



A Summer Bounty for Better Health

Summer is here, and from Hawaii to the Mid-Atlantic, our gardens and farmers markets provide healthy and sun-kissed goodness from Mother Earth. Take advantage of the bounty around you and focus on healthy eating.

Nutritious food is delicious, satisfying, and fun! Choose your favorite fruits and vegetables and incorporate them into your recipes. Or try something new!

TEAM ACTIVITY

Celebrate the season! Challenge each other in your unit-based team to try new recipes using fresh seasonal fruits or vegetables. Find creative ways to incorporate the “rainbow” in your food. Eating a variety of colorful fruits and vegetables will provide your body with many nutritious benefits.

BONUS ACTIVITY

Take a photo of your healthy recipes and gatherings and post them on the [LMP Facebook page](#). Remember, only employees who have given permission can be in the picture.



Eating fresh fruits and vegetables can help us manage our weight and bring a number of other health benefits, including:

- ✓ added energy
- ✓ boosted immunity
- ✓ more ability to focus
- ✓ improved mood
- ✓ better sleep
- ✓ healthier skin, hair and nails

For More Information:



Check out [Food for Health](#) for recipe inspiration.



Find a [KP Farmers Market](#) near you.



Get a [KP discount](#) on fresh produce and healthy snacks delivered to your home or office.