

July Events

Crafts
Tuesdays
12:45 PM

Blood Pressure Check
Wednesdays
11:00 AM

Bingo
Wednesdays
1:00 PM

CLOSED
Friday, July 3rd

Birthday Celebration
Thursday, July 30th



Did You Know?

Blueberries are one of the few naturally blue foods found in nature. Their deep color comes from compounds called anthocyanins, which also act as antioxidants.

One cup of raspberries contains about 8 grams of fiber, helping support healthy digestion and heart health.



HARVEST OF THE MONTH: BERRIES

There are over 400 types of berries in the world. Generally, berries are small, juicy, plump fruits with a roundish shape and typically have the word "berry" in their name. Familiar berries include blueberries, raspberries, blackberries, goji berries, açai berries, mulberries, huckleberries, barberries, gooseberries, elderberries, lingonberries, currants, and cranberries.

In New Hampshire, you can find blueberries, raspberries, blackberries, cranberries, elderberries, and husk cherries, also called Cape gooseberries.

The baobab tree is known as the "Tree of Life" in Africa. Baobab berries are rich in vitamin C, fiber, and antioxidants.

They have a tangy, citrus-like flavor and are often used in drinks, smoothies, and desserts.

The black mulberry is native to Iran (Persia). This berry has a pleasantly sweet-tart flavor and can be used in place of blackberries or raspberries in many recipes.

Goji berries are small, red berries that grow in the Himalayan region of China. They have a sweet, slightly tart flavor and are loaded with vitamins. They are often used in smoothies, teas, and other health foods.



TIPS FOR EATING WELL ON VACATION

- **Choose nutrient-dense foods:** Focus on fruits, vegetables, lean proteins, and whole grains. Pack healthy snacks like nuts or dried fruit for the road.
- **Stay hydrated:** Drink plenty of water throughout the day, especially in hot weather or while traveling.
- **Enjoy treats in moderation:** Follow an 80/20 approach by choosing nutritious foods most of the time while still enjoying local favorites and vacation indulgences.
- **Watch portion sizes:** Restaurant servings are often large. Consider sharing a meal, ordering smaller portions, or taking leftovers to go.