

DID YOU KNOW?

MAY IS AVOCADO MONTH

FACT #1

If an avocado isn't ripe and ready to eat, try placing it in a brown paper bag with a ripe banana for 1-3 days.

FACT #2

Avocado is an excellent source of healthy fats and can be used as-is or in oil form for cooking and baking.

FACT #3

Avocado is part of the fruit family and is considered a large berry.

AVOCADO-DO



RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2 - 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

CHIPS AND GUACAMOLE

Number of Servings: 1

Serving Size: 1 portion of chips and 2 TBSP guacamole

INGREDIENTS:

1 SINGLE SERVE BAG (OR 13 CHIPS IF USING BULK BAG) TORTILLA CHIPS
2 TBSP GUACAMOLE (PREMADE)

DIRECTIONS:

SERVE 1 INDIVIDUAL BAG OF TORTILLA CHIPS OR PORTION OUT 13 CHIPS (IF USING BULK BAG) WITH 2 TBSP PREMADE GUACAMOLE.