



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

DECEMBER 2016

MONDAY

TUESDAY

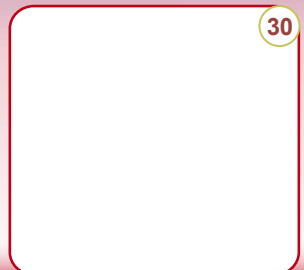
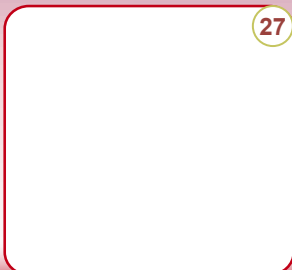
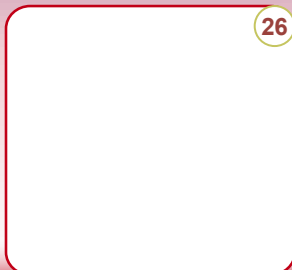
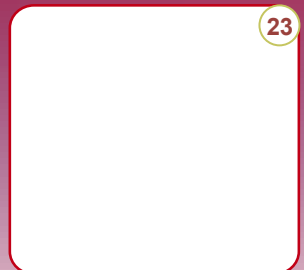
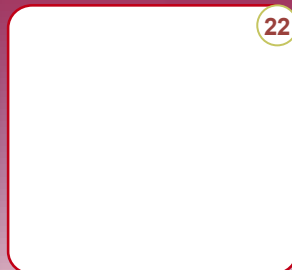
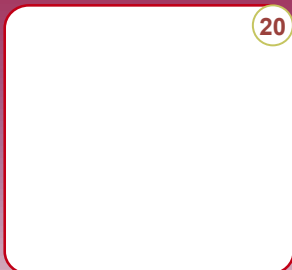
WEDNESDAY

THURSDAY

FRIDAY



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



HARVEST OF THE MONTH

