

Subject: July Newsletter

Hello and thank you for participating in the Griffin Hospital Produce Prescription Program!

Each month, we will send you a newsletter with a seasonal produce item that should be affordable, and you can often find locally grown at your local grocery store. Hope you enjoy some affordable, healthy and easy recipes featuring this month's produce highlight.

In July (and year-round), you can find blueberries in the grocery store. Blueberries are available fresh, frozen, canned and dried for nutrition and convenience. If selecting fresh, choose firm, plump, dry blueberries with dusty blue color. Blueberries are a beautiful dark blue color and these are high in manganese, fiber, vitamin C and copper.

Blueberries should be stored dry (so if you wash them before refrigerating dry them well) in the fridge for 10+ days. They can also be frozen for later use.

Eating!

- Blueberries make a great snack by the handful
- Addition to yogurt or cereal
- Added to smoothies
- Eaten frozen
- Added sweetness on savory salads
- Added to pancakes or oatmeal

Check out these recipe links that highlight blueberries :

- <https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/summer-recipes#recipe-2525>
- <https://www.uaex.uada.edu/life-skills-wellness/food-nutrition/eating-well/arkansas-foods-blog/posts/blueberry%20pancakes.aspx>
- <https://www.snap4ct.org/banana-blueberry-breakfast-quinoa.html>
- <https://www.snap4ct.org/fruit-yogurt-parfait.html>

Don't forget that if you don't like what you see here, Diabetes.Org has this searchable recipe filter that lets you search recipes by a variety of features. You can search for recipes by cuisine/regional preference: <https://www.diabetesfoodhub.org/all-recipes.html>

Also, this is a fun summer food cookbook: <https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/summer-recipes>

As always, if you have any questions or need support, please reach out to our team!