

COMMUNITY WELLNESS NEWSLETTER

From Healthy YOUba

Organize your Fridge

The fridge is a often neglected area to clean as it is in constant use. Check out this [video](#) for tips on how to organize your fridge for convenience and food safety.



Activity Packs

BOKS team has compiled [activities packs](#) that can be used at-home or in school, with minimal equipment. These resources including calendars and game downloads are free!

Encyclopedia of Grains

Tasty Recipe Corner

Tofu is a affordable vegetarian substitute in this [Hearty Vegetable Pasta](#) with whole grain noodles.

Add more flavor and nutrients with fresh and dried fruits in this [chicken entree](#).



Curious about ancient grains and other whole grains in the bulk bins? Visit [Whole Grains A to Z](#) to learn more about the nutrition of various grains.

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