



JULY-SEPTEMBER 2014 ARTICLES

- **Week of 9/29/14** - October is Breast Cancer Awareness Month and the 1st is National Kale Day (**Recipe: Cajun Vegetable Rice**)
- **Week of 9/22/14** - Choose Kellogg's cereals for breakfast or snack options (**Recipe: Mini Peach Crisps**)
- **WEEK of 9/15/14** - Let's Eat Together Week (**Recipe: Orzo Chicken Mexican Casserole**)
- **WEEK OF 9/8/14** - Eggs Can Be Nutritious (Sauder's Hard Boiled Eggs) (**Recipe: 30 -Second EggSprress Wrap**)
- **WEEK OF 9/1/14** - Back to School without Lunchbox Battles (Kraft items - P3, Capri Sun, Lunchables, Oscar Mayer Deli Selects)
- **WEEK OF 8/25/14** - Healthier Grilling for Labor Day (**Recipes: Three Meat Burgers & Less Devilish Eggs**)
- **WEEK OF 8/18/14** -Make it a MyPlate Lunch With a Creative Combination During Sandwich Month
- **WEEK OF 8/11/14** - MyPlate Dinner & Dessert Menu for under \$25 (serves 6) (**Recipes: Very Veggie Meatballs, Rainbow Pasta, Nutty Green Beans and Fruity Shortcakes**)
- **WEEK OF 8/4/14** - Family Meals Month - Cook more meals at home (**August goal**) (**Recipe: Pasta with Cheese and Broccoli Trees**)
- **WEEK OF 7/28/14** - National Salad Week (**Recipe: Almond Berry Chicken Salad**)
- **WEEK OF 7/21/14** - July brings juicy berries - bursting with health benefits (**Recipe: Berry Blueberry Smoothie & Flavor Infused Waters**)
- **WEEK OF 7/14/14** - July is National Watermelon Month (**Recipe: Mango and Watermelon Salad**)
- **WEEK OF 7/7/14** - July is National Grilling Month (**Recipe: Honey Herb Chicken**)