

COLOR ME ORGANWISE

Hi guys and girls,

I know with Halloween just around the corner, some of you are getting very excited about all the candy coming your way. While a piece or two of candy is fine, it's important to remember that you need to stay focused on healthy eating, which means plenty of fruits and vegetables! Fuel up for trick or treating with a salad topped with grilled chicken. That way, you'll have all the energy you need to knock on every door in the neighborhood!

Keep eating healthy,
Peter Pancreas



Peter Pancreas®

