

SUMMER SPLASH

NUTRITIONAL DEVELOPMENT SERVICES SUMMER MEALS PROGRAM

DID YOU KNOW...

the best time to eat **CHERRIES** is from mid-June to late July? They also have many health benefits! Cherries are full of fiber and contain vitamins A, C, and K. Due to their anti-inflammatory properties, cherries may improve exercise recovery & improve symptoms of arthritis. Plus, cherries may also improve heart health.

There are cherry trees all over Philadelphia! See if you can recognize the bright red fruit hanging on their branches.

COLOR BY NUMBERS



REMEMBER

BE SURE TO FILL OUT THE **POINT OF SERVICE (POS)** SHEETS DAILY & SEND THEM VIA EMAIL OR FAX TO DATA MANAGEMENT.

EMAIL:
DATAMANAGEMENT@NDSARCH.ORG

FAX: (215) 895-0830

FOR QUESTIONS OR TROUBLE SENDING IN POS, PLEASE CALL THE OFFICE AT (215) 895-3470, OPTION 1



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