

SEASONAL NUTRITION MADE SIMPLE

Eating seasonally can enhance nutrition and well-being. For students and families, incorporating seasonal foods into meals ensures a variety of nutrients and supports local products.

Seasonal nutrition involves selecting and consuming foods that are in season. This practice not only provides fresher and more nutritious options but also supports sustainable eating habits.



TIPS FOR EATING SEASONALLY



WINTER NUTRITION

- Incorporate root vegetables and winter greens into meals.
- Use spices like cinnamon and ginger for added warmth and flavor.
- Prepare hearty soups and stews for balanced nutrition.

The Benefits: Enhanced immune function, better digestion, and sustained energy levels



SPRING NUTRITION

- Focus on leafy greens, asparagus, and strawberries.
- Create light and refreshing salads.
- Experiment with smoothies and fresh juices.

The Benefits: Increased intake of vitamins and minerals, improved digestion, and a boost in energy



SUMMER NUTRITION

- Enjoy berries, tomatoes, and cucumbers.
- Grill vegetables and lean proteins for healthy meals.
- Stay hydrated with water-rich foods like watermelon.

The Benefits: Better hydration, enhanced nutrient intake, and support for outdoor activities



FALL NUTRITION

- Incorporate pumpkins, apples, and squash.
- Prepare warm, comforting dishes like roasted vegetables.
- Use spices like nutmeg and cloves for seasonal flavor.

The Benefits: Improved immune support, better digestion, and seasonal enjoyment



How can you incorporate seasonal foods into your diet to enhance your family's nutrition and well-being?



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