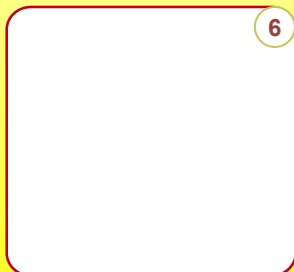
WEDNESDAY

THURSDAY

FRIDAY



Cardamom is the  
world's second most  
expensive spice,  
saffron being the most.



HARVEST OF THE MONTH

