

Fruit Salad with Tajin

Pick up some fruit from the River Market for a spicy take on a sweet tradition!



Ingredients

Chopped watermelon,
cantaloupe, mango,
pineapple
2 limes
Tajin Seasoning

Instructions

In a large bowl, combine
chopped fruit.
Mix gently until combined.
Add lime juice and Tajin to
your taste preferences.

You can also add Chamoy
sauce for an additional kick.

This fruit salad is so versatile,
you can add other fruits.

AUGUST 2026

Happiness Happens Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
Want to save more for retirement? RSA-1 lets you add extra retirement savings easily without additional fees. Visit https://www.rsa-al.gov/rsa-1/rsa-1-videos/ for a short video explaining RSA-1. Reach out to HR for enrollment forms.					Visit Quitnow.net for help to quit smoking.	World Lung Cancer Day
2	3	4	5	6	7	8
National Farmers Market Week 	Visit markets.farmland.org and vote Tuscaloosa River Market as Alabama's favorite farmers market.	Smile! It releases dopamine which makes us happier		National Root Beer Float Day Add vanilla ice cream to root beer soda for a treat.		National Bowling Day Bowling is great to relieve stress, tone muscles, and improve social interactions
9	10	11	12	13	14	15
Celebrate small wins. This can boost your confidence and keep you feeling confident			Protect your vision: remember to schedule your annual eye exam.			National Tell a Joke Day 😄
16	17	18	19	20	21	22
	National Workers' Comp Adjuster Day	Never Give Up Day 	National Aviation Day Thank you to the employees keeping the airport running smoothly.			Do something meaningful each day
23	24	25	26	27	28	29
National Grief Awareness Day		Spend time with people you enjoy being around	International Dog Day Thanks to our 4-legged employees and their handlers 	National Just Because Day A day to let go of the "why" and just enjoy the moment.		



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