

≡ THE FRUITGUYS® ≡

The Mindfulness SOLUTION

One of the best ways to fight food waste is also a great way to develop a healthier relationship to food. The key is to **be mindful of your eating**: get to know how your body feels when you're hungry and when you're full. Doing this can help you know how much food you really want. Armed with this information, you'll likely prepare smaller amounts of food at home and **fill your plate with smaller amounts of food** at cafeterias and buffets, helping you waste less.



A CUPPA TO Sleep

Having a hard time sleeping? **Try a cup of chamomile tea before bed.** Chamomile has been used for sleep for thousands of years; the **soothing floral aromas and warm steam** will put you in a bedtime frame of mind.

Cute OVERLOAD



The tiny **Kishu mandarin** is about the size of a walnut, but the flavor is much bigger. It's **sweet, seedless, and juicy**, making it a perfect lunchbox treat.

BRIDGE TO Strength

Glute bridges are a great movement for those who sit all day. Lie on your back with knees bent and arms at your sides. **Squeeze your glutes and push your heels into the floor to lift your hips high.** Lower and repeat up to 10 times.



For info on The FruitGuys Farm-to-School program, contact customer service:
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