

This Week's Featured Food:

Forelle Pears



Did you Know?

- They are one of the smallest types of pears.
- Forelle means “trout” in German, so the pears were named for their similar look to Rainbow Trouts!
- Pears are high in dietary fiber, which helps you feel full for longer periods of time and can help reduce your risk for some diseases and cancers.
- Be sure to eat the skin, because that's where the most nutrients are packed!



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"This institution is an equal opportunity provider."

