

August



S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



August Challenge:

Follow these food storage tips to extend the shelf life of perishable food:

Utilize sealable, airtight containers to prevent food from drying out.

Do not wash fresh produce until it is ready to eat.

Always refrigerate peeled or cut fruits and vegetables.