



## June: Berries, melons, and stone fruit...oh my!

The start of summer brings about many **low cost fresh fruit options for families!** When fruits are in season, you can get the **best quality** for the **best price**.

### Summer season fruits include:

- Berries - strawberries, blackberries, raspberries, and blueberries
- Melons - cantaloupe, watermelon, and honeydew
- Pitted Fruit - cherries, peaches, plums, apricots, and nectarines

Fruits are filled with vitamins, minerals, polyphenols, and fiber that help keep bodies growing healthy and strong! **One-fourth of your plates should be filled with healthy fruits** at each meal.



## Additional Resources

- [Eating the Alphabet](#)
- [Popsicle Molds](#)
- [Fruit and Yogurt Popsicles](#)
- [Healthy Eating with MyPlate: Fruits](#)
- [Eating a Rainbow](#)

