DOTTIE'S WELLNESS WORKSHEET



FALL EDITION

TRY THESE SEASONAL FRUITS & VEGETABLES...

Awesome Autumn Fruits

- Crunchy Apples
- Sweet Pears
- Juicy Grapes
- Tangy Cranberries

Vibrant Fall Veggies

- Big Orange Pumpkins
- Butternut Squash
- Sweet Potatoes
- Bright Carrots





