

MAKING LIFE MORE FUN

FOR A GREAT VACATION, TRAVEL IS NOT REQUIRED—YOU CAN MAKE PRICELESS FAMILY MEMORIES WHILE SAVING TIME AND MONEY WITH A STAYCATION. BLUEBERRIES CAN HELP, AS PART OF FUN CRAFT AND COOKING PROJECTS. THEY HAVE A DELICIOUS, SWEET-TART TASTE IN A NO-MUSS, NO-FUSS PACKAGE AND ARE AVAILABLE—FRESH OR FROZEN—YEAR-ROUND. YOU CAN GET THEM BY THE BOXFUL, ENJOY THEM BY THE HANDFUL. BLUEBERRIES HAVE JUST EIGHTY CALORIES A CUP, LITTLE SODIUM AND VIRTUALLY NO FAT AND THEY'RE A GOOD SOURCE OF DIETARY FIBER AND VITAMIN C. FOR RECIPES AND STAYCATION IDEAS, VISIT BLUEBERRY-COUNCIL--DOT--ORG.