

# MONTHLY PLANNER

Month:



MON	TUE	WED	THU	FRI	SAT	SUN

**HEALTH ADVICE** 

Eating seasonal and local is better for your health, the environment and your wallet. Find out here which fruits and vegetables are in season.

[www.univers-sante.be/fruits-et-legumes-de-saison](http://www.univers-sante.be/fruits-et-legumes-de-saison)

**NOTES**

