

VEGAN BEFORE
VEGAN WAS COOL

DALE THE CO-OP-SAURUS SAYS...

FRUIT RULES!

HEY KIDS! DID YOU KNOW ...
 YUMMY AND FUN BANANAS ARE ALSO AN EXCELLENT SOURCE OF VITAMIN C TO KEEP YOU HEALTHY? AND YOU THOUGHT VITAMIN C ONLY CAME FROM ORANGES! BANANAS ARE ALSO A GOOD SOURCE OF FIBER TO KEEP YOU MOVING SMOOTHLY, POTASSIUM TO KEEP YOUR HEART AND BLOOD VESSELS WORKING GREAT, AND FOLATE, A B-VITAMIN THAT HELPS YOUR BODY TO PRODUCE AND MAINTAIN NEW CELLS.
 -MARY CHOATE, CO-OP DIETITIAN

HEY KIDS! GET YOUR FREE PIECE OF FRUIT AND A STICKER IN THE CO-OP PRODUCE DEPARTMENT!



MARY'S ROCKIN' BAKED BANANA BOATS

INGREDIENTS
 2 BANANAS
 CINNAMON
 BROWN SUGAR

DIRECTIONS
 PREHEAT THE OVEN TO 350 DEGREES. SLICE THE UNPEELED BANANAS IN HALF, LENGTHWISE AND LAY THEM, SLICED SIDE UP, IN AN UNGREASED PIE PLATE.

SPRINKLE THE BANANAS WITH CINNAMON AND BROWN SUGAR, THEN BAKE FOR 20 MINUTES. SERVE THE BANANAS--SKIN AND ALL--ON A PLATE AND EAT THE FRUIT WITH A SPOON. MAKES 4 YUMMY SERVINGS.

-MARY CHOATE



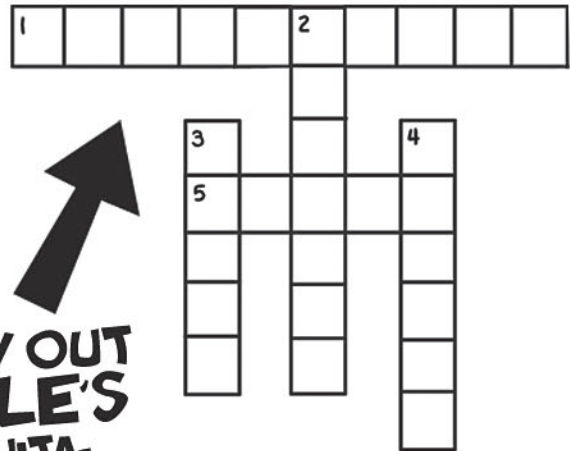
HEY KIDS! MAKE THESE WITH A GROWNUP!

ACROSS

1. RED, SWEET, AND FUN TO EAT!
5. FUZZY ON THE OUTSIDE, YUMMY ON THE INSIDE

DOWN

2. MONKEYS LOVE THEM
3. ONE A DAY KEEPS THE DOCTOR AWAY
4. GREAT ON A SUNDAE!



TRY OUT DALE'S FRUITA-PALOOZA CROSSWORD PUZZLE!

CROSSWORD PUZZLE ANSWERS:
 1. STRAWBERRY
 2. BANANAS
 3. APPLE
 4. CHERRY
 5. PEACH

(CHECK THE COOL, GEN-YOU-WINE FRUITY DALE TOENAIL POLISH!)

