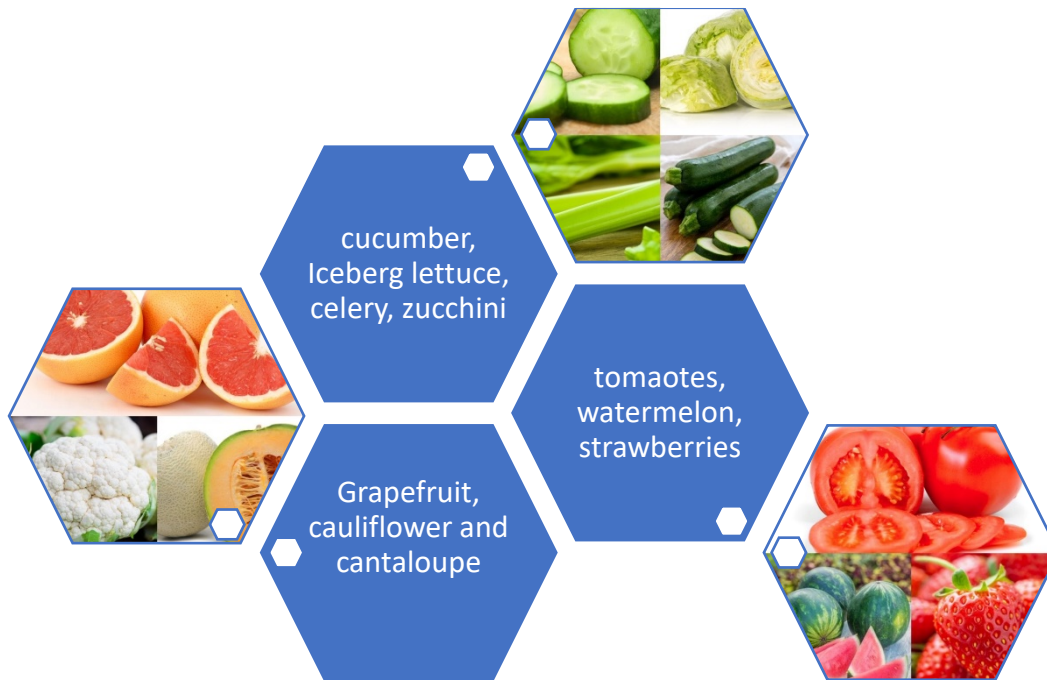


## Foods that hydrate

☀️ WELCOME SUMMER, I've missed you! Now that it's officially summertime, it's important to remember to stay hydrated. Drinking water is the easiest way to do so, but did you know that you can also EAT to hydrate? Here are some foods that have over 90% water content:



These recipes contain foods from this diagram. One great thing about these is that they aren't just hydrating, but cooling too. 😊 A helpful hint is to wash and slice cantaloupe and watermelon and have them ready to grab in the fridge.

When it comes to fresh produce, there is nothing more frustrating than have it go bad on you before you've been able to enjoy it! In my searches, I found (and love) this guide to local produce. It not only talks about when it's in season but also, how to store it to get the max out of your money's worth!

[https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_467681.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467681.pdf)

I hope you enjoy these recipes and your summer. Use sunscreen, stay hydrated and Bon Appetit!

~~ Chef Jen