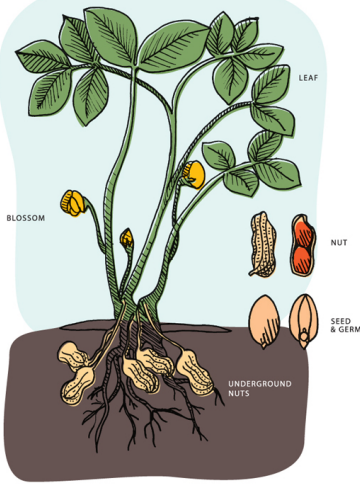


PEANUTS

We eat about 6 pounds of peanuts per year. 175,000 acres in Florida grow peanuts, and Florida is the 4th largest producer in the U.S. They are harvested August-October. The plant flowers above the ground but fruits below the ground. Peanuts are a good source of protein, fiber, heart-healthy fats, and magnesium.



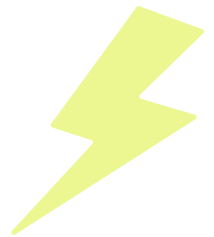
LIMITING TV'S FOOD INFLUENCE

Kids can spend a decent amount of time in front of the TV and they are easily influenced to choose the foods they see advertised in sometimes as many as 13 commercials each day! These foods are often high in solid fats, added sugars, sodium, and/or calories and lack vitamins, minerals, and fiber. So try to combat TV temptations with these tips. Avoid watching TV while eating. Watch pre-recorded children's programs so you can avoid or fast-forward through ads. Spend time together learning about foods while grocery shopping or gardening. Let kids help in the kitchen. Set limits around screen time. Be a good role model by choosing healthy foods and limiting your own screen time. Visit <https://www.eatright.org/food/nutrition/eating-as-a-family/does-tv-influence-what-your-child-eats> to learn more.

SPICED PEANUTS

Ingredients:

- 16 oz unsalted peanuts
- 2 tbsp canola oil
- 2 tbsp sugar
- 1.5 tsp ground cumin
- 1 tsp salt
- 1/2 tsp cayenne pepper
- 1/2 tsp garlic powder



1. Place peanuts in a small bowl; drizzle with oil and toss to coat. Combine sugar and seasonings; sprinkle over nuts and toss to coat.
2. Transfer to an ungreased 15x10x1-in. baking pan. Bake at 300°F for 20-25 minutes or until lightly browned, stirring occasionally.
3. Spread on waxed paper to cool. Store in an airtight container.