



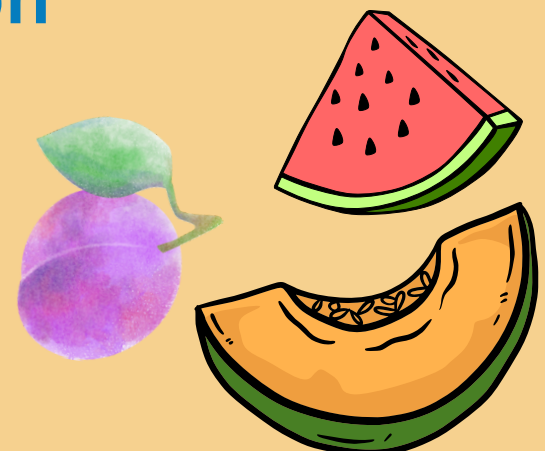
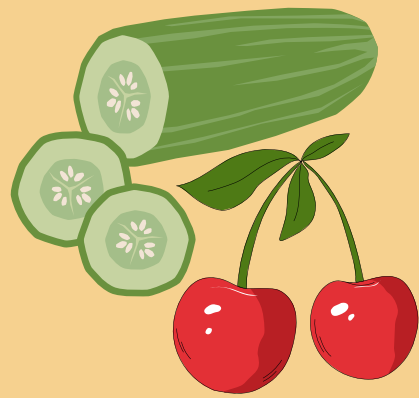
# FOODS IN SEASON FOR: SUMMER





Apples  
Apricots  
Avocados  
Bananas  
Beets  
Bell Peppers  
Blackberries  
Blueberries  
Cantaloupe  
Carrots  
Celery  
Cherries  
Corn  
Cucumbers  
Eggplant  
Garlic

Green Beans  
Honeydew Melon  
Lemons  
Lima Beans  
Limes  
Mangos  
Okra  
Peaches  
Plums  
Raspberries  
Strawberries  
Summer Squash  
Tomatillos  
Tomatoes  
Watermelon  
Zucchini



# Putting Them Together



- **In a bowl:** chicken, tofu or fish with peach-avocado salsa and quinoa
- **On a plate:** stuffed zucchini boats with peppers and onions
- **In a cup:** berry smoothie with strawberries, blueberries and raspberries

# Nutrition Education Menu



## Peer Nutrition Counseling

---

INDIVIDUAL, ONE  
HOUR SESSIONS TO  
DISCUSS DIETARY  
GOALS AND NEEDS

## Nutrition Basics Workshop

---

LEARN ABOUT  
INTUITIVE EATING,  
HEALTHY EATING  
ON A BUDGET, &  
HOW TO MEAL PREP  
WITH A PEER  
EDUCATOR

**FREE SESSIONS ARE AVAILABLE BOTH  
IN PERSON OR ON ZOOM BY REQUEST**

 (562)985-4609  [wellness@csulb.edu](mailto:wellness@csulb.edu)  [www.csulb.edu/shs](http://www.csulb.edu/shs)

# References

Dixon, L. (2022, February 25). 55 healthy summer recipes we can't stop making. Taste of Home.

<https://www.tasteofhome.com/collection/healthy-summer-recipes/>

Snap-ed. (n.d.). Seasonal produce guide. SNAP Education Connection. <https://snaped.fns.usda.gov/seasonal-produce-guide>