



Safe at Home: Try the 5 Fruit Challenge!

Are you ready to try something new? Here are five simple and practical ways to add fruit to your safe at home menu plan:

1. Put sliced strawberries on top of peanut/nut/soy butter toast instead of jam.
2. Slice an apple, place in a bowl and cook in the microwave. Add a sprinkle of cinnamon for a pie-like treat.
3. Enjoy a bowl of frozen blueberries.
4. Blend plain yogurt with frozen mixed fruit (1:3 ratio) to make frozen yogurt.
5. Serve slices of pear with cheese and crackers.

How do you enjoy your fruit? Have a great idea you would like to share with us? We would love to hear from you!

