

## Plate Check...

Is it filled with Nutrition, Flavor, Color, and a satisfying crunch???

Salads are one of the most refreshing ways to include all of these in your meals and guess what NO LABELS to worry about reading.

5 Salads to take your meals from so so to AMAZING!

1. Cashew Crunch Shredded salad
2. Chickpeas Tuna Salad
3. Moroccan Carrot and Lentil Salad
4. Cowboy Rice Salad
5. Cannellini Bean Salad

## WHATS IN SEASON IN THE SUMMER?

I love shopping according to the seasons. When you buy seasonal produce, you not only save money and support local farmers, but you also prepare the best tasting meals since the ingredients are so fresh. Who doesn't love that?

If you don't have a local farmers' market near you, no problem. You can print this handy dandy list and take it into any supermarket to guide your shopping.

### Vegetables in Season Now:

- Radishes
- Arugula
- Cucumber
- Beets
- Bell Peppers
- Carrots
- Zucchini
- Garlic
- Corn
- Rhubarb

### Fruits in Season Now:

- Lemon
- Apricots
- Plums
- Cherries
- Blackberries
- Nectarines
- Strawberries
- Peaches
- Tomatoes
- Passion Fruit
- Melon
- Limes

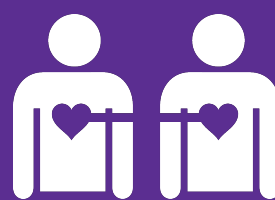


## Staying Connected in a Healthy Community

has never been more important. Sharing of classes, news, support, wellness and healthy living tips is needed by all during this time. Maybe you are in need of REDEFINING WELLNESS. Or perhaps you have a fellow friend who needs help during this time. All are welcome on our YMCA REDEFINE WELLNESS Facebook Group. There is content, support and tips for everyone!

## QUESTIONS OR SUGGESTIONS? LET'S SHARE!

What is one thing that is helping you through this challenging time? Please email your answer to [mvermeer@ymcachattanooga.org](mailto:mvermeer@ymcachattanooga.org)



## LATE AUGUST

*This is the plum season, the nights blue and distended, the moon hazed, this is the season of peaches with their lush lobed bulbs that glow in the dusk, apples that drop and rot sweetly, their brown skins veined as glands No more the shrill voices that cried Need Need from the cold pond, bladed and urgent as new grass Now it is the crickets that say Ripe Ripe slurred in the darkness, while plums dripping on the lawn outside hazed, our window, burst with a sound like thick syrup muffled and slow The air is still warm, flesh moves over flesh, there is no hurry.*

written by Margaret Atwood

## Check out our new Eat Well. Live Well. YouTube series!

Weekly episodes will focus on educating you on nutrition tools, tips, food demonstrations, meal prep, recipes and grocery store field trips! [Learn More.](#)



If you stayed with us during our COVID-19 closure, you helped us be stronger. Serve more. And strengthen our communities. THANK YOU.

**Make sure to read our latest member communication which includes Fall program information, child watch info and more.**

