

SUMMER SPLASH

NUTRITIONAL DEVELOPMENT SERVICES SUMMER MEALS PROGRAM

Did you know that a raw cucumber is 95% water? This means that cucumbers are really hydrating. In addition to water, cucumbers contain most of the vitamins that you need every day! A cucumber contains all different types of Vitamin B, Vitamin C & several minerals like calcium and iron.

cucumber picture search

Can you FIND the CUCUMBER EMOJI?



REMINDERS

Want to make a change?

Call by 2:30PM two business days before the day you want the change to take place!

When should I serve the meals I receive?

- Lunch is for the day of delivery (and the day after if you receive M, W, F deliveries)
- Breakfast is for the next day (plus the following day for M, W, F deliveries)

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